



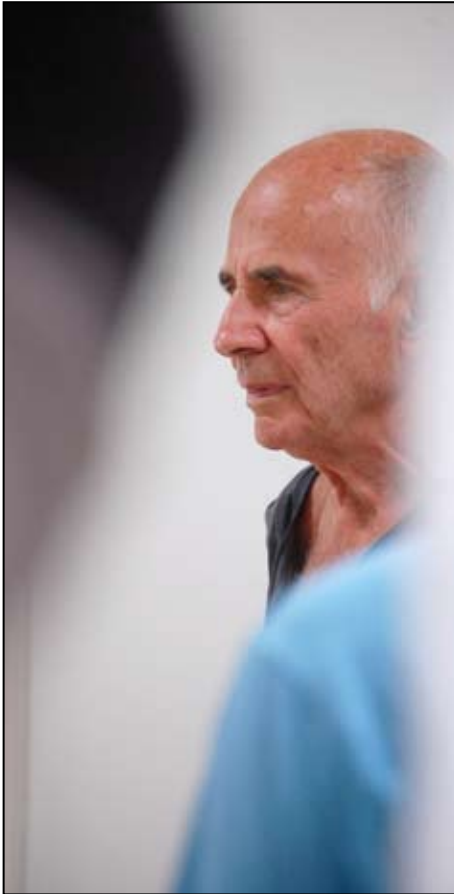
Energy, Being and Authentic Living

Michael Barnett



2013

Teachings • Seminars • Trainings



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Everything is energy, a form of energy, and energies can be transformed. That's beautiful. And it opens up a new way to spiritual attainment: via energy & transformation – the name of my first spiritual book back in 1980...

So whatever happens to you in response to the energyspace we create, is a healing, a move towards such transformation.

Whatever!

It's a 'calling', it's a draw, it's the ocean pulling the river, it's a freeing from the conditioning and the structures, the traps of what has been established within, and holding us, it's the heavens at work on the earth, working to unite, to make one.

To bring us home – to where we started from – and to where we must again arrive.

Once long ago I worked on these 'holding' patterns, to break them open, or to replace them with something better, more flowing; all very good! But I see now that finding that beautiful alternative energyspace immediately starts to work on these false containments, to change the way they are in daily life. And I love that. To see change without working directly to do so, but achieving results by working on another level altogether. More effective! That's something Albert Einstein realized too when he spoke that no problem can really be solved on the same level as the problem. You have to go to a higher

level. And that's what we do. Steadily we leave the grip of the old behind and free ourselves to act and live in resonance with the way of life itself. That for me is true spirituality.

My real dwelling

Has no pillars

And no roof either

So rain cannot soak it

And wind cannot blow it down!

IKKYU (Japan)

So nowhere on earth, that's home.

KO UN (Korea)

That's Universal Life. And, as the song goes, the earth is a child of the universe – and so therefore are we also – and all living things upon the earth.

This is the realization – and the experienced reality – that alone can bring peace to the world, and true joy and love to all human beings.

We Wild Geese are assuredly on the right road to achieving this – at least, to start with, for ourselves; and then pointing the way – and showing it too.



Seminar news

The recent **EFTOH** here in January was very special. Michael worked with the participants mostly in a completely new way, so that they all were involved more or less all the time. The basic theme was to transcend the subject-object duality and to find the oneness, the communion, the hidden harmony everywhere (EFTOH stands for energy flow to harmony).

So in the autumn, in Ostermieting, near Salzburg, at the great seminar house there, Zeitraum, similar processes will go on, in a group titled **TATOI** (Taking the Outer In), great also for well-experienced Wild Geese... it will for sure bring something new, even more rounding... Recommended.

We were also there in Zeitraum for the last leg of the new **X-Run**. 43 people now - as good a go-ahead bunch of people as you could find anywhere. They all meet in March again, at Varuni's place, The Blue Butterfly in Denmark. We can't wait!

This year please note the **Swiss Group** with Michael is in June, instead of autumn as hitherto. That's another place, by Wilderswil, that's well worth a visit. Beautiful grouproom, great natural food - and always some interesting new Swissies drawn in to taste this special energywork and make the cosmic connection.

