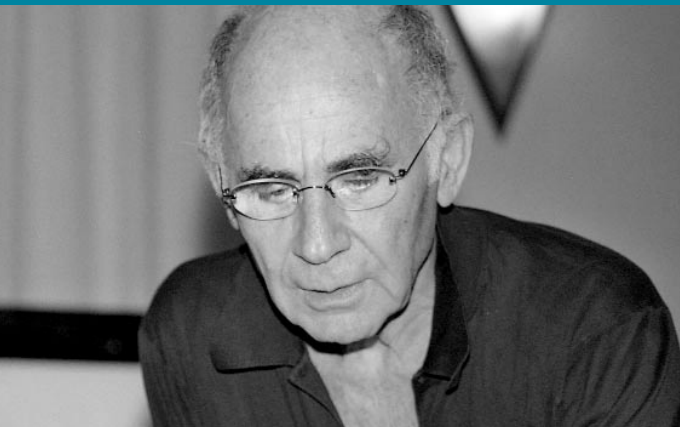


# Michael Barnett    Energy, Being and Authentic Living

OneLife  
Programme  
2007

Teachings Seminars Trainings

## Talk Library



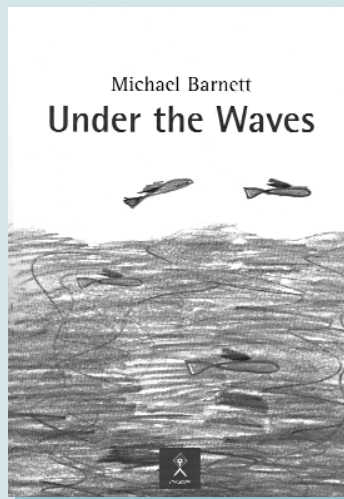
Michael has ruminated on nearly every topic imaginable in his many years as a teacher, and these talks are being collected and made available online for your benefit.

Now we have added a **new** section 'Talk of the Month'. Here you will find Michael's choice of the Best Talk of the Month. This arrangement is subject to a delay of six months, that is, in April, for example, you can access the TOM for the previous October. And so on. But see the possibility to read the TOM up-to-date on page 11...

Come browse and explore this well of wisdom at:

[www.michaelbarnett.net](http://www.michaelbarnett.net)

## The New Book



Michael's work with and through energy is completely innovative. The space he works from shows a clear cosmic connection. Offering this to others is his work in the world. It's always difficult though to explain to others what is actually happening in the seminars. But Michael himself does this in his regular publications, in many different ways.

His new book, *Under the Waves*, is a sharp and personal selection of the best of his talks given in 2004.

The words he uses to support the Work not only describe it in clear terms, but carry the energy of the Work. The Energy of the Words that Speak of the Work contains the Work. This, many people realize, and read a few pages often, just to reconnect ...

Order from the new Online Shop ([www.michaelbarnett.net](http://www.michaelbarnett.net)) or directly at MB OneLife.

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## Beloved Budding BuddhaEnergyBeings

### Step by Step

Step by step spring comes. I was just out for a walk here, everywhere fresh life bursting through. Resonating within me, too. Even more so since I'm just back from a week in my old home in France, Le Domaine du Fan, together with the current X-Runners. And there, in that old beautiful grouproom, where, in the nineties, there were often 250-300 people sharing our energyspace together, there too, amongst the X-Runners, spring was bursting through.

In fact, everywhere I look, when I come to meet you, I see a full-blooded Spring bursting through, a little slower maybe! – but on the other hand not restricted to just one season. It is miraculous. Like trapeze artists falling into the net – a net of love, space, peace and serenity. And still the trapezing can go on. Does go on. You can live in eternity and still hear the clock strike, which leaves still eternity right where it is. That's the beauty.

