

Michael Barnett

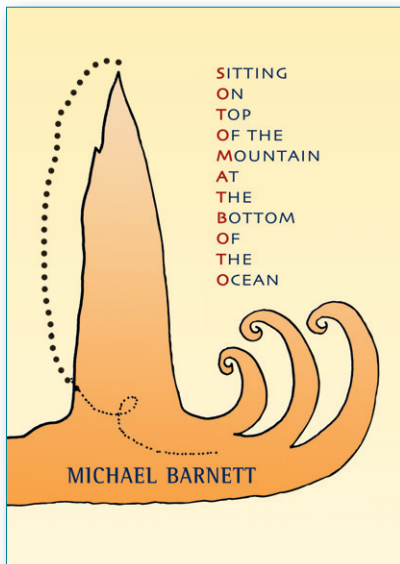
Energy, Being and Authentic Living

“Transformation is radiated,
not taught” MB



New Books

Two new books by Michael came out at the end of the year. The first is **Sitting On Top Of The Mountain At The Bottom Of The Ocean** otherwise known as **SOTOMATBOTO**, and secondly, **Detrapping**, the whole text of a Detrapping Group held at the end of 2008 – a window into the work Michael does in these very different seminars.



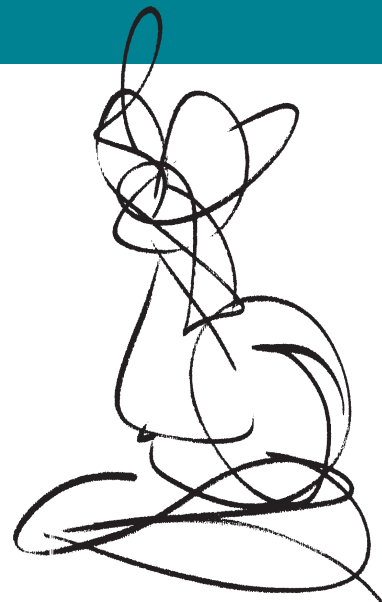
Sitting On Top Of The Mountain
At The Bottom Of The Ocean

Price: EUR 25,-



Detrapping

Price: EUR 20,-



New Meditations

Very popular is Michael's latest meditation: **The Expanding Self Meditation**, currently often enjoyed in the groups these days. Then shortly another new one will come: **The Dynamic Source Meditation**.

All these meditations enable you to keep in touch with your own progress to enlightenment and source, in the energy way...

Expanding Self Meditation CD: EUR 21,-
The Dynamic Source Meditation CD: EUR 21,-

Dear High Achievers,

When you are on your own, not directly with me or in the Energyfield, you may find yourself 'floating'. Events, and your need to respond to them, take over a lot, and maybe also you find yourself responding often in the same old way.

Around the life of these dramas there is (always) a free space. Not only that, you can also unite with it.

(This is also true if you are unwell, seized by some physical complaint; then, just beyond the circle of difficulty, the area of suffering, there is a sphere of energy that is totally free of the troubles, and this can be accessed, can be adopted as part of your own free state of health.

Then it is possible to bring this unadulterated energy to play in the troubled areas of the body, to good effect.)

So there is always a place outside the dramas of life that works like a healing agent or

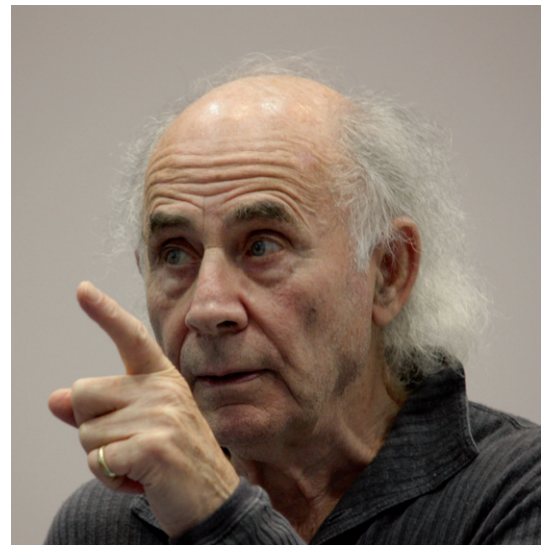
a transcendence, a transcendence that can be made practical too.

