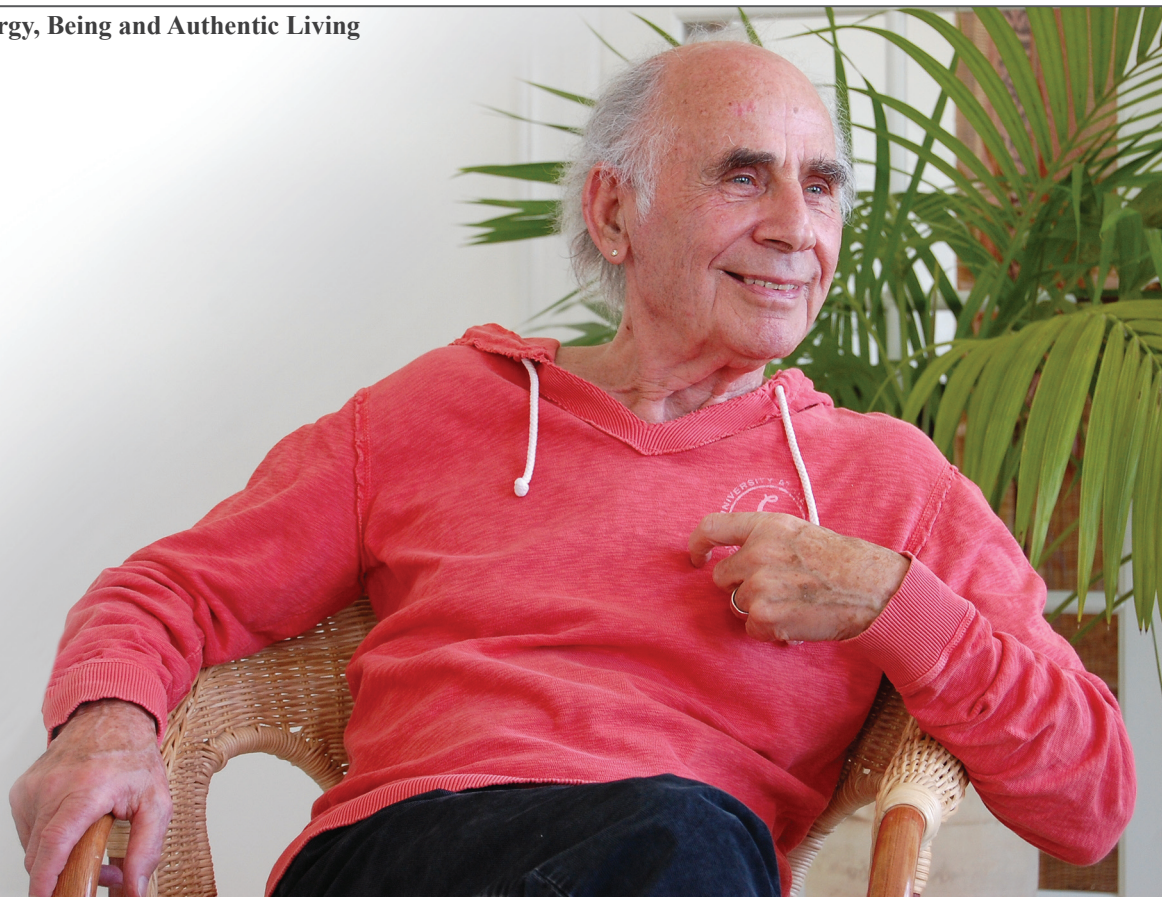




Michael Barnett

Energy, Being and Authentic Living



2014

Teachings • Seminars • Trainings



Energy Drawings by Michael Barnett • Photos &amp; Layout by Shintai / www.zenDsign.dk

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*Footfalls echo in the memory  
Down the passage that we did not take  
Towards the door we never opened  
Into the rose-garden. My words echo  
Thus, in your mind.  
But to what purpose  
Disturbing the dust on a bowl of rose-  
leaves  
I do not know.*

*T S Eliot  
Four Quartets*

But **we** know.  
When you go down that passage  
go through the door  
and into the rose-garden  
then the scent of the rose-garden will,  
if you allow it to,  
carry you to paradise.

Towards the end, the Four Quartets runs  
thus:

*We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.*

And it finishes like this:  
*And all shall be well  
All manner of things shall be well  
When the tongues of flame are in-folded  
Into the crowned knot of fire  
And the fire and the rose are one.*

The fire and the rose?  
What does that mean to you,  
and that they become one?