Both worlds in the hand, hand-in-hand. The X holding the Zero and the One together in a radiant and natural union. This state, this falling into one's true nature, also into the arms of the Beloved (God or Whatever – that which gives birth to us, sustains us, and waits for us at the end – or at any time we care to call and come to it on our way), this state is edging its way more and more into the Wild Goose OneLife Energyfield. That is clear.

In fact, step by step, the Energy Way, it can be realized.

So I cannot emphasize enough to beginners, to New Tasters, and also to Longterm Tasters who want now to take a Big Stride, that to participate in the Annual Energy Training is a guaranteed entry into the realms that lead to the Great and Honoured Union with Blissful Oneness – the true basis for a Life of True Happiness.

Like Spring, that happiness can bubble up and burst into your daily life for no known reason at all. Just due to your state of being. Nothing to be done!

But in every seminar I do the chance is there to make another step towards your Inner Being. That's what is, chiefly, offered. Not solutions to your problems – though there is some commerce in these – but the stepping into your true nature. Find that, and your problems won't bother you at all anymore! Just interesting games to play with.



Many of my past and present students are contributing now to the speeding and spreading of this chance, this offer, this New Life that is a result of returning to the original source and the natural dynamic of things: Suchata, Mishka, Varuni, Tiago, Boaz, Toshio, Kali, Nimai, Deepen, Sukra, Bhaskar, Donato, Anuradha, Sandipa, Vandana, Domini, Abava, Namagiri, Franchi, Moa, Kembar, Dashkara, Zencha, Ralha, Sadhan, Tarima, Astari, Parakash, Sutiro, Andarina, Sana, Dhorma, Hiroshu, Naropa, Muriaina, Kanika, Shintai, Mahadevi, Chetan, Leara, Pranama, Alosha, Dusho, Galanda, Shamara, Mumin, Jastina, Mayrisi, Josha, Risaria, Sataranda, Ulong, Zoba, Charida, Zakhara, Dita San, Margaria, Om, Darasha, Ramendra, Saicho, Katarando, and many others too.

*So it is a wave.*

*Catch it. Let it catch you...*

*Marvellous rewards forthcoming...*

*It's not just for a lucky few.*

*It awaits all, and is accessible by all.*

*Step by Step. The Energy Way.*

*It takes you there.*

*I have seen. I know...*

So, after the Training, the next big strides: TOBAL (the process is now very popular in many places as I teach it around), a depth group you can join now, and also, of course, the X-Run. (A new one - the 4th - will begin in Fall 2008, so be ready). In the Trainings, people open. In the X-Runs, they flower. That's not just me saying so, but the participants. Then on top of that there is the bi-annual Enlightenment Circle. The last, not so well supported for some reason. Normally this seminar is limited to ex-X-Runners only, more or less, but if you are getting ready to join the next X-Run, and you think you qualify for it, and don't want to wait so long for an in-depth group till it starts, you might be able to find a place on the next EC in November. You can ask.

I've just been finishing a new book - this one, for a change, all written.

Its (probable) title is: View from Infinity. That's where you land, through the Work. But Infinity gives rise to all that is finite. And that includes Love, Bliss and Happiness. Imagine that: Happiness as a state of being, not as a result of some event.

A great great place to live that is in Bali, and we return there in November. I hope many of you will find a way to come and celebrate our States of Being with this Magical Island at this Perfect Oasis Taman Sari, where we spend our time there together.

Do you get the daily CODs (Contemplation of the Day)? For most of you, I recommend them. You don't have to think about them, but by absorbing them you introduce the Realm of Exploration to Natural Oneness into your daily life.

I Call You All to Your True Destiny of Joy and Happiness, and I repeat what I said to the X-Runners at the end of our last meeting:

*Don't come to me to fish.*

*Come to me to learn how to swim!*

WithMyLove

A handwritten signature in blue ink that reads "Michael Bennett". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.



