

Newsletter from April 1st, 2020

Dear Folks,

In 1998, Dr. Jealous published a very short article called The Second Pair of Hands in Alternative Therapies magazine. [CLICK HERE](#) to download that article. I mention this because everything mentioned in that essay is occurring in my clinical practice for a couple of years. Now in the time of a pandemic is when to increase our spiritual capacities. These instructions I offer to you is the manner in which the second pair of hands manifests in my practice.

1. The context of the practice is “Be Still and Know”, as he says in the article. It is the felt sense of stillness permeating the room.
2. There is no afferent activity in your hands from the client while in contact. My body also enters a stillpoint.
3. I usually wait until the last 10 minutes of the session, usually at my favorite endpoint such as the feet.
4. Upon feeling the stillness in the room I nonverbally invite a “benevolent second pair of hands” into the room.
5. Allow your mind to enter an active imagination around the appearance of a benevolent figure. If the figure does not appear to be benevolent send them away until your heart feels benevolence.
6. Wait for this “benevolent other” to place their hands where he or she deems appropriate. There is no need to suggest, invite or direct the second pair of hands. They will go where necessary. Just observe their process of choosing their fulcrum. Be still and know.
7. Your hands will immediately sense this benevolent fulcrum and its activity at any number of sensory levels including the visual. You might witness the benevolent other’s hands dispensing a form of grace that is visually apparent in some form or another. No need to engage or assist this process as it is rather quick, maybe a minute or two.
8. Make mental contact with the benevolent other as an acknowledgment of being in an equal partnership rather than submitting to a higher authority. This is still your session. The other pair of hands is a projection of your own enlightened heart activity and the spiritual healing power of Primary Respiration.

9. Maintain awareness and then the second pair of hands and the benevolent figure will remove themselves. This does not take long and the therapeutic fulcrum will shift. I then wait several minutes to end the session.

The few clients I have verbalized this to (family members only) have all recognized and felt the potency of the health from this benevolent interaction. Since many of us are not able to see clients, this can also be done over the phone which I will cover in my next newsletter.

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