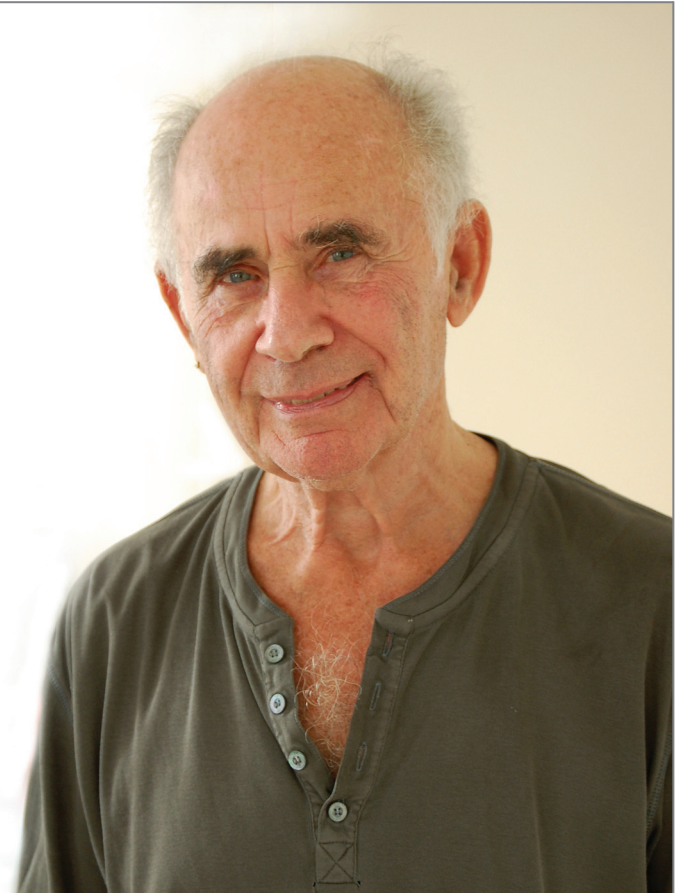




Energy, Being and Authentic Living

Michael Barnett



Teachings • Seminars • Trainings 2012/2013



Michael Barnett OneLife

Hauptstr. 22, D-79211 Denzlingen

Ph.: (+49) 07666-8 801 801

Fax: (+49) 07666-8 801 802

E-mail: info@MichaelBarnett.net

www.MichaelBarnett.net

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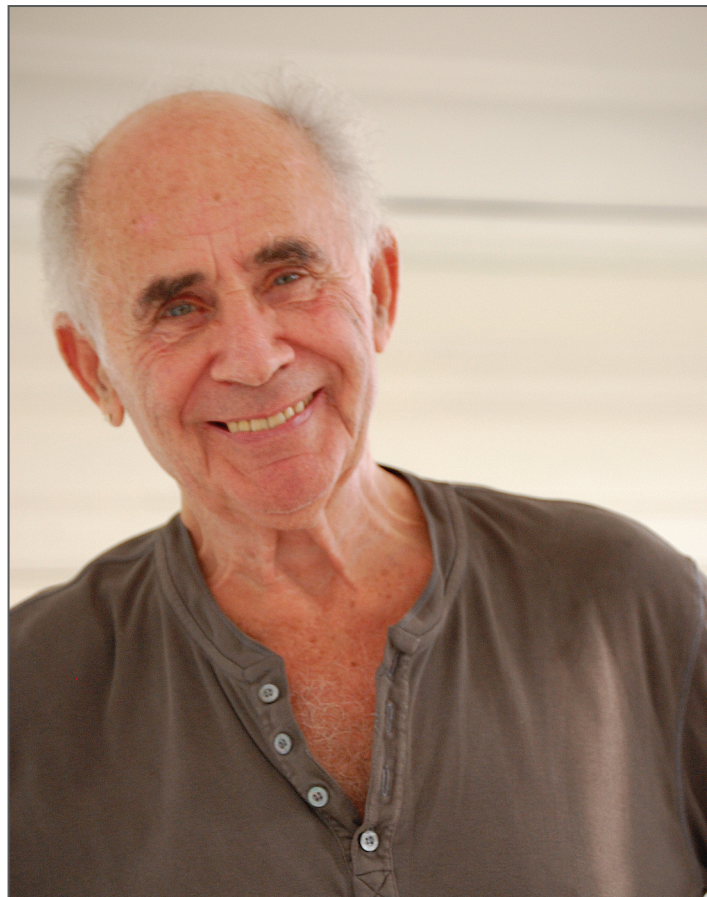
Peace in Your Soul