# Special Groups

## TOBAL

TOBAL stands for the Tao of Being and Living. Accessing Cosmic Blessings would also do. These days, in these seminars, we open to ourselves, to the cosmos, to others, to music, to all these together. We use, to help us with this the TOBAL Process, already introduced also to the X-Runners and Enlightenment Circlists – with enthusiastic responses. The point is, not to just go within oneself deeper, as if one is isolated from the rest of the cosmos, but to bring inner and outer together and find the place where they are together, where we and all others too, come together.

That's the Hub of it All, the Still Point of the Turning World.

With energy and with wings spread wide we move then with cosmic energy, with cosmic vision, as a part of the Whole, and yet still uniquely tasting and participating. One of Michael's favourites, because most of the time he can just join in! This year's TOBAL: one down, two to go – in May & September. If you mean your search, then come!

**Venue:** Oberroth, Seminarhouse Stiersbach

**Dates:** 5-9 May / 19-23 Sep

**Groupfee:** EUR 450,- / both EUR 850,-



## Magical Space Treasure

### Four days with Michael

This year in Denmark we have 4 days for our seminar, which again will take place in Langebaek, at The Blue Butterfly, home and base of Varuni, who plucked this beautiful place out of nowhere.

Those who have been attending the seminars there will know what a special atmosphere it has there, how well everyone is looked after, and how the longterm & loving relationship between Varuni & Michael – plus Tiago who always comes to support – makes these days full of light & joy – and magical space treasures too.

Visitors from the rest of Europe often find their way there, so if you haven't yet visited, and are ready for a trip north and an adventure, don't hesitate to come!

**Venue:** Denmark, Langebaek Retreat Center

**Date:** 17-20 May 07

**Groupfee:** EUR 280,-

(Food and Accommodation included)

## Detrapping

### Stepping from Problems into Freedom

At a recent ECHT- Seminar Michael was drawing cures out of nowhere, and facilitated the transition from problem to freedom with amazing results.

This unique new form of the work helps us to drop a lot of our luggage and travel lightly on the path to freedom. A great opportunity for everybody - not to be missed!

**Venue:** Denzlingen, UNACHO

**Date:** 15-17 Jun 07

**Groupfee:** EUR 250,-

(Food and Accommodation not included)

## Accessing Cosmic Blessings

### Five days in England

Five more days in England – Michael's home, still, in a way. At least he says he always feels he falls back into the arms of the English when he goes, and for sure there's a very basic mix going on in these British seminars, so much so that it always attracts a lot of people from the Big Part of the continent, who come to taste the special atmosphere that is always present on these occasions of reunion.

Once again the seminar takes place in Dorset, at the Leela Rajneesh Community Centre, where last year we were hosted so beautifully.

Surely a perfect place to access those cosmic blessings – that always fall when we meet – in great showers of light and love and fun.

**Venue:** Dorset, Osho Leela Centre

**Date:** 27 Jun -01 Jul 07

**Groupfee:** £ 390,-

(Food and Accommodation included)

## One Giant Leap

### Five days in Belgium

5 Days in our usual venue there, an old monastery. Always special, also for Michael, who says he more or less always has at least one special satori during these days, maybe picking up on all the prayer and meditation that has happened there over the centuries. Another great factor is the large lounge room where we spend our evenings, where also there is a chance to sit with Michael privately for some minutes, to ask about something, discuss something, or just sit quietly together with him. **'A Celebration of each and every and the All'.**

**Venue:** Belgium, Vaalbeek, La Foresta

**Date:** 17-21 Oct 07

**Groupfee:** EUR 430,-

(Food and Accommodation included)

# Special Groups



## A Little Drop of Heaven

### Seven Days in Bali

*Heaven within, means Heaven without.  
Heaven without, within.  
Heaven lies ready and waiting  
in the gold thread of Our Work.*

The place in Bali we go to,  
and that place, Bali, we're in,  
provide a reflection of Heaven,  
as well as anywhere else I know.

Each visit so far provides a star  
in my constellation.  
May a new star shine there in Nov '07.  
May it shine there with you!