Again this year - after a highly successful visit last year, Michael goes (accompanied by Mishka) to **Santa Fe**, to the Academy for the Love of Learning, established by longstanding Wild Goose Bhaskar, who did many seminars with us in Europe back in the 80s and 90s.

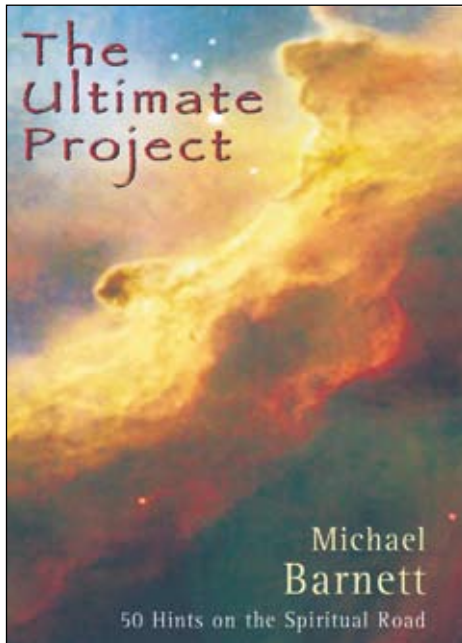
Part of the Academy working staff is very Goosey! Andrekka, Deepana, Donato and for a while Duija - and now Deepen and Ramendra are also joining that team for a while, very soon. So...

Michael will be involved in many ways during his two week stay there this year; the weekend seminar will almost certainly be 18-20 October. Well worth a trip to the States to include this! And Santa Fe is of course renowned for the beauty of its surroundings, and its culture. Michael

and Mishka, when they were there last year, would sit for ages just looking out on the scene: mountains, huge skies, vibrant earth...

Michael will attend - and give the usual offerings: Talk, Energy Happening and Meditation - at both **Rainbow Festivals** scheduled for 2013: in May in Karlsruhe (new!) and Nov/Dec in Munich. Be nice to see some familiar faces there! (Unlike previous years in Baden-Baden, few from the EF came to join us last year.)

And lastly - the **Winter Festival**. As you know we located it last year near Dortmund in the north of Germany. It was a super happening, but the venue was not so great. We managed, we overcame the shortcomings, had a high time, but we wouldn't want to go again. So who's got some ideas of where we could go and which would fit our way of working - and celebrating into 2014? Please let us know any ideas or suggestions you may have so we can investigate and maybe find something that will harmonize with us at this great time.



So, the new book is out: **The Ultimate Project**, Michael's personal selection of talks from the groups – and darshans here in the house – during 2010. Fifty Hints on the Spiritual Road.

Get your copy at your next group or order it from our webshop.

“If we were able to drop everything that has been imposed on us, and which we have bought, and which we live by, then there could be a return to what we can call the Source.

In a way we are always at that Source but we seldom ever experience it because on top of it, all this furniture has been arrayed, and we find ourselves on top of that furniture. If you can clear away the furniture, or stop giving energy to the furniture, you can come again to the Source.

The furniture I am talking about is not solid like this table and this chair, it only exists as long as we sit on the chair and use the table. If I don't use this chair or this table, then still the table and chair remain here. If we don't use all the furniture that has been dumped on us, that we use in our lives, then it would disappear.

Well it wouldn't entirely disappear but it would become transparent, so that you can now penetrate it again and go back to the place that was there before the furniture started to build up in you...

The fear is that then you would become a vacuum, we feel we are the furniture. But instead you would connect with a new source of life...”

Falling in Love

The new music CD – music by Domini, lyrics by Michael – most of them poems from the eighties put newly to music by Domini.

All very touching, and the words of course full of teachings. It's called: Falling in Love – which you may do with the whole CD! Get your copy at your next group or order it from our webshop.



Just Sitting

Those few minutes, just now, when you were sitting, was a big jump. Whatever happened this morning worked, you were, almost all of you, really sitting quietly. You all know enough about meditation – Zazen, Vipassana – to know that meditation is all about sitting. A sesshin, which is a Buddhist long-term meditation training that can last ten days or even three months, and people just sit all day.

In meditation people sit to see what is going on, to see what non-sense their mind is thinking, and what pains and aches they have, to see if they want to move. But when you are meditating you have to see that you want to move but to say, 'I'm not going to move.'