To be at one with the Universal Energy is to find a base in your life that is steady and profound. You are still in life but yet not of it. That is to say you are free from the topsy-turvy. The ego gets thrown around by life, the Universe is the source of life. So work it out for yourself.

This Universal Energy is everywhere and always. In the seminars where we meet it is made manifest. You catch it - for a while at least, and see how extraordinary and beautiful it is - and at the same time, how completely ordinary. Because it is seen that this is the way reality actually is. And so, for you - can be.

When you find that base, your soul finds peace. When your soul finds peace, the heart can truly open. When the heart truly opens, you are one with the crowd. When you are one with the crowd you are a brother or sister to all. When you are the brother or sister of all, you are Love. And that is the highest achievement.

LOVEtoYouAll
Michael



Seminar news

As we write this - (Dr) Anuradha and Michael - are in the midst of our first **GoodHealth Seminar** (GHS) here at Unacho, along with twelve other souls. We are exploring ways of keeping ourselves well and healthy in life, ways not known or not considered viable by most medical practitioners; ways that we know, work. Ways we want to know more about so that they work more and more effectively. Anuradha sharing the know-how, and its applications, Michael, mostly, linking it to the Ways of the Path - and beyond, finding our way, in the way we live, anyway, into perfect health. For further Information about this new seminar contact OneLife or look at our Website.

In October this year Michael will go to **China** to make a seminar, for the first time. He will also soon afterwards return to America, where he has not been for some time. He will go for a seminar and some meetings (with some remarkable men!) to Bhaskar's new centre in Santa Fe, home of his Institute for

the Love of Learning, where many old - and famous! - Wild Geese are living or visiting: Deepen, Sukra, Andrekka, Deepana, Donato, Duija and others.

This year Michael will be at the **UK** seminar for his birthday celebration on June 7. And once again it is at Osho Leela in Dorset. All 'continentals' are invited too! (We have some regulars at this - really enjoying the extra flow Michael seems to get in his home country.)

Please note too that the **Hamburg** Group - one very dear to Michael's heart, is this year already in August. Note also that following the rather unsuitable new venue for the last **Belgium** Group (but nevertheless what a great group it was!), we are now back at La Foresta, where we have had so many good years in the past, and where we have this spacious room to meet together in the evenings, along with Michael.

The **Summer Festival** once again will be at Parimal, the sanniyasin commu-

nity where we were and had such an impact last year. Hopefully we will get more visits to our Happening from the residents when we are there.

The planned Ayurvedic treatment / MB seminar in Feb in **Sri Lanka** did not happen. Michael loved it there last year, so what about another shot in Feb 2013? River, temples, villages and beach trips all available on top. Contact us anytime.

Detrapping

It is almost impossible to solve a problem on the same level as where the problem exists, although most people try on and on to do that. In DeTrapping we look at problems - or traps - from a universal perspective, and from there almost always there's a clear way out.

Venue: UNACHO, Denzlingen
Date: 22 - 24. June 12, Groupfee: 300 Euro
Booking & Information: OneLife

Rainbow Spirit Festival Munich

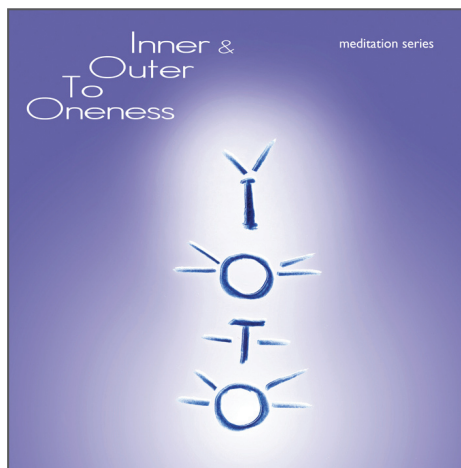
Also this year Michael will be there: 27 May for a Talk and 28 May for an Energy Happening. More information on our website and www.Rainbow-Spirit-Festival.de.

