

## Newsletter from April 20th, 2020

Dear folks,

As each week passes, life becomes even more rich. The sessions I do and family members continue to deepen with variations on the second pair of hands that are both amazing and healing.

Mary Bolingbroke, a British Osteopath, sent me an essay that she wrote last week and I feel it is a panacea for our time right now. In beautiful and eloquent language, she describes the biodynamic treatment that we are all receiving in the midst of the pandemic and the perfection of the natural world. Her message needs to be read carefully. [CLICK HERE](#) to download this beautiful essay.

I also just finished making the second set of five videos called: How to Meditate - Compassion During a Pandemic. Each of these videos averages 12 minutes in length and each gives instruction on the phases of what I call “continuous appropriate attention” on the body, the breath and the mind. The technique being described is Shamatha-Vipashyana. It is my daily practice. This instruction can be integrated into what you are already doing or used as a standalone practice if it calls to you in that way. The intention of this series is to prepare one’s body and mind for the compassion meditation series that will follow in a couple of weeks. [CLICK HERE](#) to order the Compassion Series.

This next week I am doing an online session with Upaya Institute in Santa Fe, New Mexico. I will be in touch with you all again the week after next after practicing what I just preached in the five videos!

Much love, Michael

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