Every moment is equally important. In each moment the movement from the zero to the one is essentially identical. The forms it enters and affects are different but the source of the life force remains always the same. There also is timelessness since what we find there is eternal presence, and everything just so.

Then you are like the two birds sitting on a tree (see back cover of the new book SOTOMATBOTO). One bird at home, the other wandering, until it too finds home.

Love

Michael Barnett



Summer Festival – The Sun in the Cells

In each cell
lies the sun
but obscured
by the darkness
of tense and fearful life.

In summer
when we meet
that changes,
the gods appear,
smiling, nodding, bringing trust and peace;
great friendships
natural connections,
with others all around,
bring joy;
the blinds open
the cells shine,

now free and unafraid –
and the whole world bursts into light.

Venue: place to be announced

Date: 27 Jul-01 August

Group fee: EUR 380,-



Unification Circle

In these days Michael will work **individually with each and all participants** towards the unification of the transcendent and the experiential, the divine and the worldly. He will explore the blocks that so far have prevented this natural unification, moving towards the uniting of the **zero and the one**, thereby bringing the X closer to a living reality.

Venue: UNACHO, Denzlingen Date: 23-25 April Group fee: EUR 300,-

X-Run 5

Are you ready to break down the walls around you?

Are you running sometimes with the cosmic energy?

Do you want to be in the vanguard of the New Evolution?

Then apply to join the next X-Run, starting in August.

Michael's posse.

Programme:

Part I: 16-22 August 2010

Part II: 08-12 December 2010

Part III: 09-13 March 2011

Part IV: 15-21 August 2011

Part V: 07-11 December 2011

Part VI: April 2012

Group fee: 2980,- Euro

(Food & Accommodation not included)

Booking & Information: OneLife



TOBAL

What a beautiful TOBAL we had in January! Every member of that search party totally committed to the process, all helping one another. For Michael it was a delight. For him TOBAL always is, and this last one was special. One more to come this year, this time in Dôle (France) another Happy Hunting Ground. **"Every Wild Goose should do one."** (MB)

Venue: Dôle, France Date: 08-12 September Group fee: EUR 450,-



Detrapping

Another side of Michael's Work – unravelling traps people find themselves in, finding the door out, or the knots untied. One previous Detrapping is now between book covers so you can check the process out. **Only one this year**, and numbers are strictly limited (16).

Venue: UNACHO, Denzlingen
Date: 17-19 September
Group fee: EUR 300,-



Enlightenment Circle

There will be one EC this year. Once again we just aim to expand, reach out, be open, be available, let the cosmos in, **dance with it**, balance it with our lives, feel the new richness, the view of penetration of our problems, the place of sureness, the place of authenticity, **the knowing of who you are**. That's the Enlightenment Circle.

Venue: UNACHO, Denzlingen
Date: 25-28 November
Group fee: 620,-



Rainbow Festival

As usual Michael will be there in Baden-Baden in May. Now, in addition, there's a second Rainbow Festival in Berlin in November. Michael has promised to be there too.

23 & 24 May Baden-Baden:

23. May 12:00-13:30

Talk: „Where does your life come from?“

23. May 14:30-16:30

Energy Happening: „Where your life comes from“

24. May 12:00-13:30

A Meditation with Michael

13 & 14 November Berlin

Like in Baden-Baden there will be a Talk, an Energy Happening & a Meditation

Booking & Information: Rainbow Spirit
www.rainbow-spirit-festival.de

Energy Training 2010-11 *Flying Free*

We live in cages,
not knowing it,
the cage is the world we know,
what is familiar,
where we meet our friends and family,
circumscribed reality,
not knowing it.

