

HEALING HANDS

A Practical Guide To Spiritual Power



MICHAEL JOSEPH

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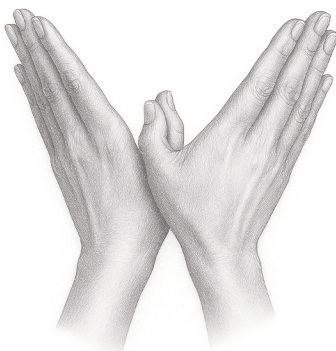
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A Practical Guide to Spiritual Power



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For he, who, when at our worst, was at his best.

*“I believe there is a place that exists within,
a place of vision and clarity, where my life moves
in agreement with a higher consciousness.”*

Michael Joseph

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ACKNOWLEDGEMENT

I have become known to many people as an award-winning international photographer and author. When I mention that I am also a spiritual teacher, the question always asked of me is, “What do you mean when you speak about spirituality?” I felt it would be helpful if I could have a small and simple book which could explain. There are many wonderful books about spiritual life—I have read many of them. I wanted to create one that was easily relatable and a quick read within a few hours.

I want to express my sincere thanks to Anthony Scime, creative director, who for his brilliant efforts created the graphic illustrations and overall design, from cover to cover. A depth of gratitude to Ariana Vazquez, my editor, for her constructive criticism, tireless reconstructing of words and sentences, and effective approach to overseeing the process of creating a final manuscript. My all-due respect to Jason S. Tosta, scholar and fellow practitioner, for his comradery, commitment, and discipleship through pain to promise. And thank you to my immediate family and the many friends that are part of a larger extended spiritual family. It is my hope that all who worked together on this book and all those who encounter it will find it a worthwhile ministry.

FOREWORD

When we hear “broken,” images are conjured up of falling apart, being dismembered into pieces, laying scattered. How fortunate it is then to be broken together, mounded up in a heap, piled somewhere in the back—forgotten about, yet not alone. Never alone. That place in the back, next to the discards and garbage, is where Michael and I reconnected and rearranged our pieces back into a whole. Being put back together doesn’t make you unbroken, it just means you learned how to make your cracks fit together and wear them like an elaborate tapestry of Life’s sublime weaving.

Michael first explores his truths with us and lays them bare to witness. Seeing what before laid hidden is the first step to healing. He then teaches us a precious practice that bears many fruits in an age of spiritual hunger. I know because I have hungered, and I have seen others filled on the wisdom in the Healing Hands meditation. It is a distinct honor to have sauntered with Michael since he first received this practice, and to now observe it in such eloquent prose. May this teaching continually inspire more to open their hands and hearts to Spirit in accordance with care and devotion.

PREFACE

At age twenty-three, I stood there stripped naked, feeling shameful, the high-pressure water gun spraying disinfectant on me. Next came the humiliating poking, probing, and invading of every hole of my body, including the scornful instruction to spread my legs and bend over. Upon hearing the “all clear,” meaning no hidden drugs were discovered, I was handed a replacement set of pathetic garments to cover my demoralized nakedness.

A long cold walk down a barren corridor led to my room—a dreadful compartment for solitary confinement. The demarcation line was harshly drawn and life as I knew it was severed by the slamming of the steel door. The echo of it reverberated through my mind, body, and soul. The din was punctuated with their solemn words, spoken from the other side through a peephole, “Welcome to hell. It’s your thinking that got you in here. Now, you can stop. From here on, we will do all the thinking for you.”

Alone and broken to my lowest point was where a false sense of control led to complete surrender. In the deafening silence, I could finally hear a quiet voice within. It whispered acceptance. Darkness was brought to light. Here was Jesus.

INTRODUCTION

I know all ten commandments, because I broke them all. I'm not proud of saying that; I just wanted your undivided attention and for you to keep reading. It wasn't the first time I had been arrested and thrown in jail. However, it would be the final time, for doing something that I thought was a brilliant idea at the time. Incidentally, this pivotal arrest took place on the night of my first date with a girl who would forever change my life.

In Part One of this book, I have disclosed to you a brief background of my private and professional life. This is imperative so that we can become better acquainted. In Part Two I have provided an outline of ten virtues that are often referred to as "the Fruits of the Spirit," and in Part Three I will teach a method of spiritual practice (prayer and meditation) as it was divinely given to me.

As a spiritual teacher I am frequently asked a few of the same questions; *What do I know for sure?* This answer is easy, God is real. *What are you living for?* That question should really be, *Who are you living for?* And the answer to that is Jesus. And, *Do you know the meaning and purpose of your life?* Yes, indeed,

because when you know your true purpose, it will provide you with the meaning.

We seem to be constantly preoccupied with our own thoughts and actions. We are seldom still for a moment—confronted with racing thoughts and distractions. We don't sleep well, overeat, blame others, and commit acts of violence. Human beings have become humans doing. There is no need to travel to some far away exotic place on the planet or take another pill or drink.

Pastor Rick Warren said it best, *It's not all about you*. It's about helping and serving others. As Jesus said, *As you do unto others, shall it be done to you*. You are your thoughts. If you think you are nobody, that nothing matters, and you are going nowhere, that is precisely where you will end up. Conversely, if you think that you are somebody, that you do matter to someone, and you do belong somewhere, you will rise up precisely.

Spiritual meditation is a practice of quieting the mind and opening the heart to connect with something greater—whether that's God, divine presence, inner wisdom, or simply the sacredness of life itself. It's less about technique and more about intention, humility, and presence. It's often rooted in traditions like Christianity, Buddhism, Sufism, or even personal spiritual paths, but it doesn't require religious affiliation. Jesus did not ask for a religion, he asked for a relationship.

You are going to learn a method of how to balance your mind, body, and soul. You will develop an internal strength with which to manage external situations. Through concentration, mindfulness, and awareness, you will obtain extraordinary sensory perception mentally, physically, and spiritually. You will learn how to overcome your anxiety, worry, fear, anger, depression, stress,

and other negative distractions that are holding you back from living your best life ever. Spiritual meditation is a contemplative practice that invites you to:

- Reflect on spiritual truths or teachings.
- Cultivate virtues like patience, truth, forgiveness, and grace.
- Deepen your sense of connection to the divine or your inner spirit.
- Listen, not just speak, to what your soul may be trying to say.

The idea that we are “*spiritual beings having a human experience*” suggests that our core identity is fundamentally spiritual, while our physical existence in the human world is a temporary, though significant, journey. This perspective, popularized by Pierre Teilhard de Chardin, emphasizes that our spiritual nature is not something we acquire through human experience, but rather, it’s what we inherently are. You were created by the hand of God, and if you hold the hand of Jesus, he will never let you go. I am a child of God, I know for sure that I have supreme help and guidance on my journey, and I invite you to join me.