

MICHAL LEVIN institute  
*The home of Michal's teachings*



May 2015

Hello

It is very good to be connecting with you, especially as it finally feels as if spring, maybe even summer is unfolding in the northern hemisphere! There is a very welcome lightness in the air.

Today I want to share a couple of extracts based on a channelled talk I gave years ago that addresses balance, that feels particularly relevant at the moment. There is a way in which we are all tightrope walkers. Remember how quick and easy it looks when a real acrobat shimmies across a tightrope strung across some impossible space? Then think how nerve wracking it can be to watch a stunt man, or another acrobat, who edges gingerly across a rope suspended across a similar space with a yawning gap below, perhaps clutching onto a pole to help him, or her, keep his, or her, balance. Life is a lot like that.

Balance is a key issue, and crucial to every aspect of our development and functioning. When you are out of balance you are in trouble! So, what does it mean to be out of balance in life (as opposed to on a circus tightrope)? What is balance? And how does it develop? Understanding some of the fundamentals is a start, that help you to be able to check out your reactions, and make sure you keep in balance. Then, meditation is one way of helping you keep in balance.

*“When the foetus begins to develop in the womb it begins as a little cluster of cells. Those cells go on to become the backbone of the individual. The backbone is a crucial energetic route - a highway to the deepest parts of your self. What you will be trying to do in meditation is to achieve balance, that begins with the equal distribution of your weight, to help balance your energy.”*

Keeping your physical body in balance by for example making sure your weight is equally distributed on either side of your backbone, is the start, but it is not all that is involved in keeping your balance in life.

*“ In life you are trying to do the same. You are trying to balance your reactions. You are trying not to be influenced unduly, one way or the other. Some of the influences that will push you one way or the other will be what are called your bias, so it’s almost as if you become, through your experience, through your predispositions, you become disposed to act or react in a particular way.*

*For example, you’ve said to me something like ‘people are always good. I always see good. I look for good’ and that’s an excellent notion, absolutely excellent, but at the same time it can also operate as a bias that blinds you to the other qualities of those around you.*

*Within everyone there is glorious potential. My work is very much directed towards helping others to unfold that glorious potential within themselves, but this means recognising and addressing a whole range of attributes within themselves and finding a balanced place. In this way, and only in this way, do we become the best that we can be, that is the most balanced and the most complete and also the most mature.”*

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Now, here is a photo I thought you'd like. It's relevant in so many different ways. You can download it and use it as a screen saver if you like – click [here](#), or just enjoy it.



This month's ELU (Energy Link Up) is about change, change of state in several different ways. It is called Mist Lifting.

We all struggle with change – sometimes longing for it, sometimes despairing that it will come, and sometimes even wanting to postpone it. This month's ELU is about the actual mechanics of the process. It can be a difficult process to negotiate gracefully, but the ELU offers some suggestions, in metaphor form of course, to help ease your change. It matters especially now because this is a time of great change, change that offers more opportunities than you can imagine. I hope you embrace it, and allow it.

Here are the first few lines of this month's ELU:

***Mist Lifting***

*At the end of the day a fine mist  
Rises from the ground, and  
Swirls about my feet, like the  
Clouds that cross my mind....*

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 17<sup>th</sup> 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.

With love and best wishes,

Michal

*If you'd like to work with me, the easiest way to start is to join my Step One on line program. It's an interactive program (interacting with real people), in ten parts. Don't be fooled by the name though – you might expect Step One to be "basic" - it isn't! Some of the content is deceptively simple, but the program works on a deep and probing level, establishing a firm foundation for all that follows (and Steps Two and Three are in preparation).*