**The OPT**, our new Energy Training , now with Tiago, Mishka & Abava contributing their unique input, is now halfway through – about! Clearly it's magical and valuable and a big breakthrough for all OPTers. So look out for OPT3 beginning in the summer. New Trainings will also start soon in Kiev, for our beleaguered Ukrainians, now in the midst of mayhem there, hopefully soon to conclude in a pan-European way, and another new Training begins, later this year probably, in the Czech Republic.

Most people are crazy,  
Most people are blind.  
Most people have no sense of a world  
beyond themselves – and maybe their

immediate company.  
Today I was reading in The Times about a 17 year old student who was detained by the police in Kiev, stripped naked, beaten with batons and cut with a knife. "All I felt was pain. Their eyes were red, and when I looked into their eyes, I could see they were enjoying it," he said.

And much worse things are going on, all over the world.

So the need to be where such things are beyond possibility becomes more & more vital, so that it can also convey, at least energetically, the peace, love, and consideration that we find through our Work, to others who have none.

In the summer, in August again, a new **X-Run**, the 7th, will start. Who knows, it may be the last. As soon as you feel, "Yes, I want to be part of it, this is for me," please book, or if you have as yet completed neither a Training nor a previous X-Run, then write to me and we see if it's possible for you to still qualify for this most senior and intense of all Wild Goose spiritual programs...

*Continues on next page*

The new **PHEW! Training** here at UN-ACHO is now over. At the start, with some new and newish people involved, the group was not ripe for the work I wanted to do so I began with a volley of hammers – mostly centred around getting the ‘right’ answer to the questions: What is the most important thing about each person here? What is the most important thing about the person (MB) in this chair? (Answers?)

The first half of this Teaching seminar was about connecting and working in general with energy, mostly in small groups, the second part was about working with, in particular, individuals, one-to-one, and also in groups using energy processes. Knowing this, most of the 24 people attending the seminar were aspirants to working with others in energy ways, or for a few already doing so, expanding their repertoires – and of course, as always, themselves too.

On the first session Saturday morning, something extraordinary happened, in, well – Extraordinary Space, the name of our grouproom here! We were sitting in a

most beautiful energy space together for half an hour, then I played a few tracks of music – and then it happened. A certain quality of energy entered the room, and from it pretty well everyone (including me) started to do self-healing on themselves, spontaneously, nothing set up for it, it just began to happen, and it intensified, each person responding to it – without any teaching! – in and for themselves. This went on for quite a while – all by itself – and then I put on some very strong music and the energy simply exploded – with crazy dancing for some, cries and screams of celebration from some, amazing physical tableaux, release of all sorts of emotional energies. We were all somehow ‘taken in hand’. At the end all I could say to them all was, “What was that?!” (laughter)

So many explorations into healing happened, ending with a session of cosmic healing – which turned out to be, well, pretty wild... Looks like this work needs to be turned into a Course – a collected combination of 4 or 5 teaching seminars. But can I find room for it in my crowded itinerary? We see.

2013 finished on a real high; apart from all the great local groups during the course of the year, the **Enlightenment Circle** in November was startling, for sure drawing the goal nearer for those who attended. The talks from this seminar – the transcription job was shared among some of the participants (though still I will have to edit them) which we will bring together in another booklet as ‘Secrets of Enlightenment II’, the original ‘Secrets’ having been born out of an earlier EC Group, way back in November 2007, (amazingly - to me - so long ago!). Due date for this new booklet availability: late spring.

In December we had our penultimate meeting of the **X-Runners 6** – in Zeitraum in Austria, and it was pretty well universally agreed that it was the finest ever.

And then came the **Winter Festival** – in a new venue right by the small – but very charming – Italian village of Asolo, which lies about an hour’s journey away from Venice – via which half the participants came – and returned – then for some to stay a while in this most irresistible of cities.



This Meet-Up at the End of the Year and into the New was a 'one-off'. In almost every session there came a teaching talk, mostly of around 15/20 mins, followed by an exploration for everybody on the theme of that teaching talk. This happened 10 times over the days together and you can add Q&A on top of all that. All this will be collated, and then after some edit work will re-emerge in book form, hopefully also reaching you all by late spring, under the title 'The Secret Teachings'.

Being there, in this new seminar place, was very popular, but right now it is not clear if we can go there this year again.

The Universal Energy is now firmly our partner. Please do not miss out on its gifts. It can render you a new kind of life based on the will of the divine, a new life based on cosmic principles, such as Love.

My LOVE to You All and  
Blessings on your Spiritual Journey.

