

“TRANSFORMATION IS RADIATED,
NOT TAUGHT” *MB*

> TEACHINGS > SEMINARS > TRAININGS

2011/2012



NEW BOOK BY MICHAEL

We are aiming to put out a new book in 2011: **The Ultimate Project.** This a selected and edited collection of Michael's talks and Q&A's and darshans during the year 2009. Lots of new stuff in it, lots of pointers and mind clearings and settlings.

Lots of detrapplings, clearing the path for the mind and spirit.

Michael is just waiting to take a few days away so he can do a final editing.

BLUEPRINTS FOR AWAKENING by Premananda

Then there's a new book out, called *Blueprints for Awakening*, by Premananda.

It asks 14 questions – this time of 14 European Masters (a similar one for Indian Masters is already in print), and their responses to these questions compose the book. Michael is included, so you can read how he (and all the others) answered these basic questions – that originate with Raman Maharshi and his famous Path Question: Who Am I? There are also

photographs throughout the book, plus a CD – and also a DVD that includes sections from all the Teachers, both as they spoke and also in their environment – in Michael's case including shots with Mishka and his children, in his garden, around the house, and so on.

The book is available also in the German language, and the video includes the possibility of subtitles in German plus a number of other languages.

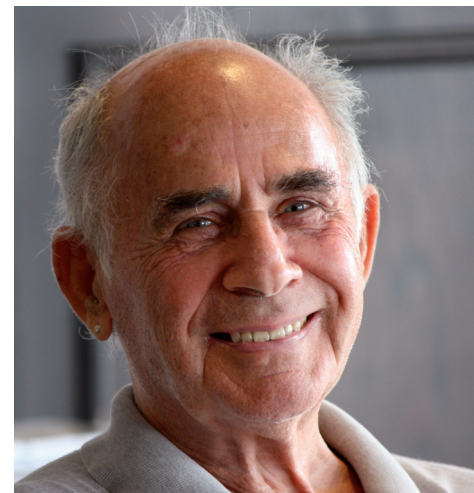
And beautifully produced.

Premananda was a student of both Osho Rajneesh and Papaji. He now lives in – and runs – a spiritual community in a large house near Cologne.

It's a rich book and can be ordered through www.openskypress.com

NEW MEDITATION

Also there will be a new meditation coming out. **IOTO** – which stands for Inner & Outer to Oneness – about combining the daily self and the transcendental self into a unity with oneness.



DEAR ENERGY LOVES & LOVERS,

If you are a bit – or more! – in love with 'the (cosmic) energy' then for sure that energy is also in love with you.

Like a well loves all those who send their buckets down.

There's an old English nursery rhyme called Mary Had a Little Lamb. "Everywhere that



Mary went, the lamb was sure to go." The lamb follows Mary to school, every day, waits for her to leave again for home. One day she is even allowed into the classroom. Another little girl in the class asks the teacher why the lamb loves Mary so, and she answers: Because Mary loves the lamb so!

So for a closer acquaintance – or more! – love that energy that always comes to join us when we are together. And maybe for you at other times too. I know that many of you do love it, delight in it, maybe are sometimes even in awe of it. Because it is tremendous. After all it gave birth to all forms, including our own.

Once it has done that it is not overly concerned with its products, unfortunately! It doesn't take forms and their actions to its heart and make everything out there wonderful or perfect.

So this each form, human form at least, must attempt to do for itself. That's work for every one of us. But it does provide a brilliant platform from which to tackle what comes to us

in life. And also provides a haven from it all when we need it. Not to mention blissful times, ecstatic times, times of perfect peace. Not only that, a platform, are we given by it, not only the bliss and the ecstasy and the depths of peace, but we in the OneLife Energyfield get linked to one another in timelessness. When we meet, no matter how long the interval, there we are – again. At one.

It's always been so, since the beginning and it was prevalent at my birthday party in June where some Wild Geese were meeting again after five, ten, fifteen, even twenty years, and it was as if no time had passed at all.

What does that say? Will we all come together again in some way when we are done with this earthly life?