Getting out
we can fly free.

So the Wild Goose leaves behind the bottle it
was stuck in.
How?

By finding oneself out of it, again and again,

Never mind how,
We know the way.

Sometimes you will jump,

Sometimes we will draw you out,
Many times you will find yourself free

The Goose is out!

Really, it has never been in.



The Energy Training gives you **a hundred ways to find the exit door**. These ways will be weaved into your system. You will be able to join the Land of the Free.



Venues: UNACHO and various places

Training programme:

Summer Festival:

27 July-01 August 2010

Part I:

03-09 August 2010 (UNACHO)

Part II:

22-24 October 2010 with Varuni (UNACHO)

Winter Festival:

27 December 2010-01 January 2011
(Germany)

Part III: 09-13 February 2011 (UNACHO)

Part IV: 16-22 July 2011 (UNACHO)

Group fee: 2800,- Euro

(Food & Accommodation not included)

Facilitators: Michael and Varuni

Booking & information: OneLife



An Extract from a talk in the new book *SOTOMATBOTO*

Participant: I would like to be able to say a total Yes to my partner.

Well, that is not so easy. There was the 'Contemplation Of The Day' just the other day which said "This dharma of not objecting to anything." It is not talking about not objecting to anything in your partner; it is talking about not objecting to anything at all.

When I quoted that you kind of laughed, as if "Christ, imagine that possibility!" But maybe it can only really happen with a partner if it is happening in general. Of course people make their partner very specific, and if they have this wish then that seems to be a very

special situation in which you have to maybe work steadily towards saying always Yes. But I don't think you can do that just with a partner; I think you can only do that when you have reached a certain place in yourself where you don't take things personally anymore, where you just accept whatever is going on and you don't try and manipulate it or change it – where you just say Yes to what is and don't object to anything. That doesn't mean to say you don't have to do anything about it, but basically you are saying "Yes, that's how the world outside me is and I have no right to object to it so I say Yes." I think you have to be in that place in yourself towards life before you can actually say Yes to your partner too in that way.

You are making a very special situation with you and your partners in your life in saying you have this desire or longing to find someone who you can say a total Yes to, and I presume that they should also say a total Yes to you too – I guess that is part of the ideal situation. You find that you pick people whom you can't do that with, but I would think that probably whoever you picked you wouldn't

be able to do it with until you find a place where you don't react to things on an egoistic level, taking other people's behaviour as somehow something that is designed to trouble you in some way, to make you find it unacceptable, or for it to challenge your value system, principles and so on. So as long as you are standing with a certain point of view, any point of view which is not harmonious with that is going to create a conflict.

It is true that through a relationship you can reach a place where you can say this Yes that you wish for, that you long for. Through that particular situation you can connect with the Yes in you which says that you don't have any objection to anything. So either you find that first and then you are able to be like that with a partner, or through a partner you reach that same place and then you find you can slowly and steadily expand to say Yes to everybody in that way.

To say Yes to somebody, whether it is a partner or whoever it might be, you have to create a space in you for them – this is what Yes is. It is not "That's okay with me, and that's okay with me, and I guess that's not really

okay with me but maybe if I look at it in a new way I can make that okay.” That’s all subject/object; it is still referring to yourself to see if you can find in yourself a tolerance or an understanding that in the circumstances of this person then maybe that’s okay so you can say Yes. You don’t really agree with it but can say Yes to it. As long as it is like that then each time, with every person, you have to work on it in that way because there is still subject/object. There is still you looking at someone else, weighing them up, judging them, comparing their values with your values and feeling that your values somehow suit you better, therefore their values are not okay with you even if they’re

okay with them – so then you start arguing and you have a conflict. So even if you can recognise it is okay with them, as long as you are coming from your own personal point of view it can still not be okay for you. Then you are saying “Yeah, I can see that is okay for you but that is not okay for me because it doesn’t fit in with my idea of how

I want you to be.” That is what happens when it is subject/object, but if you can take your partner and other people in to yourself so that in a way they take up residence in you, you create a space for them in yourself, and then it is a question of saying “Well, what they are doing is in a way no different essentially than what I am doing.”