*Michael*





**OPT<sub>3</sub>**  
OneLife Personal Training

Part I	Summer Festival	15. - 20. Jul 2014
Part II	Core Training	22. - 28. Jul 2014
Part III	Core Training	28. - 30. Nov 2014
Part IV	Winter Festival	27. Dec -1. Jan 2015
Part V	Core Training	04. - 08. Feb 2015
Part VI	Core Training	7 days in July 2015

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

A beautiful alchemy happens in this Training, no doubt about it. It is a Training, but it is also a deeply personal exploration of Oneself – body, mind, heart, soul & spirit. Finding alchemically, the gold.

Old patterns are released through transformative work, like birth work, and stubborn patterns worked on through fearless encounter. Facilitators become trainees, students become teachers. It is an 'all-in' happening at times, where 'the Wild Goose energy' governs and makes happen.

All this is opening up the participants in such a perfect way, that Michaels beautiful work can be received in a much deeper and more profound way. He is entering the room and it goes whoosh, and the participants are out of their boxes.

Out of it participants find that they meet life in the world in a new way, with a fresh wind blowing through their souls. Between the members of the Team there is a powerful dynamic. Not only in the sessions: but also

outside them in coffee meetings, lunch-time meetings, teatime meetings, evening meetings – how is it going? What fits best next? What about him? or her? And always with Michael's enlightened input too.

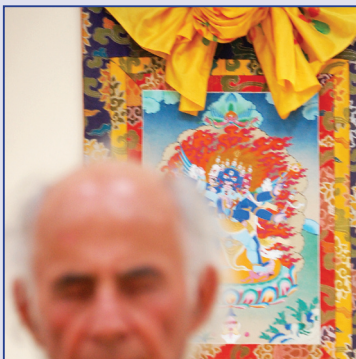
**Here are some feedbacks from current trainees:**

- *Everything has changed! My relationships, my work, my focus, my priorities, my daily life – everything. Whatever structure I was living has totally collapsed. Makes me feel so grateful.*
- *The OPT is like a warm nest to me, a big family with a lot of brothers and sisters – and parents. I feel support, trust, encouragement, warmth, safety. It is a base I missed in my life and I feel I can take it in now.*
- *A new shine in my eyes, a new feeling of heartbeat, new space between my thoughts, a feeling to marry myself in space.*
- *I experience wonderful moments in OPT, moments in which I see clearly what a wonder is life and I want to shout out this beauty to feel alive.*

## Seven Songs on Enlightenment

A new music CD by Domini, with - as usual - lyrics written by Michael. Some of the songs were played at the recent Enlightenment Circle here at UNACHO, and here's what Michael commented afterwards:

*"I found I had to switch into a different space to get it. I felt when I played the music that it was almost like he was in the room. Somehow the music is not at a distance, you know; there is the music and there the musician behind... With Domini and his music, they are absolutely there together, so it felt to me like he was in the room with us."*



Sishua has put out a small CD "Heartwork". Four songs, three of them based on the Wild Goose Work. Very melodious! If you want a copy please contact Sishua via [www.sishua.be](http://www.sishua.be).

## Time Is An Illusion

Did you ever get yourself a copy of this book - full of stories from Michael's life, stories that were great teachings for him, many long before he knew it?

Many of them, being pretty universal, are for sure, great teachings for readers too!

Anyway, the first edition sold out, and when trying for a reprint we discovered that all files relating to the book had been lost in a fire.

Still, with magical help, we managed to create a new edition - and also make some changes, updating it in certain ways, at the same time.

So here it is again!

Such a human book!





## The Easter Festival

Once again the Easter Festival is here at UNACHO.  
It's always a powerful time here,  
then, at Eastertime.

It always feels right these days  
to be at HQ at this time,  
mixing the Work

of these special days  
with the Work here  
that has taken place  
over the many years.

Here where we have lived  
and worked and planned  
and radiated  
the cosmic energy  
every day,  
then to be lifted further  
when we are joined  
by the members  
of the sangha,  
the Energyfield  
that belongs to us all.

It always feels right to be  
here with many of you  
at this time.

### RESURRECTION TIME!

From Student to Teacher.

From Teacher to Master,

From Master to Prophet.

That was how it was for Jesus

At Easter Time!

So embrace now

your Cosmic Name

And take a Rebirth

To join the Prophets

On the Invisible Mountain!