I have just returned from 10 days in Sri Lanka, an ayurvedic programme gifted to me by Marga and Dr Svarna (also at the birthday bash). The hotel where I stayed was built partly out of the rock, looks out over a strong river, about 80m across at this point, is sur-

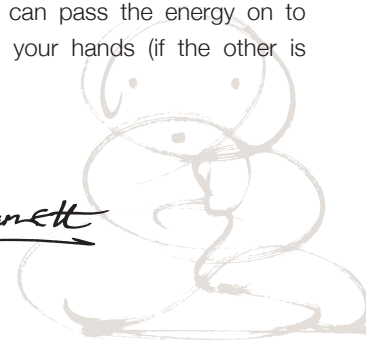
rounded by jungle, and just 20 mins by car or boat from the coast. And they are building a seminar room, a third pool with it, and session rooms too. Up to a 100 guys are working on this, so it's all to be done and dusted by March (begun? In December, in the rains).

So I want to go back there for a seminar. It's not so expansive, the hotel, so room only for 16 people. But not expensive either, for us. The seminar set-up will leave plenty of time for trips to the coast, on the river, to the nearby 1600 yr-old Buddhist temple, to the surrounding villages, plus times for ayurvedic massage and basic ayurvedic treatments. So look out for it!

Lastly, if you're wearing your X10 necklace or medallion, you can pass the energy on to others through your hands (if the other is open!)

LOVE

Michael Bennett





DETRAPPING

Are you so fixed in your traps
that you don't want to escape?
Don't even want to know how to escape?
(in case it works).

Judging by the very small number of people
attending Michael's last Detrapping Workshop
this must be the case for most of you.

So now we talk only to the brave:
Stuck?
Can't find a Way Out?
Feel even there is no way out?

Well, the whole thing needs a new eye on it.
There is a way out,
you just can't see it.

Michael probably can.

- ⇒ Venue: Unacho, Denzlingen
- ⇒ Date: 25 – 27 March 2011
- ⇒ Group fee: EUR 300,-



SUMMER FESTIVAL – ABSOLUTE BEAUTY



Beauty is an inner thing.
When it shines
It turns all forms into perfect beauty.

This inner thing –
It is your source.
Your source, *the* source.

All creation is beautiful
because the source is.
Whatever leaves the source begins in beauty.
And then...
Ah!

To return to the source
is to rediscover beauty
to link again with original beauty
with creation
with all creation
as it originally was.

Together we go there.
We *will* go there.
We *do* go there.
Then the light of beauty shines in each.
Each in his/her own unique way
shining – in absolute beauty.

- ⇒ Venue: place to be announced
- ⇒ Date: 26 – 31 July
- ⇒ Group fee: EUR 380,-

EFTOH

ENERGY FLOW TO HARMONY

"When you realize that you are part of the whole, then you can really live the separation, your own uniqueness." MB

Just as Music & Silence became **DEMA**, and **DEMA** became **TOBAL**, so **TOBAL** now becomes **EFTOH** (Energy Flow to Harmony). "When the Inner becomes the Outer, and the Outer becomes the Inner, there is the Kingdom of God."

This is the harmony we will be seeking in **EFTOH**, and the first of its kind sets off the (Happily) Working Year of 2011, in late January. So if you want to warm your cells in the midst of winter, then come and join the **Energy Flow!**

- ⇒ Venue: UNACHO, Denzlingen / Stiersbach, Oberroth
- ⇒ Dates: 26 – 30 Jan. / 21 – 25 Sep.
- ⇒ Group fee: EUR 450,-

HOLIDAY SEMINAR IN SRI LANKA

As Michael tells us in his personal letter in this issue of the Newsletter, he was some days earlier in January in Sri Lanka for some Ayurvedic treatments – and wants to now offer a seminar there, in the same place where he stayed. They are finishing very soon now with the building of a brand new group-room and session rooms plus another swimming pool on the same site so all the amenities we need – and more! – will be available.

It will be a combined working and holiday week, with many interesting trips available – river trips, a local very ancient Buddhist temple with marvellous paintings, connecting with pristine village life, trips to the coast and its fine large beach, by car or boat – half an hour, or longer if we make calls on the way – fine hotels there for afternoon tea or a late dinner, maybe a beach party will be on too that we can join. And then massage and ayurvedic treatments available at the hotel, or at a praxis nearby, each day, for those who want them.