Participant: What do you mean?

If they are inside me then I get a feeling that I am one with them, or I can totally accept them; to take them inside means that you accept them the way they are so that when they do their thing you are saying “In a way that is exactly the same thing as me doing my own thing because I have taken them in, so I am not making a difference, between me and them.” As long as

there are two there is always going to be a struggle; only when there is one is there no longer a struggle.

So as long as you continue to hold a per-

spective which is so strong that you use that perspective to weigh up, judge, or just view another person’s perspective, then you are bound to be limited to what you can say Yes to, because if it clashes with your view then you can’t say Yes – or you have to say No to yourself which is very difficult to do, and anyway that won’t last. If you say No to yourself then it won’t last because the next day you will say “Yesterday I felt okay to say Yes to you and No to myself, but today it doesn’t feel right so I have to say Yes to myself,” so it will never work. With all the will in the world it will not work. It has to be authentic that you say Yes, it has to be a natural response to say Yes to people, and that only happens when you can really identify with them or you can make a great space in you to take them in. Then they are not out there, they are corresponding to you, they are your partner, and that is a true partnership. Hand in hand is not a true partnership, a true partnership is when you take somebody inside yourself and say “Whatever is okay for you is okay for me.”

That is really why I involved myself from the very beginning of my Work in Goose

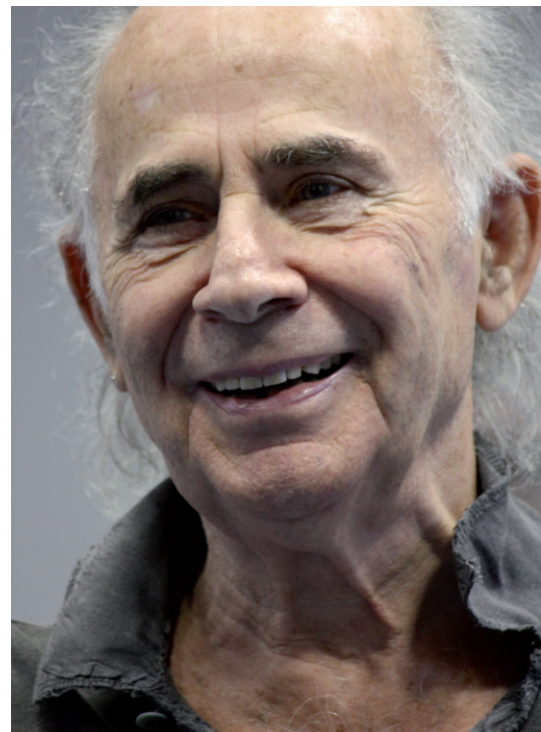
Marriages. I agreed that I would marry people, but I don't marry people for the usual reasons: that people want some kind of agent like me to corroborate a relationship and get agreement from both partners that they stay together for three years – and not to just stay together for three years, or a lifetime like in normal marriages, but to stay together no matter what happens. I do that so people can learn what I am describing now, that is that you have to take somebody in totally in a true relationship. And that is not only for a partner relationship, it can be a teacher/student relationship, it can be a friendship relationship, it can be a colleague relationship, or it can be with any human being that you open to and say "I will make a space inside me for you so you are in here with me, and then if I attack you for what you are doing I am attacking myself."

So the individual struggle to come to a right relationship with a partner is actually the universal struggle to come to your universal self.

to make contact with her partner but he doesn't want to make contact.)

You mustn't disturb him, he is in meditation (said jokingly), and that's okay too.