### The Easter Festival

Venue: UNACHO

Date: 18. - 21. April 2014

Price: €290,-

Booking & Information: OneLife



## The Summer Festival

### Taking Selfies

You all know, I guess, of this, a Selfie – one of the latest crazes: taking pictures of yourself, from arm extended, on your mobile, and then sending them around, posting them on one of the social communication sites, and so on.

But the Selfies I want you all to take in this Summer Festival is through the practise of **self-awareness**.

From start to finish. Except when I ask you to do something else. But still, even then!

Right at the very end of the recent PHEW seminar, a participant asked me what was the most important thing to practice in her life. I said that in a way it depends on the person and where she is right now on the Path, but for sure one thing is more or less always necessary, and is there in all traditions I know of, and that is **Awareness**.

George Gurdjieff called it *Self-Remembering* - to be aware simultaneously of both the act and the actor.

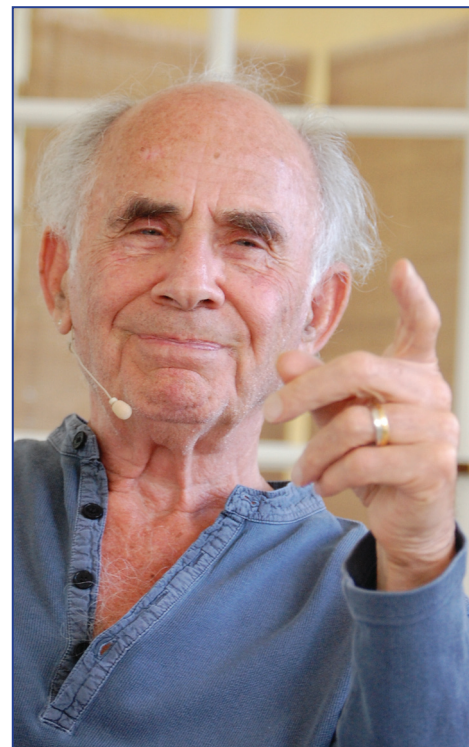
A Zen Master, asked what were the 3 most important things to practise on the Path, replied, "Attention! Attention! and Attention!"

Your witness to yourself is both part of you and also beyond you, or at least beyond the current actor in you. So it can see what you are up to.

Eventually this split, between the actor and the witness, this duality disappears. At the root of your being there is simply self-awareness. For the true actor in you, awareness is simply present, always. But first there is the practice; the practice & the practice.

And even for the enlightened, Zen tells them: Practice is enlightenment; enlightenment is practice.

So no escape!



### The Summer Festival

Venue: Parimal, Gut Hübenthal, Witzenhausen

Date: 15. - 20. July 2014

Groupfee: €380,- / Concert: €10,-

Booking & Information: OneLife

## PHEW! Training

About the last one, here in January, Michael has written quite extensively in his Open Letter (see page 4). Here is some feedback from participants: *“This was an absolutely wonderful new experience. To get Michael’s trust to be able to actually do this work, through his perceptive instruction in such a wholesome respectful manner...such a present.”*

And about ‘that morning’ Michael wrote about, when ‘something’ entered the room and joined everyone there: *“Something en-*

*tered the group room whilst we were dancing, moving... Something spread out and I felt as if pure joy, power and strong healing energies were just running through me and spread out into the space of the group to be increased by everybody’s giving and sharing. It was so overwhelming.*

*Many of us would have loved to convince you that we had only just started the group and would like to go on. I feel blessed having been able to join this group.”*

Which convinced Michael he must offer another one, for the sake of the Energyfield!



Venue: UNACHO, Denzlingen  
Date: 04.-07. December 2014  
Groupfee: €350,-  
Booking & Information: OneLife