MB

**Venue:** Bali, Taman Sari  
**Date:** 05-11 Nov 07  
**Groupfee:** EUR 1380,-  
(Food and Accommodation included)  
**Deposit:** EUR 300,-

## Enlightenment Circle (EC)

As Michael has said in his letter, this is One Big Step, to be taken amongst people who are ready, willing and able to make that step. So this creates a scenario for Big Discoveries and Breakthroughs - to that New World of Serenity and Happiness that Michael writes about in his personal message. This coming together of Great Students gives all participants a chance, not only to gain for themselves, not only to give to others present, *but to help establish a matrix of cosmic energy in the world, to the benefit of all living beings.* The next Circle in November is open to all experienced Wild Geese, all X-Runners, past & present, plus any others who earnestly long to drink from the Oceanic Lake as soon as they possibly can, and are able to connect with the fine energy we will be working with there.

**Venue:** Venue to be announced  
**Date:** 21-25 Nov 07  
**Groupfee:** EUR 690,-  
(Food and Accommodation not included)

## Expansive Space - Great Completeness

### Austrian Special

Once again in autumn we meet in Austria, in Linz, for this special event, which is always of great depth and power. The Austrian Energyfield is very strong, with a number of people deeply immersed in the work and on the edge of a breakthrough into that Expansive Space, that leads to Great Completeness. Michael says it's always a great pleasure to work with these people, and those who come to join them, in this longer group, as a number of the leading lights of the energyfield come together for this unique event.

**Venue:** Linz, Austria  
**Date:** 25-28 Oct 07  
**Groupfee:** EUR 340,-  
(Food and Accommodation included)



## Rainbow Spirit Festival 2007

# Beyond Consciousness

### Taking the back streets home

A great opportunity to experience Michael's energy work for those who don't know it yet. For those who do know it provides yet another chance of rejoicing the moment here and now.

#### Saturday 26.5.07:

10.00-11.30 Self Healing Energy Meditation (SHEM) with Michael  
13.30-15.00 Meeting with Michael

#### Sunday 27.5.07:

10.00-11.00 Energy & Silence Hour with Michael  
14.00-16.00 Energy Happening with Michael

**Venue:** Kongresshaus Baden-Baden

For further info about the Festival see:

[www.rainbow-spirit.de](http://www.rainbow-spirit.de)



## Summer Festival 2007

# The Energy of Happiness

So that's the direction this year for our Annual International Summer Event – again in Holland, again where we were the past 2 years: by the sea, with sand-cliff and country walks, beach and swimming – all to be had when wished during our time-offs; a hotel with great food, lounges for evening get-togethers, relaxing atmosphere – and the energy-field that's always created when Wild Geese and friends come together. Something present in each and every one of us simply 'goes off' and connects us with one another – in love, laughter and happiness, all of which gives us a great start for our seminar working together towards Happiness Itself.

**Venue:** Holland, Koudekerke/Zeland  
Hotel Golden Tulip

**Date:** 24-29 Jul 07

**Groupfee:** EUR 380,-  
(Food and Accommodation not included)

Many things can bring us happiness: success, love, nature, sex, deep rest, entertainment, music, peace, union – even a new car!

But then,  
when the cause goes,  
or fades, or runs out,  
so the happiness disappears.

But if we vibrate  
in our Being  
in a certain way  
then Happiness becomes simply the case.

Working with energy,  
to change  
our vibrations,  
can bring us  
to that dimension  
where Happiness embraces us,  
no matter what.

## 'Building the Cuckoo's Nest'

### Energy Training 2007/08

At the seminars, for most new people and some others, the wonderful energy spaces fly in like cuckoos in your nest, and then the bird-at-home pushes them out again.

The Energy Training is about creating a nest for our Energy Cuckoo, so it can live in you and be present in all you do. (But don't fly over it!)

