

MICHAL LEVIN institute

The home of Michal's teachings



Dear Friends,

We have passed the autumn equinox now, and are on the journey into winter in the north, and into summer in the south. Wherever you are though, for many of us it continues to be a very important time for choices.

Those choices could be in a number of different areas, but the connecting and most important aspect of them is their emphasis on your duty - your duty to yourself. In September's ELU (the message I send out to subscribers every month around the 17th of the month) I talked about what that means, and the different aspects to that duty which ultimately, of course, is the arbiter of your relations with everyone else, and the key to your love.

It reminded me of a channelled talk I gave in January 1997, called "On Relationships". It was a true channelled talk, an occasion where I let the energy, and the words that carry it, flow through me, without any interruption.

The talk starts:

"For all of us, relationships are a major issue and the first relationship is the relationship with the self. And at the same time that is the relationship with God. And God is not a force outside to be known but God is in everything, and everyone, and God comes to each of us in many different forms."

So, the key to relationships - intimate, social, family or any other relationships, is the relationship with oneself, which is also a reflection of one's relationship with God. I have held that thought for many years, worked with it, shared it in different forms and strived to honour it. I am reminded of it now because I feel this is an important time for relationships, and a time when guidelines are called for. For me, this is a cornerstone of my life, a crucial perspective.

Understanding energy also leads to another very important set of insights. My course, Step One, is all about understanding energy and of course the results that brings to your relationships with all others, including, first and foremost, yourself. Incidentally, I have had lots of feedback about the name of the course. I have been told in no uncertain terms that the name, Step One, does not really do it justice. Many of those who have taken the course feel it is subtle, and complex and offers much more than the title Step One suggests. So, I am open to a new title. Any ideas? I would be glad to have your suggestions. Please write to me at consultations@MichalLevin.com with your thoughts. I look forward to hearing from you.

Meanwhile, travel well, go well, be well. May the season ahead bring you peace and much joy.

Michal



In the Newsletter this time:

Friends Speak:

Teresa, an artist from Cornwall, UK, describes the transformational impact working with Michal has had on her relationship with herself and Clare, from UK, offers insights into some lessons that she has learned on her journey.

Teresa describes the transformation in her most important relationship – the one with herself, and Clare describes some aspects of her path towards more grounding and balance.

From Teresa...



Teresa in her art studio

Amongst many truly enlightening learning experiences with Michal, the core lesson for me is that my most vitally important relationship is with myself.

At the beginning of work with Michal, I was a person with few boundaries: prey to the negative as well as positive energies that surround us, so frequently buffeted by others' storms.

From Michal's teaching I have gradually learned how to be authentic, how to centre myself and be grounded in the everyday whilst at the same time always connected to joy and inner light: the god-head in me.



Teresa's painting: "Veiled Light" (oil on canvas)

I have found that my own on-going transformation sends strong beams of positive energy radiating outwards to nourish my family, friends and those further afield, so then all relationships become easier to manage, as we are all inter-connected.

The energy transmission from Michal and those who work with her drops a tiny pebble into a very large lake: the ripples continue to make waves through my life. This transformation is an on-going process.

From Clare...



Clare

It was twelve or so years ago that I came to the end of an intensive, seven year period working with a spiritual teacher. I had grown and developed, but in the end, and for a variety of reasons, had become quite ungrounded, without having done or integrated sufficient psychological work, that I now know must accompany a journey to the light. My situation had changed enormously too during that time, from the stability of marriage and a farming life, to the uncertain next steps that come with divorce and moving away from a familiar and traditional community. Looking back, I can see that it was my everyday life that was then needing more attention, rather than focusing so much on the spiritual and without the necessary grounding.

I feel a deep gratitude to have connected with Michal at that transitional time, and to have found a new path and joy in both that connection, and in Michal's wealth of teachings. I began to see how spirituality and the everyday are one and the same. It is also a joy to share the journey with others - in meditation, discussion and friendship. And Michal's energy, in all its generosity, is present and tangible in all her teachings, even if she is not physically there, or is on the other side of the world.

At the moment, the words in the September ELU 'my duty to my self' and from the Circle call, both 'holding to your own light' and that relationships begin with your relationship with yourself - feel very important. In remembering these, especially in relationship with others, and in challenging situations, I find I can quickly feel more balanced and grounded, and I can more naturally and simply just take my place - in relation with others, in life, in nature, the 'whole' (all these things!). And who I am can expand. I think I am valuing myself more and giving myself permission to enjoy being me.

Please pass on...

As always, please pass this newsletter on to anyone you feel would be interested, and let them know about Step One - it is such an easy and accessible way to benefit from Michal's teaching.

Wishing you a very happy, and peaceful autumn.

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