

Newsletter from March 19th, 2020

Like a moth to a flame, I follow the unfolding of this viral pandemic. As a former military officer, the fascination includes the daily body count that keeps going up and up. So, this past weekend I wrote an essay called To Palliate. I have said in class over the past two years that our work needs to include an attitude of palliative care. This is because of the teaching I have already offered on the pandemic of metabolic syndrome which is the underlying challenge with coronavirus or, the so-called comorbid condition. It's a pandemic on top of a pandemic. We can no longer practice biodynamically without an understanding of death and any fear we might have associated with that reality of being "born terminal" as one of my professors once said in graduate school.

I want to thank everyone who has shared with me their ideas, solutions, poetry and other resources to move through this time which is temporary and impermanent.

With the daily body count going up, we are sitting as Yogis and Yoginis on the edge of the charnel ground and have an opportunity to learn a much deeper truth about the nature and meaning of reality. We can find this by centering our attention on our own heart.

CLICK HERE to read my new essay on integrating palliative care in biodynamic practice.

The Buddha never said that all of life is suffering. That is a mistake. The Buddha said there is suffering sometimes and joy other times.

Be well and enjoy the present moment. As Sharon Salzberg said "The present moment could not be better." I will leave you with that Koan.

Let's all stay in touch.

Much love, Michael

Michael J. Shea, Ph.D.
Shea Educational Group, Inc.
13878 Oleander Avenue
Juno Beach, FL 33408

Phone Number: 561-775-9912
Website: www.sheaheart.com