

MICHAL LEVIN institute
The home of Michal's teachings



December 2015

Hello,

It is very good to be connecting with you again.

Festivals that reflect history, the cycle of the seasons, or religion, in various ways, mark the calendars of all cultures. Last month, November, saw Thanksgiving in the USA. A national holiday now, it was originally celebrated as a day of giving thanks for the blessing of the harvest and of the preceding year. Indeed it still is a day for giving thanks, for most families. Harvest festivals of one sort or another have been a common feature of many cultures over the centuries. But, we are now in a different time of year, where the emphasis is not on harvest but on rather more complicated ideas that festivals like Diwali, Hanukkah and Christmas all recognise and honour in their own ways.

Diwali comes first. It's actually in November, and celebrated by Hindus, Sikhs and Jains in India and around the world. It is known as the festival of lights. In general terms Diwali is dedicated to the triumph of goodness over evil, knowledge over ignorance, truth over falsehood, and of light over darkness. The main deity associated with Diwali is Maha Lakshmi, the goddess of wealth and prosperity – both material and spiritual wealth and prosperity, an interesting conjunction. Diwali also marks the beginning of the financial year in India. Festivities include decorating houses and public spaces especially with lights and candles, fireworks, family gatherings and gift giving.

In the Jewish faith, early December means Hanukkah, again a festival of lights. It commemorates the rededication of the Temple in 165 BC by the Maccabees after its desecration by the Syrians. A key feature of Hanukkah is the successive kindling of eight lights. Some say that Hanukkah celebrates or symbolises religious liberty - the right of people to celebrate their holy days, worship freely, and to practise their faith. It is also seen as a triumph of light over dark, good over evil.

With December advancing we are entering the Christmas period that is a major landmark in much of the western world and, as a commercial celebration, much of the world. Of course Xmas, as it often is, marks the birth of Jesus, sometimes seen as the personification of deity.

Traditional Christians believe Christ was born at a time when ignorance, superstition, greed, hatred and hypocrisy prevailed upon the land. Purity was forgotten and morality was neglected. They believe he transformed the lives of many people, and brought a new spiritual dimension to the lives of men and women.

In all these festivals, the theme of light and darkness plays out over and over; and of goodness, of redemption and of the struggles necessary to worship “God”, according to the different faiths and their biases.

But, setting aside religion, for me this is a time to remember and concentrate especially on the light within, which is the work of claiming “God within”. In my last newsletter, I wrote about the importance of the opening words of a channelled talk I gave many years ago “On Relationships”. “The first relationship is the relationship with the self and that is also the relationship with God.” This month I have repeated those words on many occasions to clients, and even in December’s Circle Group call. I have spoken about the importance of honouring one’s self, and that the honour you award to your self is in fact the Honour you award to God in yourself, or God as an aspect of yourself.

Right now it is especially important to face the need to “be God”, to rededicate ourselves to God. This means purifying our hearts - being true to ourselves; it is not always easy to see the truth we need to acknowledge. At the same time we need to embrace change where we see it is necessary. This can mean rooting out the elements of our lives that need to go. Those are the elements that connect us, or would connect us to “the not so light”, or, in other words, the dark.

For each of us the dark has many aspects. They range from fear to actual wrongdoing. No matter, this really is time to look for old patterns and places where we diminish ourselves by repeating, sometimes with the best of intentions, actions or beliefs that do not serve our best selves but belong to “the dark” in ourselves, the lesser parts of ourselves. As we shine a light on the dark, it often allows us to see that “the dark” may be much smaller than we fear.

All this leads directly to considering what we really want, and what best supports and serves our growth. That is the direction in which we need to go. Have courage. Hold up a light in the gloom, even if sometimes the moon is eclipsed, it will be temporary. Let the light within you burn strongly. Your bravery now will bring rewards in the year ahead, a year that has the opportunity to take you much further on your path. You have time. January will allow you to continue what you begin in December. Hold your light high.

Now, here is a photo I thought you would like. You can download and use it as a screensaver if you like – click [here](#), or just enjoy it.



This month's ELU (Energy Link Up) is called Future Perfect. Here are the first few lines (sign up if you want the rest, see below):

Future Perfect

*Now the shadows fall,
And days darken in the
Early afternoon. Light hides
From the morning too, under
The great grey sky. Outside
My window I see trees
Reaching up into the void,
Catching the soft white flakes
That dot the sky on their out-stretched
Limbs till some bow down...*

Perhaps the best description of the ELU is that it is a special 'poem', an intuitive 'poem' that is designed to help you work with the energy of the month ahead. Often I get letters from people saying "How did you know what was going to happen to me?" and of course I didn't know the details of what would happen to that particular person. But I do have an instinct about how the energy of the month will develop and what you need to know in order to get the best out of it.

The ELU comes out around the 17th of the month - use this link if you'd like to find out more about it, or sign up: (this link is no longer available).

I very much hope you'll enjoy the ELU, and that it too will contribute to your life, your well-being, and your all important joy.

That's it for now.

I look forward to connecting with you again soon.

I wish you a peaceful, joyful festive season, and pray that the year ahead will bring many blessings, especially as your work and dedication to the Light strengthens at the core of your life.

With love and best wishes,

Michal