In such strict meditations, as in sesshins, you are not allowed to move at all. If you move the head monk will come and say, 'Out!' They will throw you out of the group because it disturbs everybody else, as I know well.

Now I never meditate. (Laughter.) Sorry, but I don't, I sit quietly, sometimes, for ages and ages, but I don't sit because I'm meditating, I'm just in a meditative space. I drop into that space that I was talking about this morning where there is nothing I must do, there is nothing I feel I have to do – but I'm not meditating. I'm not doing anything; I'm just surrendering to a state that is there.

One great Zen guy said, "One doesn't meditate to get anywhere, you meditate because sitting is 'It'." That means, when your mind has gone quiet, that the natural thing that will happen is to simply sit – until you need something to eat, or to go to the toilet, or something – this is the basic state of a human being.

Buddha said, "The restless mind does not stop, when it stops it is bodhi." – bodhi means enlightenment – and then you will just simply sit, and there is nothing telling you to do anything.

Now you can see how far away that is from almost everybody's life in the world. Maybe not so far away from some of your lives, but quite a way away from most of your lives, is the feeling to say, "Well, just sit quietly, not as a meditation, but because that is how it is for me, that is my truth," and that is revolutionary. Just sitting, letting go, and saying, "Well, nothing to be done, I'm just sitting here."

Feeling some energy around you is also very helpful, and you just sink into this energy, and you sit. That was what was here, to some extent, when I came in this afternoon, I don't remember that being here in Kiev before, not that kind of sitting quietly that was here just now.

When I was talking this morning about enlightenment and satoris and what happens there, it seems that it is nothing to do with just sitting, but the point is that everything is connected on the spiritual path. That part of you that I was talking to, and saying to it that this too can become enlightened, if that part of you said, "Aha, I hear that." – even if your mind was doubting it, if that part deep inside of you, your Buddha inside you, heard that, then it will start influencing you, and will bring you, for example, to just sitting quietly, as you were a while ago.

When you just decide to meditate in the normal fashion then it is a doing, but when you find yourself sitting quietly, and that is just happening by itself, that is a non-doing – then you are in touch with the true nature of things.

So the difference between these days that we are having together, and when I come for a weekend, is that, in those weekends,

I give you beautiful experiences, I give you a glimpse of things, but in these days I am wanting you to get the Way, so that you can proceed on the Way when I am not here, and Tiago and other people are not here, so that you can feel what is needed every day.

A lot of you are young people here, and this doesn't mean retiring from life, this place is a source of life. Normally the source of our lives is the ego. Our ego comes from the source of life, where else can it come from? But it is like the source of life is everywhere; we are born out of that, and out of our cultures and our families and the influences on us, we create something called the ego, the self.

When I say, 'we create it', we don't really create it, it is created by the situation. All the things that happen to us, the influences on us and the people that have a strong effect on us, we respond to that in a way that keeps us healthy and alive and free – all this creates a certain pattern, and that is the ego. Then that becomes the source for you, but it is not the source, it is a false source, but we live from that.

If you can find the true source then you go on living but now you are coming from an understanding, a realization that you are part of the whole. When you are in the ego it is always subject-object, even with your lovers, your husbands, your girlfriends, your boyfriend, your parents, even your children – children not so much – but you are here and they are there, so it is subject-object all the time, a duality.

But when you find this stream of energy you see that it is just like an interaction of two parts of the same thing. The Universe is here, and when I look at her (Michael indicates a participant) I don't feel subject-object, I feel an exchange of energy, I experience her presence, her energy, which is what I do when come around

and work with you. I experience your energy and my energy goes in for you to experience that, and something happens between the two energies. That is why we call a group of seekers like you, and wherever I go, an Energy Field, not a group of people but an Energy Field – they are also a group of people, but because they are connected through the processes of energy that I work with they are all in the same sea.

When that happens there are certain things that people do to other people that become impossible – violence, and heavy judgments, and condemnations, and aggression, and rejection – these things can't happen when that space comes up.

It is impossible for someone in this space to reject anyone in the world, even the so-called worst people in the world – you cannot reject them, I might as well reject the floor and fall through it.

