

MICHAL LEVIN institute

The home of Michal's teachings



MICHAL LEVIN: THE SOUL'S PATH

COURSE OUTLINE

The essence of my Course, Michal Levin: The Souls Path is to lead you onto and along the Soul's Path. To do so the course asks you to look first at your relationship with your Self.

Each module consists of a letter from me, material in pdf format, audio material, and a very intense set of exercises I have designed to help you explore, in depth, the concepts brought up in the module. Never skip the exercises. Their presentation can be deceptively simple, their depth and range is considerable. You may want extra time to complete the exercises; there is no problem in taking it, or coming back to a particular set of exercises that have challenged you.

Sometimes, as well as the main theme explored in a module, I have provided additional material that introduces, or reinforces re-current themes, or core issues that contribute to your understanding of each module and the whole that they create.

Following The Soul's Path has many wonderful effects. Ultimately, of course, it connects you to your greater self, and takes you to Love, strengthening and illuminating all your relationships. I have a much wider, deeper take on relationships than you may be accustomed to. You will probably find yourself exploring your relationship to yourself, others and the wider world on a level you have not experienced before, or a way, or to a depth you have not plumbed before. The Course will give you the understanding that will help you to navigate the emotional and energetic currents in your relationships.

The Soul's Path will also give you the tools to hold to your own truth, with love and strength, as you come to know God in whatever form that power exists for you, and your Soul.

Module One - This Is About You and Understanding Energies

An introduction to the course and the start of your journey to a wider, more profound understanding of the universe. I explain why I think understanding energy is the key to unlocking the door to a greater reality and its importance for your own growth, development and relationships.

In unlocking the door to a deeper reality, understanding energy leads to a more profound understanding of the universe, including the spiritual dimension. Then, understanding energy can

play a vital part in developing harmony between your inner and outer worlds.

I want my “Soul’s Path” to touch, embrace and enable your soul, bringing it further into your life, to lead you forward to understand and embrace new levels of spirituality. It will show you how to give, and to receive, a deeper love.

I also tell you why this work is so important both for your own development and for our wider community.

The exercises in this Module begin to look at how you hold to your own truth. How much are you influenced by the energy and opinions of others? How much do you put others ‘above’ you? What is your relationship to Joy, which on a deeper level is the relationship to your Soul?

Module Two - The Changing Vibrations and How Everything is Energy

In this module, I introduce a key concept that underlies all my work, namely that “everything is energy”. I explore the idea that changes in the world around us affect us on an energetic level, and what that actually/truly means, especially its implications for maintaining your integrity in your behavior.

I ask you to look at how the changing vibrations are affecting you, and how we can take our new sensitivities, including those straining to be born, and harness them for our own growth and fulfilment as we reconnect with our souls and our spirits.

I talk about integrity; specifically about the importance of maintaining integrity in your behavior - not just your ideas. It’s about walking the talk, not just talking the talk. It can be difficult to concentrate on the integrity of your behavior, rather than on just saying the “right” words.

I also demonstrate how the intellectual can dominate our way of being in the world, and how easy it is for our brains to misinterpret the messages coming to us in the everyday.

These themes are expanded with additional extracts from my seminars where I explore what I call the Values Family: the group formed by those around the world who share values.

The exercises in this Module ask you to focus on your interactions with others and examine the truth of your actions. They examine the relationship between behavior and authenticity. They explore some of the energetic reasons for difficulties or misunderstandings in relationships, and how to address them.

Module Three - Why Cleanliness Matters

This module may sound simple, or obvious but it is not. I discuss why cleanliness matters and how it affects your energy, along with outlining the steps you can take to refine your energy, which is key to developing your sensitivity. I demonstrate how everyday actions, or things that we take for granted, can sometimes have a greater effect on us than we realize.

You’ll learn why it is vitally important to wash daily and change your clothes regularly, and how doing this can play a significant part in improving your interactions with others, as well as helping to refine your energy. “Refining your energy” is a shorthand way of saying that your energy will become “finer”. Refining your energy matters because at the same time as your energy becomes

finer, you become more sensitive.

I also talk about the energy of negative interactions. In an extract from a key talk I gave one Easter Sunday, I emphasize and explain other aspects of the role of energy. I talk about spirituality and the “ideal”. I also discuss consciousness and responsibility, and of course, personal responsibility. I talk about God in many guises.

The exercises in this Module explore in-depth ways of keeping you and your surroundings energetically clean. I suggest ways of looking at how the ‘cleanliness’ or otherwise of your thoughts can affect the way you feel about other people and the way they feel about you. I illustrate how, in the same way as physical dirt clogs your energy, so emotional or mental dirt can clog your energy and interfere with your functioning and your relationships.

Module Four - The Power of Smell

Here I examine the importance of smell and the huge impact it has on your energy. I discuss the differences between natural and artificial scents with the various, sometimes surprising, roles that the power of smell plays in our lives.

I look at the input of scents in heightening or lessening your ability to read or sense the messages contained in the energy of others – vital in relationships- and in purifying your own energy. I look at how your sense of smell is another crucial element in reading and responding to the energy around you, and the energy of others.

I ask you to think about the artificial scents that often play a part in our daily life. I suggest ways that you can purify your sense of smell, and by doing so, refine your energy. Refining or purifying your energy, your sense of smell in this module, enables it to function better as a detector or register for you. The cleaner, finer and purer your energy, the more likely you are to register even subtle energetic impressions that you come into contact with.

The exercises in this Module will help you to focus on the intensity and meaning of the smells around you and their relationship to your inner as well as outer reality.

Module Five - The Energy of Sound

In this module, the importance of sound as a carrier of energy and information is explored. I look at how each of us receives and transmits energetic messages via sound. This module also looks at my Monthly Intuitive Message or MIM (I write and send these out every month) in great detail and illustrates how it can be an effective tool to aid your development.

