

**MICHAL LEVIN ACADEMY STEP ONE**  
**MODULE THREE: WHY CLEANLINESS MATTERS – EXERCISES (DRAFT V.1)**

It is not as important to do all of these exercises, as it is to take note of the effects of doing those exercises that you do work with. Keep a record of what you notice in your journal.

1. Give yourself a bath, by candlelight, preferably with three candles, every evening before going to bed for a week. You can shower in the morning if you like, but see how it feels to clean yourself of the day's vibrations before you go to bed. Make sure your sheets and nightclothes are clean at the beginning of the week, and change them after no more than a week. Or oftener. (*Spiritual Intelligence, Ch 4, p.81*)
2. Be aware of how much having an untidy home/bedroom/desk affects you and then how you feel after you have tidied it up and cleaned it. Note the difference in the energy and how untidiness affects you and others. An untidy or dirty room gives off a very specific and usually inharmonious energy. It can be very draining and holds the residue of old, unhelpful energy.
3. Try putting fresh flowers or potted plants and a fresh bowl of water in your room/workplace. Note how it affects you and others. Naturally grown flowers give off an uplifting and positive energy.
4. Spring clean the place where you live and work, regularly. And your car. Do a long overdue spring clean of your house – including the windows, curtains etc. See how much lighter and positive you feel. Notice again how you're getting rid of the residue of old energy. (*Spiritual Intelligence, Ch 4, p.83*)
5. Open the windows of your house wide and let the new fresh energy pour into your room uplifting and cleansing the house and yourself. You should feel more positive and clearer.
6. Like a shower, a strong wind clears and cleanses the energy of the body, making it easier to be authentic and real. Next time there is a strong wind, go to an area with clean fresh air and let all the cobwebs, as it were, be blown from you, clearing you. Note how you feel.