I can't reject the floor, I can't reject the walls, I can't reject the chair that I am sitting on, I can't reject anything in the Universe any more. I may enjoy some parts of the Universe more than other parts of the Universe, but I cannot reject – I cannot say, "I don't want to know you, out of my sight, out of my world." I can't do that, because the energy world comes before you do, so you cannot say 'No.'

In your ego world you can say, 'Yes' to him, 'No' to him, 'Maybe' to him, you can go around saying, "It's my world, I decide who comes in." But if you are in this other space, where you are part of the Universe, and when somebody comes in you say, 'Ah. Aha. Aha!' you can't say 'No' it is ridiculous to say 'No' – because it is there.

OPT OneLife Personal Training



The OPT Training is very inclusive – mind, body, heart, soul – and spirit. The broad contribution of the Facilitating Team ensures this. The overall effect of the variety of work and explorations we do in this Training is to give participants a sense of their own *wholeness* and *aliveness*. Then on top of that, there is the strong sense of the course bringing participants to their own reality.

Or as one current participant puts it: “HOME – safe – everything alive – together – being – love – joy – reality – family – light – oneness. I feel me and I feel all.” On top of all the work to open and enliven the body, giving space for the spectrum of feelings, there is the reso-

nance with the Energy Space which can lead to such experiences as this – from another participant: “I just came out of the most beautiful place I’ve ever been, more than anything I ever could have imagined or dreamed of. I feel so blessed, humble and overwhelmed for what I was able to see to, to bathe in, to experience.”

Over the 6 parts of the Training a whole variety of processes are shared, opening fresh doors continuously; the members of the Training bond together more and more strongly.

One participant writes: “I can stand in front of this group and feel I’m in my own living room at home.” Regularly in between meetings hints are sent out by the Leading Team so that the whole process to some extent continues uninterrupted.

And supporting all the specific work there is the feeling (another participant): “Space is the place. Energy is love. Express your truth – ecstasy, peace and freedom. I want to blossom like a flower. Thank you

Michael for being love! Thank you all for opening up the space of love and letting me feel love. Love is energy in its purest form.”

At the end of the last leg of the current OPT a participant writes: “I’m in Zero. No desire, no limit, no worries. Clear, transparent, almost weightless, zero. *Then I let the stream of life carry me on.* My greatest energy experience so far. So advanced and yet so easy.”

Finally, Akali writes: “Thank God I went on this ‘path’, and on this training.”

Part I	Summer Festival	23 - 28 Jul 2013
Part II	Core Training	30 Jul – 5 Aug 2013
Part III	Core Training	WE in Oct/Nov
Part IV	Winter Festival	27 Dec 13– 1 Jan 14
Part V	Core Training	5 days in Feb 2014
Part VI	Core Training	7 days in Jul 2014

Groupfee: € 2800,-
Facilitators: Michael, Tiago, Abava and Mishka
Booking & Information: OneLife

The Cats That Stole The Cream!

That's what we do,
 steal the cream
 from under the nose of four-square daily reality.
 This cream:
 Contains in it
 Joy and Silence,
 Peace and Love.
 Wholeness.
 Rightness.
 All these filter down into the common milk -
 a little!
 In the cream - there they mix for ever!

The Easter Festival

Venue: UNACHO

Date: 29.03 - 01.04.13

Price: € 290,-

Booking & Information: OneLife



Easter & Summer Festival

To Be Or Not To Be

To be is more than just being here,
 It is also to be with your Being.
 You can simply be, be alive,
 and yet be unhappy, alone, lost, confused – or worse;
 but be in your 'being' –
 which means very present,
 and present then with all things,
 with Life itself,
 then that is really 'to be',
 to be always, and in life everlasting.

Again we are at the sannyas place – same as the last two years. Suits us pretty well, and we also get some visitors from the community to our sessions and to the meditation concert with Shintai and Mayadevi, which of course helps the two-way connections. It would be a joy to see many of you there – **you** there!

The Summer Festival

Venue:

Parimal, Gut Hübenthal, Witzzenhausen

Date: 23 - 28 July 13

Groupfee: 380 Euro / Concert: 10 Euro

Booking & Information: OneLife

TATOI

As Michael has mentioned in his Open Letter, this group will be a kind of continuation of the kind of Work he did in the recent EFTOH here in UNACHO, open to all.