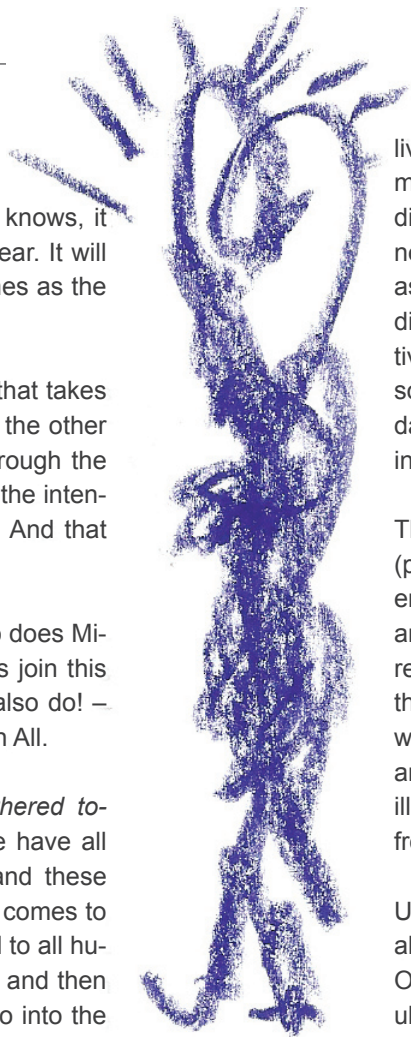
## X-Run 7

The next X-Run, the seventh – and, who knows, it may be the last! – begins in August this year. It will run until Spring 2015. We will meet six times as the X-Run runs, and unfolds.

Apart from everything else, apart from all that takes place, you will for sure soon become with the other members, a unit. This happens – both through the regularity of our meetings and because of the intensity of what takes place in these X-Runs. And that fact really helps.

Those who come mean business – and so does Michael, always. And always the participants join this gathering not just to play – which we all also do! – but to make big steps towards a Union with All.

Jesus said, *When some of you are gathered together in my name, I will be there.* As we have all found when we meet, there are times, and these times happen often, when *something else* comes to join us. There is an invitation there, offered to all human beings, to join that Universal Energy, and then to play it back into their lives. And then too into the



lives of others. That's how it is with the Masters. And members of the Wild Goose Company are all budding Masters. But achieving this state doesn't mean necessarily that you have to adopt *the known role* as Masters, working with the Universe with others directly towards their enlightenment; you can be active at anything whatsoever, in the midst of ordinary society, and give off this state of union in your everyday life. And so be passing on the resonance whilst in normal human exchanges and interactions.

This Course is not open to everybody. It *is* open (probably!) to all those who have completed an Energy Training or an OPT (including the current one), and it is of course also open to those who have already joined an X-Run (or two, or three or more!) in the past. Even if you do not qualify in one of these ways you can still apply directly to Michael to join, and if he feels you've got what it takes – to join this illustrious company! – you may well still get an Okay from him to participate.

Up to now, Michael has taken all the sessions in all the past X-Runs himself. Applications start now. Once you have been accepted you will get a schedule for all the meetings that will take place.

## In The End Is My Beginning

When I was away last week I was listening to a lot of music for the groups, and I also read some books, as usual, and one of them was a book by a Japanese lady who married an American and is an American now. A great book. The author's name is Ruth Ozeki and she quotes in several places one of the greatest Zen masters ever, Dogen. Some of his books you can still buy. The most famous is the *Shobogenzo*. He lived in the thirteenth century, I think. They were for me like the wellknown quotes of Jesus – totally seminal – and equally familiar!

One of his greatest statements, and which she quotes, is this: "To study the path is to study the self. To study the self is to lose the self. To lose the self, is to be enlightened by the myriad things." *Things, things, things!* By the myriad things! Because if you forget yourself, then what is left is simply whatever is *there*. Not your *opinion* of what is there, not your choice and comparisons of what is there, not your speculations about what is there, not your 'yes's' and 'no's' about what is there, not your preferences about what is there. If there is no self, what is left is what is there! Without judgments, without choices, without selection, without preferences, without weighing up, without even *thought*. It is just what is there; a table is just a table. So Dogen says then that is where you end up:

"I am on the path, so I watch myself, stay aware of myself." All paths, all traditions, include awareness. You can't get anywhere without awareness because you don't know who you are before you start, so you begin with awareness and then you look, and you watch, and you watch, and you realize: "Who is this one that I am aware of, what is he up to, what is she up to, what is going on?" And if you pursue that exploration of awareness you will find that in fact the self is just a convenience, so when you lose yourself what is left? Well, that is not going to change this table, whether I would have a self or I don't have a self, is it? That is not dependent. Maybe the way that I see it will differ when I have a self, compared to when I don't have a self; my relationship with it may change, but the table in itself will not change and neither will anything else – not one of the myriad things! So instead of the constant reflection on yourself, your mind and your heart and your feet begin to point elsewhere – to that which is simply there.

Now we are hiding such a reality, such a truth, such a realization, from ourselves. We fear that if we go that far, we then will disappear – and it is a rare person who would be happy, when he is there, to disappear. When you do start disappearing, then you long to disappear more because you see the beauty of what Dogen is pointing to. But until you have had the experience and seen the beauty of not being there you certainly don't want to be 'not-there.' Even people in pain, unless it is



overwhelming, don't want to be not-there, even the people who are very confused, very lost; sometimes there are suicides but mostly people in pain will not want to be not-there. Because the attachment is tremendous, the investment is huge.