I can see you demonstrating the whole process there: you thought you could see the sense and beauty in what I was saying and understood it, you were open for that, and then you turned to him and now want that he also appreciates that and sees that maybe on that basis your relationship can develop, grow, and be more beautiful – and he is sitting there taking no notice at all and then you get pissed. That is how hard it is. The trouble is, whenever you make progress and see new things for yourself you want all the people who are close to you to make the same steps so that you can practise what you found, but it doesn't work like that; sometimes you are completely alone and there is nobody at all around you who sees things the way that you see them, and you have to live with that. It is all practice.



A selection of Michael's talks are available on www.michaelbarnett.net. Here you can subscribe to "Talk of the Month" as well.

Silence during which time the participant tries

Italy – La Spezia

For many years we have held seminars in Sicily, delightful ones they have always been too, but more or less ignored by Sicilians, apart from a small hard core. So now we have taken wing, gone back to mainland Italy for our second Italian gathering, to La Spezia in fact – where Michael once previously did a group about twenty-six years ago, this one now to be called **The Land of the Brave**. “Where has the barefoot step been taken?” goes a line from the poem for this group. Well I’m sure you have all felt that - that sudden surprising step you take, maybe more than once, that leads to a **new and unknown place...**

Date: 23-25 April

Booking & Information: [GALANDA](#)

For further details see poster



Frankfurt Group (all change)

Since a very long time (21 years) the Frankfurt Group has been held, year after year, in Hofheim and hosted perfectly by Michael's longterm students, close friends - and family, Kali and Boaz.

Now it's all change. **This year's 'Frankfurt' Group** (2-4 July) will be held in the Odenwald, in the Seminarhotel Odenwald, which lies there in beautiful nature. It's a very cosy place with an attractive grouproom looking out all round on nature. It is possible to stay there too – or to commute, whichever you prefer. Michael and his team will of course be staying there and be around in the evenings... The new organizers are Samida – whom Michael has known for 25 years, and her partner Indro. Hopefully many people will come to initiate this new venue, whilst at the same time giving appreciation to Boaz & Kali for their longterm support, organization and care. It is based on their efforts that we now go on elsewhere.

Booking & Information: [Samida](#)

For further details see poster



Streaming

Everybody wants to integrate the Work into the Life. Often in life it is not so easy. Here it's the easiest! You are 'in it' all the time so you somehow have to integrate. So come for a few days, or a few weeks, or even longer. Come especially when we need you here and when there's plenty for you to do! - that is, when we have seminars here. But we welcome you temporarily anytime into the team, and the current team will draw you into the inner circle, and to the Way of Integration... If that sounds like a good move for you contact Suchata or Mishka here, get your questions answered and talk it through. **This coming time is a good time** as right now we have a strong sure team here, very together, great atmosphere and well integrated! And lots of home groups coming up too...

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 further groups after your first in the same year, that is, now, for the year 2010: 10% for your second group of the year, 15% for the third, and so on up to 25%, where it stays. No discounts however are given for certain special groups: the X-Run, The EC, Detrapping, TOBAL and the Unification Circle.

Resonance Evening

Every Tuesday, for an hour, move with Michael into the depths of yourself and **link with the One Energy**. 19.00 - 20.00 • EUR 11,-

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 EUR 20,- per year.

Diamond Yoga

Every Tuesday before Resonance Evening, 45 mins. of Diamond Yoga with a trained Teacher 17.45 - 18.30 • EUR 5,-



Publisher:
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

Photos: OneLife
Energy Drawings: Michael Barnett
Layout: Mansuri



Easter Festival



We in OneLife again celebrate this special time with you here at UNACHO.

Last year we had a great full house at this time, Extraordinary Space – our seminar room here – was humming, **potent and electric** for these 4 days, we here still recall it with wonder, so a sure bet for times of transcendence, plus it's just great to have this energy blaze released and alight in our HQ, so do come and join us and add to the fire and share your slice of this **Great Big Bountiful Cake**.

Venue: UNACHO, Denzlingen

Date: 02-05 April

Group fee: EUR 260,-