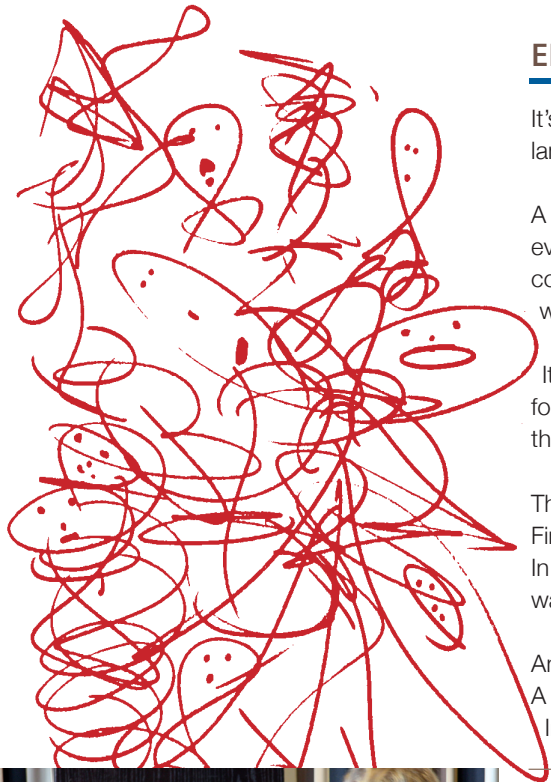
Flights direct to Colombo from Frankfurt by Sri Lankan Airlines.

If all can go together from there we can probably get a discount.

Booking and information: OneLife

- ⇒ Venue: Mangrove Serenity, Bentota SL
- ⇒ Date: 20 – 26 February 2012





ENERGY TRAINING 2011/12 – TWILIGHT OF THE GODS



It's joining the gods, in a way. That formless land out of which we poor mortals come.

A great discovery. Oneself, there, loosely with everything. A smile on the face, the heart content, troubles just games going on somewhere.

It's there. It exists. And if it exists it's a form of energy. And if it's a form of energy then energy beings can find it.

That's what we do in the Energy Training. Find it again and again. In this way, in that way, in a hundred different ways.

And also together with others. A band of explorers finding the Land of Reality. Invisible, but so strong, so powerful, so real.

A basis from which to live our ordained lives. A haven from the chaos and confusion.

A still heart. A strong heart.

And energy at your fingertips, to pass on to others. Energy like a mountain stream flowing through your multitudinous channels. Then a touch can be charged with life, ecstatic.

Not just one door opens, but a hundred.

Leaving one suspended between heaven and earth.

Like the twilight of the gods.

A made man. A made woman.

You are invited to participate, explore – and find.



- ⇒ Venue: UNACHO and various places ⇒ Booking & information: OneLife
- ⇒ Training programme: Summer Festival: 26 – 31 July 11, Part I: 2 – 8 August 11 (UNACHO)
Part II: 30 Sep – 2 Oct 11 with Varuni (UNACHO), Winter Festival: 27 Dec 11 – 1 Jan 12 (Velen)
Part III: 8 – 12 Feb 12 (UNACHO), Part IV: 14 – 20 July 12 (UNACHO) ⇒ Group fee: EUR 2800,-
(Food & Accommodation not included) ⇒ Facilitators: Michael and Varuni



ENLIGHTENMENT CIRCLE

"Enlightenment is the dropping away of the self in the act of uniting with – something"
That something will be present, for sure.

"Since I prepare only for what ought to happen to me, I am never ready for what does happen – never."
We will open to that – what actually is happening each moment. Fresh.

"That place of Boundlessness also known as Happiness."
So that's not a direct route to happiness. But we will take it – opening to boundlessness, joining it – and then happiness is there.

"Energy is the primary substance of the world, and the fundamental cause of change in the world."
Well, I guess we all know that as well as Werner Heisenberg did. So, no direct attempt at change but – find the energy, be with it, and let the energy make the change.

"Attain the source and the rest need not bother you. But as long as you are kept away from the source nothing else will be of any

value to you. Reality presents itself, true and eternal, in the unity of the One and Many."
This Zen Master gives a thumbnail sketch of our work. The last sentence is saying, in our parameters, $0 + 1 = X$.