Here is a feedback report from a regular participant in his workshops on this last EFTOH. From it you can gather what kind of Work will then take place:

“The most important thing I took home from this seminar was, that it’s all about me. What is outside is also in me.

I just have to be receptive, to be open and then the whole beauty, which is outside is also inside.

So the EFTOH was an important piece of a puzzle towards it. What I liked on the seminar, it was about me, I was in charge. Of course, you were also there and you did an important job, you built the space, where all this could happen, but you did not interfere so much.

So it was me, who had to work. I had to be open, I had to let it in, I had to make the connection to build the flow, I had to be aware and sensitive.

And there was really plenty of time (which I enjoyed) to discover the things in many different ways, with many different types of energies. And because you did not work individually with us, it was like something could grow in me and come to realisations.

And still yet, after 2 weeks, it’s not gone. I find more and more

the centre in myself. And more important, I know the way towards it. I have to be open and receptive and not search it outside, it’s in me.

An important part was also the sitting. In this time I could build up the sensitivity and when we did the exercises it was more intense. So the mix between sitting and doing exercises was perfect for me.

One session, which I specially remember was, when you were the ‘object’ and you were in the middle. At the beginning I could clearly feel your energy.

But more and more you disappeared and all came together and there was only the group energy, no individual and then the music. And then when you played that song with the flute, then I was the flute and the sound came through me. It was a wonderful feeling.

So for me the EFTOH was a continuation of the last TOBAL in Dole, where the IOTO mediation was born.

As you see, I like to work in this way. That’s what I also liked in the last X-Run, where we did these self-healing exercises, it’s a wonderful way to discover one’s own being.

And for me (and probably for all) it’s important to realize that I have to find it inside me and not outside in any objects or dreams or whatever.”

Venue: Zeitraum, 19-22 September 2013, Booking & Information: OneLife

Enlightenment Circle

If a certain mix is created, if a certain kind of gathering of people takes place, then there is a resonance, something from a mysterious realm of existence responds – and joins.

So over the years this group has attracted people already in touch with the light, who are drawn to be part of this group in order to increase the brightness of their light. Which always happens.

The very name of this special seminar inspires Michael to play his important part in intensifying the light that is both the source of life and also, still, the essence of the prevailing – if often invisible – life, in all its aspects.

Light is the theme, though we may have to go through some darkness to find it – but then darkness is just the temporary absence of light and so can be thrown off, penetrated, shed like a sticky suit of clothes.

To find and feel the light, one has to be pretty naked, open, trusting – that it is there and can come to you. In the end it is like walking around in sunlight, all the time.

Venue: UNACHO, Denzlingen | Date: 21 - 24 November 13 | Groupfee: 620 Euro | Booking & Information: OneLife



What Does Not Go

The ego space that we all live in is very small. Even if it is intense and powerful, it is still small. And the energy space that we've all experienced these days together, including the new people, this energy space is vast. Now a little while ago an Ayurvedic doctor from Sri Lanka said this to me. She said: "Michael, the world is so small and you are so large." (Laughter). One meter seventy six I am (Michael chuckles). Well of course she wasn't speaking about that...

Now for some people, being together as we have been these days – and wherever I go – it seems like a duality: how they experience themselves here and how they experience themselves in daily life. At first that is likely. That could certainly be the feeling that people have. If one comes out of the small life circle into the big universal circle, and then returns to the world, then the way you function again is the way you've always functioned in the small circle, so it seems difficult to bring the two together. For a few people, what they experience in this energy space they find they can take into their lives, or even they find that it takes root in their lives.

So some people find a way to take it into their lives and some people don't seem to be able to find a way to take it into their lives. But the fact is, as I'm sure some people here will confirm who have been with me many times: the fact is, you cannot

lose it. When some connection with that space is awakened in you, as it more or less always is, then it will stay awake, even if you are not aware of it, even if you can't see in what way it is there in your life – it is there. It can take a while, sure that happens, but slowly it will infiltrate into your life because your true nature belongs to that vastness. The reality is that you are not confined to your ego world. We all belong to the universal energy. And when some part of you makes contact with it then it will never die.

I was sitting with Anuradha and Sandipa and I said: "If all the whole world was like we are now, what would ever be done?" And then Anuradha said: "Well maybe then it wouldn't need to be done." (Laughter) So sometimes it happens in the history of the spiritual search that some people find that place and then they stay there: Just to be, be, be there, be there without doing anything, content just to be there.

