

## Newsletter from April 15th, 2021

Hello everyone,

it's been a while since I sent out a newsletter. There is a lot going on in my life at the moment. Many of you know from my previous communications, that I began a Buddhist chaplaincy program at the Upaya Institute last month. Fortunately, it is all being done through zoom so I can watch my mangoes grow and go to the beach. During the first part of the training I watched four zoom sessions per day for five days!

The core of the program now is about learning how to be with someone who is suffering. I'm learning how to be truly present and serve and the starting point is not knowing. Our class was encouraged to use the mantra "I don't know." This is very powerful and a great way to overcome the fear we have of being with others who are experiencing pain and deeper suffering emotionally and spiritually. How can we truly be present for anyone if we have an agenda with thoughts and attitudes about the person we are with? When we want to fix someone, we are seeing that person has broken.

We know biodynamically that the health is always present. So, it is very important to nurture our breathing into the abdomen and begin to sense a heart to heart connection with primary respiration. This ignites empathy and we simply sit and feel the pain and suffering of another person. This is called "bearing witness." Gradually, this may evolve into compassionate action. And sometimes compassionate action is being silent and staying in the "I don't know."

I finally got permission in this class to say to a client, "I don't know how to help you right now but I can sit here and be with you." This has really helped my biodynamic practice.

As many of you know, Jim Jealous DO, the founder of biodynamic osteopathy died in February. He mentored me for a year in 1995. During that year he helped facilitate my perception, recognition and spiritual relationship with primary respiration. In gratitude for his generosity, I am offering a two-part webinar series on May 5 and 26 next month. I will review a very powerful protocol of his in the first webinar called power points. In the second webinar I will cover some of his work specifically related to the cranium. The intention of the second webinar is for relating to mild traumatic brain injuries. Click [here](#) to register. This webinar series is offered in English with German translation.

Finally, as part of my Upaya chaplaincy program, I will be offering twice weekly classes in Zazen meditation at the Native Yoga studio here in Juno Beach Florida across the street from where I live. One hour of serenity with Zazen Meditation - the self-enjoyment practice of a Buddha.

Blessings, Michael

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