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## Open Afternoon. Easter Sunday, 27 March 2005

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This is a transcript of a talk given by Michal on Easter Sunday to an audience, some of whom are unfamiliar with her work. The talk starts with an overview to how Michal works and the story of her own induction. She emphasises and explains the role of energy. She talks about spirituality and the “ideal”. She discusses consciousness and responsibility and of course, personal responsibility. She talks about God in many guises, the tradition of Easter, and more contemporary subjects like remote viewing and past lives. She also discusses integration, maturation, negativity, truth and trusting yourself. As ever, it is an expression of Michal in the moment. Most of the subjects she deals with here she talks about elsewhere too and on occasion in more depth. But this is a very valuable introduction and also very interesting for those well acquainted with Michal’s work.

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### **INTRODUCTION TO MICHAL’S WORK**

If there’s anything in particular that you’d like me to talk about today, or that you’d like to talk to me about, I would be glad to do so but I’m going to assume that lots of you here don’t know very much about what it is that I do, or what it is that we do, and so I’m going to tell you a little about that. And I’m probably going to tell you a little about that and put it in the context of Easter and at the same time I want to explain things like flowers and candles too. And I also want to say that I don’t have the truth and as far as I know, nobody does but that I’ll do the best to tell you how I understand things to be at any given time. And I’ll also add something about whatever you may choose to contribute and that is that I hope everyone will feel free to ask questions or make comments. And that I don’t hold anybody to anything they say so you may make a comment and then five minutes later you may say, “Oh, I don’t believe that.” And that’s absolutely fine.

What I’m hoping is that the things that you think, the things that you say, the things that you ask, in time those will change and that’s really very important. Sometimes people say to me, “I didn’t want to ask because it’s just too silly,” and if you have a question, I guarantee you someone else will have that question too. And if you have that question, I want you to feel free to ask it, knowing that five minutes later you

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may decide actually it wasn't a relevant question or, "I think differently," or something else. There's a huge amount of freedom.

And then the next point is that, I do ask that anything that happens here, anything that anyone says, apart from me - you can quote me or what you think I said ad infinitum - but if anyone else shares something with us or says something about the process, I ask that you respect that and that you respect their privacy and don't use those words outside this room.

### **CANDLES AND FLOWERS**

And then you might say, "Oh well, what's all this stuff with candles and flowers?"

The candles are very important to me because they signify allegiance to what I might call "the Light" in inverted commas. And the light is simply to say: we are all positive and negative; we are all light and dark. The world is light and dark; positive and negative. And the candles are simply to say, this is an attempt to ally with the light in ourselves, and - more than that - it's about worship and it's about divinity, and that's a loaded word and I'm going to go back to that later. But suffice to say that people come together for a number of reasons and the reason for coming here is: to do the best you can and to be and to become the best you can and that's it.

And flowers? Usually everyone brings a flower and they bring a flower so that we can all join together. It's a symbolic way of creating a bouquet, which is what we are. We are each, if you like, a separate flower and together we make a really beautiful display. And for me those aren't just words. It's really lovely to have you all together, to be together like this and I feel everyone differently and in this space what shows is the beauty of everyone.

### **MICHAL'S STORY**

Let me say a little about how I came to do this and, indeed, what it is that I do. The full story if you want it, is in a book called "The Pool of Memory." About fourteen years ago I was a media professional. I had been a reporter and presenter on the

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BBC's "Newsnight" programme. I was pretty seasoned as a media person and things happened in my life: no event, but an internal event, and an internal event that pushed me into a process of meditation, something I would have scoffed at to be honest. I would not have thought I was the kind of person who would meditate. I was always someone who was interested in social justice but not in what I would have considered to be esoteric.

Having reached that place, I began to meditate and my expectation was that it was something that I would very quickly turn away from. Give it one try and I thought I would never do it again. I thought, "I'll find it boring. Nothing will happen and it certainly won't be anything that I'll want to continue with."

And in fact what happened, the very first time that I tried meditation, and I was on my own, was that I entered another domain and that I made contact with another reality and – extraordinary as that seems, or certainly as that seemed at the time – it was something that went on and on.

And when it started, I was enormously suspicious. It was, "No, hang on a sec. First, who knows anything about this?" And I went to try and investigate, "Who knows anything about this?" I tried the Christian religion, I tried the Buddhist religion, I tried a great many ways to find out anything about it and didn't find anything that was meaningful. I also found it compulsive - I couldn't *not* do it. I also found that it was, for me, the solution to all the questions and the agony that had been plaguing me because that meditation process that put me in touch with another reality, to me also put me in touch with something that I would never have said I was looking for, and indeed, never have known I was looking for. But that was an extraordinary and profound and complete sense of love.

And of course when it started, I had a third question, a final question which was, I very much feared that I had entered into a phase of mental illness. To me it seemed very possible that that experience, that other world experience, was actually psychosis. And I had that checked out as well, very thoroughly.

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Now, all of that was many years ago. The process – and as I said, you can read about it in my book, “The Pool of Memory” – the process went on for quite some time. I still have access, I’m extremely pleased to say, to those levels and what I try to do in meditation with you, is to offer something of those levels to you, for you to take on your own journey.

As well as the ability to reach those domains in meditation, what also came to me, not immediately but within weeks and then months was the ability to see something that I could only call energy - whatever that might be. I didn’t have a word. And then to realise to my absolute horror that I knew things about people. Only - did I? How was I going to check it out? Was I going to go up to them and say, “Oh I know this about you,” and then tell them? And of course, I wouldn’t dream of doing that so there was a whole question about the reality status of what it is that I did and didn’t know.

Eventually I was pushed into the position of starting to see clients. And when the early clients came to see me, I was so unwilling to have part of the process that I used to meditate the night before with the names of the people who were coming to see me. And when they came, I used to say, “No, it’s fine. You don’t need to tell me anything. Here’s what I need to tell you...” and I would say whatever it was and be extremely reluctant to enter into the process because I still considered it to be something to do with somebody else. But at the same time there was this dilemma: if I was saying the words then I was responsible for them, and I could never abdicate that responsibility. So what absolute torture - to be saying words that one had to take responsibility for: not really knowing the effect of their impact and at the same time not understanding anything about the process. It was not an easy time.

Very soon, too many people wanted to come and see me. My diaries were overflowing and I started to have to see people without having meditated on their names the night before. And again I thought, “Well, you know, that’s it; I won’t be able to do this; nothing further will come.” And of course I found that it just came and that I was able to say things that I would otherwise have only thought that I could receive in meditation. I was able to say them in the present.

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And then of course there were all sorts of dilemmas. I'd been fantastically careful: nobody who should be seeing a therapist, nobody who has any form of mental illness; that I was utterly, utterly incapable of seeing anyone who might fall in those kinds of categories. And I was very lucky: many of my first clients were therapists themselves or involved in helping others in some way or another. And soon, many, many more people came from all walks of life and all occupations.

But as the years went by, I understood more and more of what it was that I was doing. I also gave a series of teachings which I still work with we all work with and, in fact, this morning was dedicated to questions arising out of one of those sets of ideas

### **FREQUENCIES OF ENERGY**

As time has gone on, I've come to the simplest of understandings. And the simple understanding is that everything has frequency. I know - no issues there with science, science would agree: everything has frequency. Everything has energy, everything has frequency.

The different ranges of frequency have different sensibilities attached to them. If you look at a stone, it has a particular frequency, it has a particular sensitivity. That sensitivity is a reflection of the stone's consciousness. If you look at an individual, if...

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