IOTO Meditation Inner & Outer to Oneness

When Michael first gave out this meditation, in June last year, at the England Group, and as usual joined in the meditation action himself, he said afterwards: *“At the end of this meditation I found myself in a state not like any other ever before. There was not only bliss, but also my whole body, every cell it seemed, was vibrating with intense pleasure, totally turned on! I could only be amazed, enjoy - and laugh!”*

Tiago, who was also there at the time, had a very similar experience. Equally amazing and wonderful.

Now Abava has written, after doing it with his partner Clair at home: *“WOW! What a fabulous tool! At the end in the silent stage I found my whole energy system was pulsing, as if to the heart-beat of the universe. I felt my crown chakra opening and what felt like a*



beam of light pouring out, like a flame flickering on the top of my head.”

Clair said it was the strongest and most blissful meditation she had ever done.

Remember, Jesus said: *“When the inner becomes the outer, and the outer the inner, there is the Kingdom of God.”*

IOTO Meditation CD available now. Price: 21 Euro

The Ultimate Project

This is the title of the new book, due out in 2012. Full of tips for your journey and for your link with The All - your best pal!

Selected talks and sections from talks given around the energy-field in 2009. But as always totally up-to-date.

It's been a while getting really born, but once it is we are sure many of you will be happy to take it in your arms, and rock it, rock it - till you are yourselves being rocked by the words, and the energy of it all.

OPT OneLife Personal Training

Another birth this, in 2012 - the first of its kind. A one-year Personal Training, under the guidance, as always, of Michael, but with fresh input and contributions also from Tiago, Mishka and Abava. No longer just an Energy Training.

The first ET was in 1985. Since then there has been at least one ET every year, in the early days often two, and one year three. So more than 40 Trainings in all, at, say an average of 25 trainees per Training. So then, a thousand people have passed through this powerful Training over the years. Now it's time for something new.

This will be focussed more on the individual needs of participants, will include more the freeing of the body from its blocks and tensions, and also the further opening of the heart.

It will include plenty of energy explorations still, but also inputs of new work of various kinds. So the whole Training will be geared to the needs of the individual members - including of course group work to this end. Even if you are one of the thousand who have already enjoyed an Energy Training, you could still gain a lot from this new OPT. We can promise you many inputs and teachings of a totally new kind.

Schedule:		
Part I	Summer Festival	24 - 29 Jul
Part II	Core Training	31 Jul - 6 Aug
Part III	Core Training	19 - 21 Oct
Part IV	Winter Festival	27 Dec - 1 Jan
Part V	Core Training	6 -10 Feb
Part VI	Core Training	13 - 19 Jul

Groupfee: 2.800 Euro
Leaders: Michael, Tiago, Abava & Mishka
Detailed information & brochure from OneLife





Easter & Summer Festival

Hands Across The Sea

So they stretch
these hands that hold
the energy that transforms
across the sea,

connecting your body and being
with the electric reality of life

so that they perceive the light
that life comes from.

They carry it, these hands,
in their palms and fingertips
to bring you an alliance
with the source of existence.

Easter Festival

Venue: UNACHO, Denzlingen

Date: 6 - 9 April 12

Groupfee: 280 Euro

Booking & information: OneLife

Ta-Wit, Ta-Woo said the owl,
sitting on the branch of the forest tree.

Ta-Wit, Ta-Woo to the moon,
Glowing bright in the sky.

To the rain that came,
pouring down -
Ta-Wit, Ta-Woo.

As the forest animals
busied themselves all around
on their nightly haunts:
Ta-Wit, Ta-Woo.

Big eyes, still body,
but pulsating with life.

The owl stays calm
Watches,
smiles,
at home on its branch,
and in the wide wide world.

Awaken
the owl within!

And live too!

