

**MICHAL LEVIN ACADEMY STEP ONE  
MODULE THREE: WHY CLEANLINESS MATTERS.**

The first thing you have to do - the place you must start - is your personal hygiene. It sounds corny. I suspect you're wondering if I'm serious? Of course you shower every day – what's that got to do with energy?

It's really simple. Your body is your sensing instrument. You have to keep it as clean as possible, and you have to know as much as you can about the factors that affect it – for example color, sound, food, and more. The more you know about your body's responses to the energies that affect it from the outside, the more in touch you can and will be.

So - washing your body matters. If you have had an upsetting day, or a row, or been touched by tragedy or disaster, wash. A shower is good, but sometimes a bath is better. Or even, if you really want to go the whole distance, a bath followed by a shower. The water washes away, or cleans, the energy around you which holds the traces of what's been happening to you - that's the situations and the circumstances where you've been. You'll find out more about how and why this happens in Step Two\*, but for now let's concentrate on helping your instrument - that's you - to be as sensitive as possible.

Washing, bathing and showering help to purify you, so that the energy impressions, the messages and information, you receive are as clear as possible. It's also so that you don't allow negative energy to hang about you, which could cause you to misinterpret the information held in your own energy and the energies of others around you.

Think of it like being in a smoky atmosphere. You know that being around a smoker puts you at risk of passive smoking. If you've been with a smoker, your clothes and your skin will be impregnated with smoke. It will change the way everything smells, and even tastes, to you. It will change what you notice and that will affect your understanding. It will certainly block your ability to access multiple ways of knowing. Worse, if you spend time with a smoker you gradually stop noticing the smoke, and lose your grasp on how bad it smells, and become habituated to the danger it poses to you. If you're sensitive to it - and you should be - you'll want to get rid of it immediately.

The energy that's associated with negative interactions is just the same. For example, if you are with someone who is constantly expressing negativity - venting nasty emotions, or swearing, or even depression, it rubs off. It will affect you in a number of different ways, depending on who you are and the negative emotion you're being exposed to.

You may start taking negativity for granted. You may even stop seeing it as negativity - just the way things are. When that happens, your pathway to your spirit and your soul is absolutely blocked. Your creativity, your wholeness your access to multiple ways of knowing - they're all impeded. You are no longer on track and even your best efforts won't produce the results you want and need. So, if you have to be around negative energy - and think carefully about whether you really do have to be there - protect yourself as best as possible. Limit your exposure, check its effects on you, and wash it away as soon as you can.

\*Step Two of the Academy Course will be launched in the near future.

And if you are present at an argument, or confrontation, the energy of that interaction will cling to you, until you wash it away.

Never go to bed with the energy of the day around you. It's all very well to shower in the morning, to clean up before you go to work, but what about lying all night in the energy of the day that's over? You are not giving yourself a chance to go forward, to make contact with other realities, freely, in your sleep, or even to process the day's events easily. Once you are in the habit of washing at night - as well as in the morning if you like, you will soon notice how very dirty you feel if you don't wash the day off before getting into bed.

By adding different substances to your bath you can benefit from the effect of different energies too. For example, I often encourage clients who are feeling ungrounded to add a few handfuls of sea salt to their bath water, or to rub their bodies with salt while showering. Essential oils are very powerful, but be careful about adding commercial products - see below what I have to say about smell, for example. Lavender is one of my favorites for purifying and helping rid you of the coarser aspects of the day.

Then, it's really important to keep your clothes clean too. Almost everyone has had an experience of holding a loved one's clothes. Do you remember burying your face in his or her T-shirt and being flooded with memories and feeling? It's not just some insignificant emotional reaction! It's real - you are picking up the other person's energy and sensing and interpreting at least some of what's there. In exactly the same way, if you've had a bad day at work, come home, put your office clothes aside, put on casual clothes, wash, eat, chill out, sleep, maybe shower in the morning, but then put on exactly the same clothes you wore the day before, you will be stepping right back into the previous day's energy! You will be heavily prejudicing the new day, increasing the odds that it will turn out just the same as yesterday.

Of course you don't need to change all your clothes every day. But, it's vital not to wear the same clothes next to your skin two days running, make sure the clothes you put next to your skin are clean, every day. Remember, I'm talking about your daily life - not say, a camping trip - but even then, think carefully about what you're doing energetically. It helps if you can expose your outer clothes to fresh air between wearings, or even regularly.

And when it comes to clothes, the reason natural fibers are best is simple. They allow your skin to breathe. When your skin breathes the energy circulates most easily. If you trap perspiration next to your skin you are holding emotion in that moisture and holding old energy to your body.

Next, it's not just your body that needs to be clean - it's your environment. Keeping your home clean, vacuuming, having the windows open regularly, washing the paint work, and curtains, all those are ways of keeping the energy clean and getting rid of old, stale energy. Not long ago a client said to me that he lived in a very dusty place - a huge plain in fact - and that there was very little point in continually wiping away the dust because it just settled right back. He'd come to feel that it was much better to take no notice and let it be - in fact he told me he didn't notice it any more! No wonder then that his life was stuck in old patterns. He was literally stuck in old energy that he never thought to get rid of.

Regularly airing your space is important. Air fresheners do nothing of the sort. They just add chemicals to stale air. Blow the old energy away. Flowers help to sweeten an

environment too. But wild flowers or garden flowers can be sweetest of all. Some commercial blooms are grown in heavily polluted chemical environments, perhaps even at great cost to the workers health. It sometimes feels to me that the flowers produced by that system are sad, and sick. In the same way as you need to source your food - more about that later - check out where your flowers come from, or simply tune to them. And remember to keep their water fresh. Water is a great absorber of emotions. Keeping fresh water around you helps mop up emotional upset.

So, the first big difference you can make to your ability to sensing energies and developing multiple ways of knowing, is to wash. Then, purifying not only your ability to sense the energy, but also the energies around you, will help you to learn to understand their messages. So, wash your clothes and wash your body. You will be amazed at the difference it makes. Within a few days you won't want to go to bed without washing your entire body. Try it and see how different it makes you feel. Watch the way you register your own feelings, and the world around you. Keep a journal to note the changes.