



## Unveiling the inner sun – a journey of the heart

Aug. 20 – 24, 2025

Advanced course in Craniosacral Biodynamics  
with Bhadrena C. Tschumi



*Above all else, guard your heart, for everything you do flows from it.*  
Bible, Proverbs 4:23

The heart is one of the most mysterious organs in the human body.

The widely held view of the heart as a mechanical pump that drives circulation, seriously underestimates its importance in human existence.

The human body and its organs, can be likened to the solar system, in which each organ represents a planet and is part of the human constellation. The heart is placed at the center, associated to the sun, infusing the whole system with life, nourishment, warmth, light.

The heart is the orienting fulcrum of stillness, essential for the dynamism of the whole organism. Just like the sun provides light and life force to and through the system, the presence of our heart reaches every molecule of the organism, through vessels, rhythmic motion, and vibration. It also influences the field around us, contributing to the creation of our reality.

It brings us to the center of what it is to be human and connects us directly to the web of humanity across the planet, the morphogenetic field.

The heart is often experienced as an organ that is uniquely connected to a person's soul journey and spiritual nature.

Aristotle (384–322 BC) saw the heart as the seat of spiritual and mental functions connected with all parts of the body via the blood vessels. He was of the opinion that



the major task of the brain was to cool the heart, which was often too hot-blooded with a tendency to 'bubble up'.

According to Rudolf Steiner (1861-1925) the capacity of “thinking” with the heart is intimately related to the spiritual faculty of Inspiration.

As practitioners we can develop this function of heart-thinking by consciously cultivating inner stillness and by an orientation towards the expression of natural phenomena.

This advanced seminar is about the nature of the human heart, from the perspective of working biodynamically with our clients, as well as cultivating true empathy and receptive heart-to-heart connection as practitioners.

In the course we will explore the embryological development of the heart as well as the fundamental forces that shape, repair and maintain its form, function, and our capacity for love throughout our lives.

We will also study and practice the relationship between the cardiac, nervous and endocrine systems and observe how that harmonious relation contributes to our health and wellbeing.

Through resonance within the session and the environment, we can generate a coherent field to support regulation and synchronization between all the different cycles of human existence.

## **Content**

- Embryological development and the formative forces of the heart
- Anatomy and physiology of the heart
- The physio-electrical axis
- Perception of heart motility as an ongoing expression of primary cellular breathing
- The functional lemniscate of the heart
- The heart as an instrument of empathy and resonance
- The electromagnetic field of the heart
- The polyvagal system and re-establishing the heart-centered social nervous system ease
- Neuro-affective touch
- Strengthening of the heart field through the vital forces of primary respiration
- Embodiment and the Heart: Heart ignition