Summer Festival

Venue: Parimal, Gut Hübenthal, Witzenhausen

Date: 24 - 29 July 12

Groupfee: 380 Euro

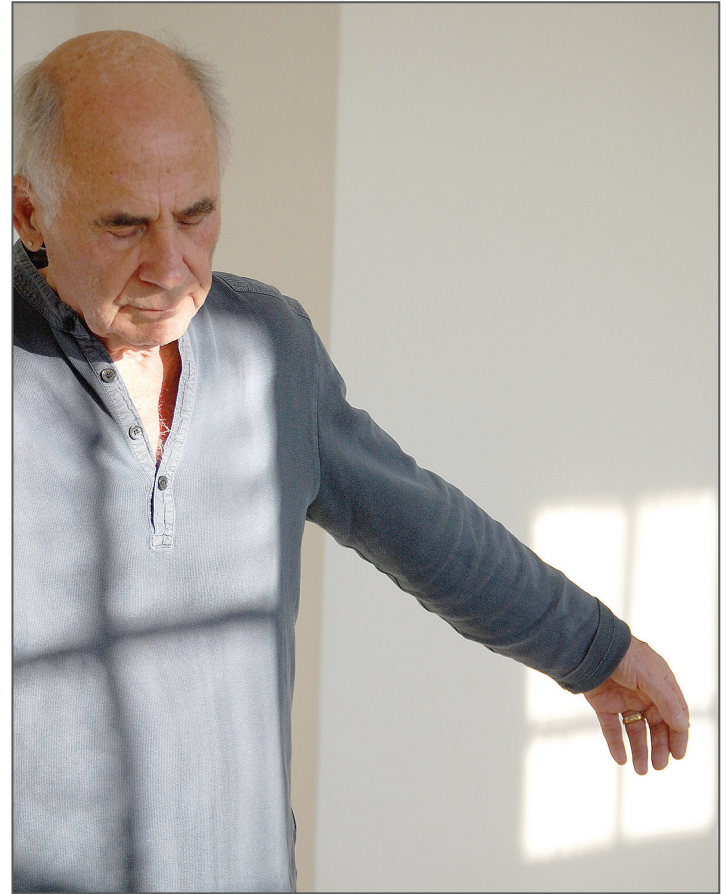
Booking & information: OneLife

‘The Soul’s Life’

Beloved Michael,

What is your concept of the soul? You said to somebody who joined the Energy Field at the last Swiss group that she was a happy soul, which is rare, and you said that it is much harder to change the soul than the personality.

A lot of people use the word ‘*soul*’ without really being able to define what they mean by it. I think there are a lot of variations in how people see what the word ‘*soul*’ stands for, but for me it’s what passes from life to life, it has no form but it has a quality. A personality belongs only to this lifetime, so it is possible, to a large extent, to get out of it, to fall into the abyss, to unite with that which is *beyond* the personality – which is the Universal space which you are part of – and, to a large extent, to experience yourself and your life from there. But the soul is hard to change because the change in the soul comes, in a way, at the end of a life, and almost nobody can really see *how they are doing on a soul level*. I mean you are all aware of the terrible, ghastly, grotesque, awful things that people do to other people in this world. Torture, rape, humiliation – all these terrible things that people do and even while they are doing it they don’t feel guilty about it! *‘It is my*



job to torture this person because they have a secret that I need to find out.'

All the people that were part of the Nazi regime, who worked in the concentration camps, it was *just a job* for them, they would go home in the evening and play with the kids! This is going on everywhere – so what happens to that person's soul? But for them they don't see their soul, they are just thinking with their personality, *'This is my job, I know something is not so good, but still I have to carry out my duty'* – this was the excuse of so many people here, in Germany, during that time, *'It's my job, I just had to do it.'* From a personality point of view they don't even feel guilty!

But on a soul level you can imagine – if what I say about the soul is true – what damage have they done to their soul?

So you can't, really, change the soul unless you have that perspective which is far beyond the perspective you get in a normal way: which is only by seeing things the way that you see things. To change it you have to have a perspective on this, and few people have that. So, as the Buddhists might say, they will all be reborn in the next lifetime as beetles, and then they will say, *'How did I get to have a life as a beetle?'* Then they might become aware of the actions they had done last time that brought them to this state. So take care of your souls!