I explain why and how ‘sound’ has a significant influence on your energy. I ask you to think carefully about what you listen to, and to note the effect it has on you. I also ask you to think again about the messages and the range of messages that you are giving and receiving in conversations with others, a key aspect of your relationships.

The exercises in this Module ask you to think about the effects of sound on you and your relationships. They ask you to consider the real story of the energy behind what you hear, what you listen to, and what is said to you. They suggest ways of making sound another purifier of your energy.

Module Six - The Energy of Color

Colors can have a significant effect on you and be a powerful source of negative or positive energy. I explain how color, the energy of color, has meaning and explore that meaning. I give my interpretation of the attributes or meaning of colors.

I also explain how color can have a significant effect on your everyday interactions and emotions. Outlining the energetic qualities of a wide range of colors, I give practical guidance for using color more effectively in your day-to-day life.

There are exercises for you to experiment and engage with different colors, and to observe their effects on you. This is a very practical module. The more you do, the more you will learn, and the more you can change. Color is energy, and as such it is a potent form of power. It can be very powerful in balancing, or unbalancing you. It needs to be used with care and sensitivity. Used appropriately, which is often spontaneously and instinctively, color can be a very effective source of joy.

Overall, the aim of this module is to deepen your sensitivity to the messages carried by color. And in this way to strengthen you and to promote balance, insight and harmony, all of which are very important qualities in your development and relationships.

The exercises in this module will give you a thorough grounding in how to use and work with color. They will help you to explore how to release your emotions, and offer ways of working with problems and fears. Finally they will encourage you to saturate yourself in the wonderful energy of color.

Module Seven - Your Environment

This module examines in greater depth the concept introduced in Module One that “everything is energy”. I explore how the physical environment, as well as the objects around you, holds an energetic imprint that influences you to varying degrees.

I focus on the intrinsic energetic qualities of everyday materials as well as investigating the crucial nature of the objects and environments that carry special messages or meanings for us. I explain the importance of choosing what you surround yourself with to best support the development of your authenticity and integrity and enable your inner guidance.

The exercises in this Module will help you to become more sensitive to the places and environments that strengthen you energetically and identify those that have more of a negative effect. They ask you to look deep within yourself and notice your energetic reaction to your surroundings and the impact of this on you and your loved ones.

Module Eight - The Energy of Food

We all know that we need food to give our bodies physical energy. However, food is more than just fuel for the body. I explore these concepts in more detail in this module, along with the practical steps you can take regarding how you consume food, and water, in your daily life.

I explain why what you eat affects the physical body but at the same time introduce the way in which food connects with the spiritual realm. I show how the energy of food goes far beyond taste

and nutrients. For example, it can encompass color, smell and taste (presentation isn't "just aesthetic") as well as all the factors involved in the production of food and their relationship to the environment. I also explain a novel way of energizing your drinking water. In addition I give insight and advice on authentic de-toxing.

The exercises in this Module will invite you to address what you eat and drink with love and sensitivity, in practical ways that will offer true nourishment for your body and soul.

Module Nine - The Effects of Relationships

Other people affect our lives just as we affect theirs. Relationships are at the core of all our lives. The complex interaction between each of us at an energetic level, and the significance and importance of choosing whom you spend time with is the focus of this module.

I help you to think about why you are drawn to certain people and not others. I explain why, as you refine your energy, the quality of your everyday interactions, and all your relationships, can change and improve, dramatically.

In an additional extract taken from a seminar I gave on *Spirituality and Intuition*, I talk about a range of ideas including the energy of crowds, and the energy of objects. I discuss co-dependency and bias. I explore the idea of balance and the importance of acknowledging light and dark. I also discuss envy, doubt, harmlessness and whether 'enlightenment' exists.

The exercises in this Module ask you to recognize and be sensitive to the 'energy signature' of others and your responses to them, a key to your relationships. They also encourage you to take note of the energetic effects of different groups of people and look in detail at the ways in which your behavior and emotions can be affected.

Module Ten - What Have You Learnt

This is a review of what you have learnt in the previous nine modules. It aims to consolidate all that has come before and also provides a brief preview of what is to come in the next course of The Soul's Path. It also qualifies you, if you have successfully completed the course, to join my Circle group where you will be able to interact directly with me, and a long standing group, to work on integrating the ideas The Soul's Path has sown, leading you ever closer to your Soul and your most beautiful, spiritual self, and all others.

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The fee:

The cost of the Soul's Path is £450, if you make a one-off payment when you register, or approximately Euro 520, or US \$700 – subject to currency fluctuations. You also have the option to pay in 5 fortnightly instalments of £100 each.

The cost includes:

- * The course materials, including downloads and pdfs of material that has never been released before.
- * The support of, and connection with your Friend comes as a gift.
- * When you sign up, you'll also receive the following **free gifts**:

'The Pool of Memory: Autobiography of an Unwilling Intuitive' – a pdf copy of my extraordinary, classic book, first published in 1998, written from my diaries, telling the story of my conversion from a successful main stream media professional to a mystic and intuitive.

My Monthly Intuitive Message – A subscription to my special “energy pill”, the Monthly Intuitive Message (MIM) for the duration of the Course. You are also invited to join the weekly Sunday virtual meditation or contemplative session.

Once a month, around the 17th, when the new MIM is posted, you will receive a link, accessible to subscribers and The Soul's Path students only. You can then download the MIM to play as often as you like, and also see the written copy. And you are invited to join the Sunday link-up.

The value of the free extras – Friend's support excluded – is approximately £60, or Euro 71, and US \$96 (subject to currency fluctuations).

We haven't put a value on your connection with your Friend and work with them. We hope you will find it very valuable indeed.