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

- Venue: Unacho, Denzlingen
- Date: 24 – 27 November 2011
- Group fee: EUR 620,-



HEARTWORK (FROM Q & A IN EFTOH)

During EFTOH I realised that I have closed my heart many times. It seems to me that the heart is much quicker to close than the body. What can I do to open it again? Or is this opening a step-by-step process, or does it even not lie in my hands?

Well, she wonders whether the opening of her heart lies in her hands or whether she just has to wait – and maybe hope it will happen!

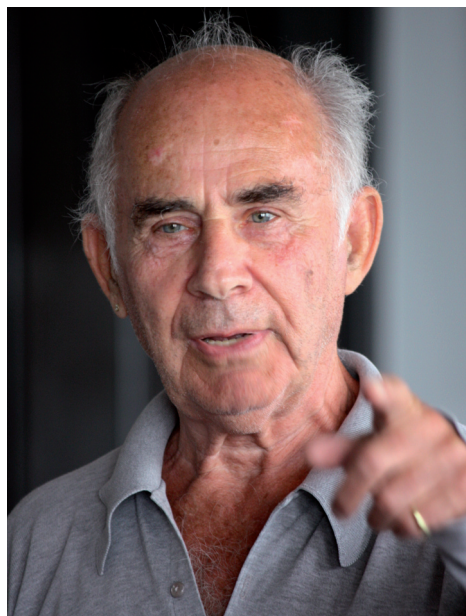
It's a good question.

When we close our hearts, as most people do – when they get hurt when they're young, when they get injured, when they feel pain, then they feel that they don't want to feel such pain again – such pain can be overwhelming, just as physical pain can be overwhelming.

But when we have physical pain, we are reminded of the fact that we have physical pain all the time, we can't forget it. But when we have emotional pain and we close down, we forget we have done it. We are not reminded of it until a situation, like the one here, where there

is a sudden realization that the heart is closed. Probably she closed it twenty years ago, and only now does she realise that she did so.

This can happen. We may not be continuously aware that we have closed down. Some revelation has to happen so that you get this realisation, "My God! I have been living without an open heart!" But then, if you did make such an action to close your heart, then, equally, you can open it.



If it wasn't you that closed it, but some outside agent – the stars, the world, your karma, whatever that might be, then you would be rather powerless. You would have to wait for something to happen from outside you before it opened. But if it was some action that you personally took, even unconsciously, then you can open it.

When you close your heart, that closing does not go to the source. It lies after the source. It is a mechanism, this closing. You have to be stronger and smarter and beyond that mechanism. You have to see that this closing of the heart lies *in front* of you. If it was behind you, if that was your nature, if you were born that way, then it would be difficult. But you are not born that way.

Have you ever seen a closed heart in a new born baby? I don't think it is possible. Maybe, if born from the womb of a woman who has abused her body, with drugs and so on, during the pregnancy. Maybe then. But even then the true source, which holds joy, is still not touched, so the cure remains possible.

So here, again, something has happened in the life, some response to a devastating moment,



a time when one says, "I cannot bear to endure again such pain, so I am going to close down my heart to protect it from feeling such pain again." We can seize hold of our lives in this way. Then forget we have done so.

But once we see this has happened, as this person has, then of course the question comes, now, "How can I again open my heart?" Such a realisation and question can come in such a situation she has been in, in this seminar, with all the interaction we have had together.

So, I say, you are in your essence beyond that closed heart, so you have within you the power to again open it.

If you were in prison, say, however unfairly, put there by someone with power over you, then only a change of heart on the part of that person, or maybe a change in government, can lead to your release. That has happened to thousands of innocent people.

But if you have yourself locked up your heart, then you too have the key. You have the key because you are *more* than the situation. You are also the jailer! You haven't before realised

this, but it is so. You have the power to open it. It is not beyond your reach.

You have to decide that you don't want to live any longer with a closed heart. You have to make friends with your heart, take it in your arms, love it, give it courage.

You closed it, almost certainly, when you were young, when you felt you lacked the strength to survive such blows to your heart. But now you are an adult. You are much more in charge of your life than you were when you were young. You have more power. You can give yourself strength, courage. You can trust more the universe, accept what it brings. And deal with it. You may get hurt again, of course, but now, hopefully, you can feel you can handle it. You also realise that if you close your heart to hurt, you also close it to love, to joy. It's a package deal.