Coming here you are taking care of your souls, of course! But, even when you are not here, stay open, stay open to what can come to you from beyond this room, as well as from within this room, but be aware that, quite apart from your judgements of yourself, that are bound to come from your mind, just consider, how it is the soul that really matters and so ask yourself, *'Where and what is the quality of my life?'* I told you that the soul has no form but it has a quality, so to improve that quality your life has to have quality. That really has not much to do with conventional morality and ethics – to some extent, yes; but also to some extent it has to do with something else, that you cannot make a list of – the qualities that you need to show in your life in order to improve the quality of your soul. It doesn't mean that you shouldn't drink beer, or smoke, or commit adultery – things like that, that's conventional morality – but something much deeper, a sense of the feeling of a rightness in your world, and in yourself.

Energy Flow To Harmony
Extract from the Q&A
UNACHO

22nd of January 2012
28th in the series 'The Silver Stream'

‘On Dying’

I'd like to ask you a question about something that I've already asked you about once by e-mail. Your answer was satisfying for me, and you said also that it shouldn't bother me because I am quite young.

Yes, I remember that.

The problem was that I keep thinking about death. And also the people around me, the people I really care about, the two wonderful little girls that are my daughters – and this makes me feel bad. Thinking about my own death is bad, and thinking about the death of people close to me is even worse.

You told me, in the few words that you wrote, that there are different kinds of death and, if I have understood you correctly, the one that means a spiritual rebirth. Now part of this fear is gone from me, but...

So, seeing death as a spiritual rebirth has calmed your mind a bit about dying because, in a way, that means that you are still alive in your body – if you have a spiritual rebirth. So you see that maybe part of your fear of death includes the fear that I've talked about – of falling into the abyss. So you say, ‘Aha, maybe I am not afraid of that, but maybe I am afraid of the actual physical death for myself and the people that I am close to.’

For people well on the spiritual path, I would say, that dying is much worse for the people whom they leave behind than for the people who die. I think that if you are well on the way of the spiritual path you will not have fear of death, because you will have a sense that it is just a transition of energy, just like you have a transition of energy when we join together in one of my seminars, and just like someone here said, ‘Well, revelations are possible here.’ It's just

another name for a sense of Oneness and being open to understanding many things which you can't normally understand. When you have got into that space, then the feeling that you have when you are in that space is, ‘Well, if death comes it's okay, somehow or other, I feel that there is something about how I am right now which will not be destroyed, which will still stay and be. So I will, in a way, be somewhere else, but I will still feel experiences in myself and I will still be present.’

Now what came to me as a very down-to-earth example, is this:

We all know that young children, before they get snapped up by culture and society and everything that wants to bring them into a resonance with the life as it is on the streets, before that happens they are in a very open space, not an enlightened space but close to it. Jesus said that, ‘Be as young children’,

not in all ways, of course, but in a kind of quality of being. I have read about people working in hospitals with young children who are going to die, and the way that most of them are, is completely relaxed. Six, seven, eight year old kids feeling that they are dying, smiling, and they say to their parents, *'It's okay mummy, it's okay daddy, it's just the way things are,'* and the parents – thirty, forty years later, are still mourning. What a difference.

My mother died a long time ago, in 1968, just four days before my first son, Kozan was born. I was distraught, completely smashed, and then in 1993 my father died – after all my spiritual experience between those two times. I loved my father just as much as I loved my mother – in a totally different way, but equally – *and for me, it was as if nothing had happened.*

Of course some things had happened, because I used to go two or three times

a year to England and see him and his family – he had a big second family – so that is something that I don't do any more, now I just go to England for my seminars. But that was not important, the fact is that it felt that the relationship that I had with him continued; essentially and most significantly, it continued.

I mean that in some essential way he is still there, so it is similar to what I was saying about these kids, they have a feeling, *'Well, it's just a transition, there is nothing to be so alarmed about, I sense that somehow it's just a passage, I've tasted life, okay, not for very long.'* It's as if they are in touch with where they are going to be when they die.