For example: There are two kinds of Buddhism - Mahayana Buddhism and Theravada Buddhism. In Theravada Buddhism the aim is to attain that place and that's the end of the game and if you find it you're under no obligation to share it. Mahayana Buddhism takes the opposite view. When you find it then it's your obligation to help whomsoever you can to find that space as well. It holds the notion of the Bodhisattva – the principle that when someone gets it he refuses to enter paradise till the whole world can enter with him. So he teaches.

I'm all for bringing the experience that I'm talking about into daily life. But it's a gradual process. If you try to live it and share it when you first taste it then it won't grow. Well, you have to do it to some extent because of the way of the world but when you begin to really connect with that place that I call the Energy World then it's necessary to give a part of your time – and intention and commitment – to allowing that connection to grow and grow and grow until it fills you up. Then, when it's really part of you, then the daily life is where to go. And the light you have found will shine in all you do. So that's the program I'm giving you. (Michael laughs). That's a beautiful program. And it brings you to a state of joy and love and contentment and unity and it brings you to a place and a situation where you can and will enjoy sharing it with all.

So I see it in my seminars, how what I've just described happens in even just a weekend seminar or a seminar over just a few days. The way that a person is when they come in is completely different from the way that person is at the end of the seminar. I don't just mean that they've been able to join in the meditation spaces that are created, sit as we've done here so beautifully together, but that the way they are as human beings, the way that they act and respond to other people, is completely different – without working directly on their behavior patterns.

I used to do that in my early days – doing encounter and body-work, working on people's patterns, trying to break them

open or changing them, but I see now that working in these subtle energy spaces and bringing that to people, then there are life and character changes directly as a result of finding that beautiful alternative universal space. It immediately starts to work on the personality and the way that people are.

So it's not just in the seminars that people find that beautiful universal space, but that in doing so they not only have this as part of them but it immediately starts to work on their ordinary level of daily life and their attitudes and activities. And I love that. I love to see how people change as the persons they are without having done anything directly to cause that change. It's like solving the problem on another level. You can't solve an important problem on the level that the problem is on and I've been saying that for a long time. And just recently I saw a quote from Einstein where he says exactly the same thing from a scientist's point of view.

So we go into another space and we open up an extension of our reality and immediately the wind of that change begins to change the personality of the person. Positively.

Ok. So you've been quite a good crowd this week so far. Don't spoil it tomorrow. (Laughter)

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, feel free to contact us for further details & prices.



Energy Streaming

You will live with us in the house, share the daily work and meditations. During the day you will meet Michael at mealtimes or simply when he is around in the house. You can participate in 'The Four Suits' Darshan on Wednesdays and in the PEP's on Tuesday and Thursday. Energy streaming is a great chance to bring the teaching into the daily life.

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.

Evening Activities

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) is happening every first Tuesday of each month. This time is for nourishing the soul and spirit of all who come. We sit together with Michael, as like as not falling into the cosmic energy space together, Michael usually chooses some suitable music for 15-20 minutes to help us along.

PEP (Personal Energy Perfection) Evenings are offered on every other Tuesday of the month, and also each Thursday. These gatherings are limited to just 15 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. The evenings offer a possibility to reconnect with the Universal Energy and one's own Buddhahood, available in the midst of the daily working live.

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. Diamond Yoga is a simple way of opening up to and experiencing the cosmic energies that are all around us.

With a trained DY Teacher | Every Tuesday before PEP / SASH 17.30 - 18.30
Price: 7 Euro for 1 session, Block of 5: 25 Euro

Meditations in UNACHO

Join us for these dynamic meditations developed by Michael and used by thousands of his students worldwide. We offer a meditation every day in the morning and in the evening.

Price: 5 Euro for 1 meditation, Block of 5: 15 Euro
For further information see website.

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. 2013: 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, TATOI and The GoodHealth Seminar.

Ways to connect

Michael on Facebook

He writes great posts & blogs about his life, the energyfield and gives hints on the Art of Jumping - not published elsewhere!

www.Facebook.com/MBOneLife

Michael on YouTube

Over the last years, 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:

www.MichaelBarnett.net