You cannot say to the heart, "Please open when the heart response is positive, enjoyable, beautiful, but close when pain and hurt are threatened." That won't work. It's either open to all or it's closed to all.

So turn the key now, open the heart again, and

accept whatever comes, all the feelings of the heart that life brings us. Then you join that part of our existence that only the heart can give us. Which includes the love, the friendship, the beauty all around, the ecstasy of peak moments, the sharing of our humanity that the heart provides.

This doesn't come with the cosmic energy we work with. This energy *precedes* what happens in the world, it is beyond what happens there. You can be in touch with that energy even with a closed heart. You can feel at one with everything on a cosmic level and still the human heart connection can be largely missing. It is on a different level; it's a different work, a personal work. The universe leaves it to you, my friends, to decide about the openness of your heart.

So be brave, say Yes to it all, even the possibility of more pain.

It is worth it.

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



SEMINAR NEWS

This year, in July, Michael returns for the first time in a while, to **Munich** for a seminar. Maybe some old friends in that area re-unite, plus the many new Wild Geese living in that area, and some new ones are drawn too, to join us. Plus of course everyone else from everywhere is more than welcome.

- ⇒ Date: 1 – 3 July
- ⇒ Booking & Information: Divata
- ⇒ For further details see poster

In the same city the Whitsun/Pfingsten **Rainbow Spirit Festival** will also take place – in June. The organizers, Mariam & Teresa, say that there has been an enormous amount of interest locally for this event, so there's bound to be plenty of satsangers, masters, musicians offering their skills and powers. And Michael will be there with his three usual offerings of Talk, Meditation, and an Energy Happening.

- ⇒ Venue: M,O,C, Munich
- ⇒ Date: 11 – 13 June
- ⇒ Programme:
 - Sat. 11th, 14.00 – 15.30: Talk
"Energy & Transformation"
 - Sun. 12th, 16.00 – 17.30: Energy Happening
"Energy & Transformation in Practice"
 - Mon. 13th, 12.00 – 13.30:
A Transformation Energy Meditation
- ⇒ Booking & Information:
www.rainbow-spirit-festival.de

The seminar in **England** this year is in late June, and for it we return to our old haunt, the Leela Meditation Centre in Dorset, where, we are told, a new and more spacious group-room awaits us. Plus the ease and friendliness of the community and staff there.

- ⇒ Date: 23 – 26 June
- ⇒ Booking & Information: Sisila
- ⇒ For further details see poster

We also change venues for the **Belgium** Group. This time, in November, we convene far north in this gracious country, in Ostend, right on the north coast, so we look forward to that.

- ⇒ Date: 2 – 6 November
- ⇒ Booking & Information: Leara & Pranama
- ⇒ For further details see poster

And one more change too – the **Austrian Special** in October will happen this time not in Linz but at Zeitraum, the old White Lotus, near Salzburg. Such a beautiful grouproom there, and Michael has a longstanding history with the place from the old days with Burkhardt Buddha...

- ⇒ Date: 13 – 16 October
- ⇒ Booking & Information: Sandipa & Anuradha
- ⇒ 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. 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...

DIAMOND YOGA

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

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, EFTOH and the Holiday Seminar in Sri Lanka.



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.

TUESDAYS AT UNACHO

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

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.

The new name for this Get-Together on Tuesdays is **SASH** (Soul and Spirit Hour).

And that's what this time is for – to nourish the soul and spirit of all who come.

Please check with a phone call if you are planning to come to make sure it's on!

EUR 11,-

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



THIS GLORIOUS AND PRECIOUS STATE OF BEING!

"I open the door in this room I work in, walk out on to the balcony. The cold air hits me, but does not hurt. The sun is shining from the blue sky, a few white clouds wend their way across it, the grass on the lawn glitters here and there with the fresh snow from earlier this morning melting in the sun, the trees glisten, the light in them from the melting snow twinkling like soundless bells, Kunzhi our cat watches the birds as they dig for worms, this body takes in the cold fresh air, the skin on my bare arms and neck burst into bud, join the party, and all is well with the world, and I glory in it – because, through the Work we do, my whole being is open to celebrate these simple things, this ordinary moment, this place in the sun." MB

- Venue: UNACHO, Denzlingen
- Date: 22 – 25 April 2011
- Group fee: EUR 280,-