On the site where Osho's ashes are, is written, *'Never born, never died, just visiting'*. In time, hopefully, that is how you will come to see it. So we are as afraid of losing our children as we are of the loss itself. We are afraid of how we will feel. It is a terrible thing to lose our

children, because it goes against the sense that the parents should go first, then the children, and that we leave them behind. But of course sometimes it happens the other way, one of the children will die before the parents die, and that is a tremendous loss. It seems unnatural, and part of the terrible feeling is that of *our loss* – rather than their disappearance.

I am reminded there of my brother, who had a daughter who died at the end of December – it was twenty-five years ago; I got a letter from him just the other day saying how he had spent that day, Boxing Day, entirely alone with his daughter Emma – who had died so long ago. He wrote, *'Michael, I will never get over this,'* so it is his mourning that is so terrible – dying may not be terrible at all.

Energy Flow To Harmony
Extract from the Q&A
UNACHO

22nd of January 2012

_____ 28th in the series 'The Silver Stream'

X-Run 6

The next X-Run will start in August 2012. This is Michael's dreamcourse.

There are two 7-day seminars and four 5-day seminars over the course of around 18 months. Up to now Michael has taken each and every session himself. So it's very personal. The leading edge of the Energyfield and of the Teaching. Many have completed two, or even three or four. A certain level of previous experience in his Work and a good resonance with it too is needed in order to qualify for a place, but exceptions are made if he feels that a fairly new person has what it takes!

Applications for it start now.

Dates:

Part I: 20 - 26 August 12

Part II: 12 - 16 Dec. 12

Part III: 06 - 10 March 12

Part IV: 14 - 18 August 13

Part V: 11 - 15 Dec. 13

Part VI: 7 days in Apr. 14

Groupfee: 2.980 Euro

Booking & Information: OneLife



Enlightenment Circle

"Enlightenment is the dropping away of the self in the act of uniting with something."

That something will be present, for sure.

"Since I prepare only for what ought to happen to me, I am never ready for what does happen - never."

We will open to that - what actually is happening each moment. Fresh.

"That place of Boundlessness also known as Happiness."

So that's not a direct route to happiness. But we will take it - opening to boundlessness, joining it - and then happiness is there.

Venue: UNACHO, Denzlingen
Date: 22 - 25 November 12
Groupfee: 620 Euro
Booking & Information: OneLife

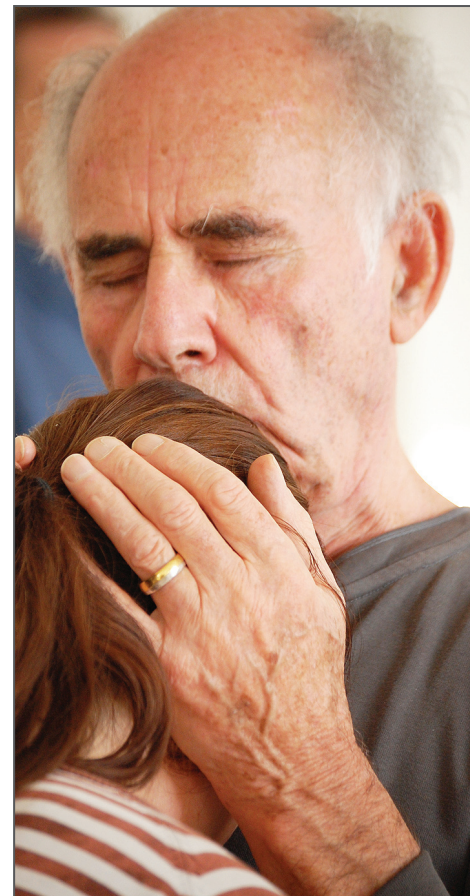
"Energy is the primary substance of the world, and the fundamental cause of change in the world."

Well, I guess we all know that as well as Werner Heisenberg did. So, no direct attempt at change but - find the energy, be with it, and let the energy make the change.

"Attain the source and the rest need not bother you. But as long as you are kept away from the source nothing else will be of any value to you. Reality presents itself, true and eternal, in the unity of the One and Many."

This Zen Master gives a thumbnail sketch of our work. The last sentence is saying, in our parameters, $0 + 1 = X$.

These will be the themes for the Enlightenment Circle in November.



Being in UNACHO, the heart of the Energyfield

Come and stay some hours or days or even some months with Michael, his family, and his team in his house to experience the beauty of this place, this energyfield as well as the beauty of the surrounding area, the Rhein valley & the Black Forest.