Another of the author's statements in this book, and another to which I immediately related, as I have said it so often myself, was this; she writes; "To get into the space he (Dogen) was teaching about, it takes actually just one moment." It just means that you collect yourself together and you say: "Aha, I see what that step is that I have to take." And you take it.

Recently I have been saying that sometimes when I am in a seminar and we are in one of these fantastic spaces together, I think: "Why is not everybody in this room or nearly everybody in this room getting enlightened right now?" Because where I am when I am working, which is a very special place, I see the distance between where people think they are, where they currently desire to be, where they hold on to – the distance from there to the open space is just one step. It could be done in a moment. So I mean, why don't you!? From there it doesn't look of course the least bit easy, but in the groups that place which goes with the state of enlightenment is just there in the room, and the corresponding place to that which I say is in the room is also in each person present in the room.



## 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.

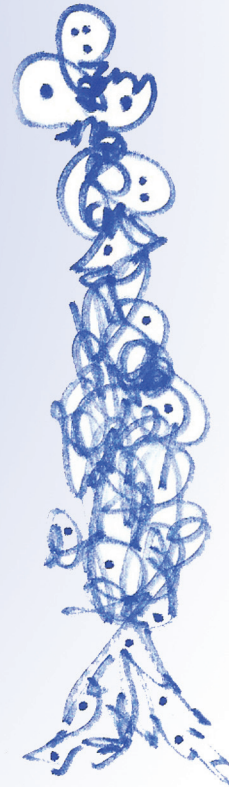
So over the years this group has attracted people already in touch with the light, who are drawn to be part of this group in order to increase the brightness of their light. Which always happens.

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.



## Staying Here

You can be here, come & join us, for a few days - all way up to an open-ended stay, when you make it your home as well as your workplace – until there's a pull to leave again – and find a second home – because once here maybe here will always feel like a home to you...

Of course thousands of people over time have said, even after one seminar, that the experience in, say, even their first seminar, was like 'coming home'. But that then is a spiritual matter! But it can also be true on a material level too.

So if there's a gap, or maybe a crunch, in your life, and you want to get re-oriented to some other deeper part of yourself, a spell with us here could do the trick...

You join the team, you get jobs of various kinds, maybe you grow into a key job with us, and you join the very personal energyfield we have here, which emanates from the energy that surrounds Michael, and which is radiated here (as you may well have already experienced), but also includes the linking up of the various members of the team – both spiritually and in worldly ways. You will join the meditations, SASH and PEP. Then in addition, if you are here for some days, you will join Michael's darshan – strictly for the working team only – every Wednesday evening. So your stay will be embraced by OneLife energy throughout your time here.

## The Evening Activities

Every Tuesday and Thursday evening, *when Michael is at home*, there is an Open Hour for the House Team, Helpers and anyone else who likes to join in the Extraordinary Space Grouproom. **SASH** (Soul & Spirit Hour) on Tuesdays is for nourishing the soul and spirit of all who come.

**PEP** (Personal Energy Perfection) is on Thursdays. Here Michael works with those attending, both as one unit and also individually.

## Meditations & Diamond Yoga

To live through the Energy Connection with the Universe is to transform each moment of your life. These meditations are a simple way of opening up to and experiencing the cosmic energies that are all around us.

Every weekday we offer regular meditations: Bodyflow in the mornings and in the early evenings Soma, Diamond Yoga, SHEM or IOTO.

**Please visit our website for more detailed information.**

**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. 2014: 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 and the PHEW! Training.

# Ways to Connect

The most powerful way to connect to Michael's Teaching is by being in his presence. He offers seminars throughout Europe and the world. He lives in Denzlingen, Germany, which is his base for advanced courses and trainings. It is possible to visit his community or even to live there for a period.

Michael continuously communicates with the energyfield around him by posting messages and writing blogs. These can be read on Twitter and Facebook or can be received - together with our regular Electronic Energy Newsletter - per email.

Every day we put out an inspirational "Contemplation of the Day", a statement from Michael, or from one of ten thousand other of his sources.

Michael has over the past 40 years written more than 50 books, most of them based on talks given in seminars.

Selected talks can be downloaded (also as audio files) through our website.

Over the last years, some talks and scenes from seminars have been filmed.

You can read more about Michael's work and his schedule on our website:

**[www.MichaelBarnett.net](http://www.MichaelBarnett.net)**