Everything we do in the Training is designed to establish in you a home for the Universal Energyspace, so that, thereafter, there you can rest, and also from where you can act and interact in the world but now acclimatized to the universal movement of energy – which brings you a sensitivity to all that is Not-You. So much so that a great empathy for all of life develops.

The first Training took place in 1985, in Zurich. Since then there's been one every year, and sometimes two.

It's a real Energy Graduation Course, this.

The Energy Training will be conducted by Michael and Varuni.

In addition we will introduce, for a little variety, some sessions of another kind, relevant to the development of the participants.

**Venue:** UNACHO and various places

#### Programme Dates:

1. Summer Festival 24-29 Jul 07 (Holland)
2. Core Training Part I  
31 Jul-6 Aug 07 (UNACHO)
3. Core Training Part II with Varuni  
12-14 Oct 07 (UNACHO)
4. Winter Festival 27 Dec 07-1 Jan 08 (Italy)
5. Core Training Part III  
13-17 Feb 08 (UNACHO)
6. Core Training Part IV  
12-18 Jul 08 (UNACHO)

**Groupfee:** EUR 2800,-  
(Food and Accommodation not included)

**Leaders:** Michael and Varuni

**Booking and Information:** OneLife



### Resonance Evening

For an hour on Tuesdays, between 7 and 8 in the evening, when he is here in UNACHO, Michael comes to Extraordinary Space, our seminar room, to bring those who are there out of the hugger-mugger of ordinary life, into a universal space, which is at the very heart of all living beings, and links them all. He leads the way to this deeply renewing space through silence, resonance, energy awakening, music, and sometimes, words.

*"How good, how beautiful. Just sitting so relaxed with you and these other people, like listening to some sound far away and yet deep inside us all."*

#### Resonance Evenings with Michael:

Tuesday 19.00 - 20.00 h; Price: EUR 11,-

### Diamond Yoga

#### DY with a trained DY Teacher

Every Tuesday before Resonance Evening from 17.45 till 18.30 h  
Price: EUR 4,-



## Royal Package

*New here in UNACHO now the possibility to treat yourself during two to three days with three special offers:*

- *Individual session with Michael*
- *'Hot Stone - or Aromatherapie Massage' with Suchata*
- *Aqua Wellness Session at a local Spa with Mishka*

*Otherwise it is your choice how you are going to spend the day. In silence and resting or with trips to the beautiful surroundings.*

*Be assured you will be nourished by the energyfield here around Michael.*

*Price: EUR 300,-*

*Accommodation on request, different options available*

## Discount Scheme

*You live in the world, but you want to maintain a much closer contact with the energy field and its source. So you do many groups with Michael, drinking from the essence regularly, but this can be expensive after a while. So a solution has been found: The Discount Scheme. It applies to the weekend groups and special events, including the Winter & Summer Festivals, offering a graded reduction based upon the number of groups you attend each year. For the first group you pay the normal fee, but the second then has 10% marked off, the third is less 15%, the fourth 20%, and all groups thereafter are subject to a 25% rebate. This scheme does not apply to the Energy Training, X-Run, EC, Detrapping, TOBAL, the Bali Event, and the One-Day Happenings. The discount scheme of 2007 will end with the Winter Festival. After that a new discount scheme for 2008 starts.*

## Contemplation of the Day

*Read the teaching, reflect upon it, taste it, consider it, absorb it, let it help carry you beyond yourself deeper into your essential nature each and every day.*

*Available to you by fax or e-mail, Monday to Friday by 9 o'clock in the morning. A one year subscription costs 20 Euro.*

## Talk of the Month

*In every seminar Michael gives great talks. These are transcribed. Then when this has been completed for a particular month, Michael chooses what he believes to be the best, or the most informative, as Talk of the Month. Via e-mail you can now get such gems right away, fresh and hot, as soon as they are chosen.*

*One year subscription: EUR 90,-*

**For news and latest updates always check our homepage: [www.michaelbarnett.net](http://www.michaelbarnett.net)**