There are different ways as to how you can be with us:

Energy Streaming

You will live with us in the house, share the daily work and meditations. During the day you will meet Michael at meal-times or simply when he is around in the house.

If you stay longer than two days, you can participate in "The Four Suits" Darshan on Wednesdays.

Energy streaming is a great chance to bring the teaching into the daily life.

Here's what some participants wrote:

"It is like a bridge between the experience in the seminars with Michael and the daily life. It's a practice field in which you can find out how to experience such moments of feeling totally at one with oneself and all what is around you also in daily life with whatever you are doing."

"...The field which is offered here in UNACHO allows you to deal with daily situations in a creative and playful way. It allows you to develop your own potential, to get closer to yourself and to finally feel at home."

"The presence which is available here is potentialized. Through the willingness to dive into the daily life of UNACHO I am inviting change. This allows me to become aware of old and unhealthy behavioural patterns, let them go and transform them."

Rejuvenation Programme

You are staying in one of our nice guestrooms, participating in the daily meditations and the weekly Darshan with Michael.

At the beginning of your stay an individual programme & structure will be arranged according to your wishes & needs. This can include a variation of massage & body work sessions. An Individual Session with Michael can be booked too. It also can include one or two hours joining into the daily work activities of the house.

Otherwise you can spend the time as you wish, in silence in your room, going for nice walks in the surrounding area or even tours into the Black Forest or the Kaiserstuhl.

Tourist Programme

You can book one of our guest-rooms and just spend the day in whatever way you want. Breakfast will be included in the room-rate. If you want to join other meals with us you can book them on the day.

For further details & prices contact OneLife

Evening Activities

SASH & PEP

Every Tuesday and Thursday evening, when Michael is at home, there is an Open Hour from 19.00 - 20.00 in the Extraordinary Space Grouproom at UNACHO.

SASH (Soul & Spirit Hour) will continue to happen on the first Tuesday of each month only.

On every other Tuesday of the month, and also now each Thursday, we are offering PEP (Personal Energy Perfection) Evenings (when Michael is in residence).

These gatherings will be limited to just ten visiting participants only. You can book in advance, well in advance if you want, and also as often as you want.

In these PEPs Michael will work with those attending, both as one unit and also individually. We hope many people will take advantage of this new offer, to give themselves a recon-

nection with the Universal Energy and their own Buddhahood, available now in the midst of their daily working lives.

SASH & PEP with Michael

Tuesday, Thursday 19.00 - 20.00 h, Please ring first before coming.

Price: SASH 11 Euro, PEP 18 Euro

Diamond Yoga

To live through the Energy Connection with the Universe is to transform each moment of your life.

Every Tuesday before PEP or SASH, 17.45 - 18.30

45 mins of Diamond Yoga with a trained Teacher. Price: 5 Euro

Discount Scheme

To make it easier for you to stay in the energy stream that we bathe in with Michael, we give increasing discounts for additional groups that you attend after your first group in any year i.e. 2012: 10% for your second group of the year, 15% for the third, next 20%, which is the maximum.

No discounts however are given for certain special groups: the X-Run, The EC, Detrapping, EFTOH and The GoodHealth Seminar.

Michael on Facebook

He writes great posts & blogs about his life, the energyfield and gives hints on the Art of Jumping - not published elsewhere! Join the Fan Page, give a like on Michael's page and get a FREE E-BOOK with 7 INSPIRING TALKS.

[www.Facebook.com/MBOneLife](https://www.facebook.com/MBOneLife)

Michael on YouTube

Over the last year, some talks and scenes from seminars have been put on YouTube - and more are to follow.

www.youtube.com/OneLifeVideo

Electronic Energy Newsletter

If you are interested in getting our regular Electronic Energy Newsletter per email, you can subscribe to it on our website.

Contemplation of the Day

Every day we put out a statement from Michael, or from one of ten thousand other of his sources, something challenging, something to consider in your heart and mind, to get the personal cells working for the day. By email to you each morning, Monday to Friday. For just 20 Euro per year. You can subscribe to it on our website.

