

# Michael Barnett

Energy, Being and Authentic Living

**2007/08**

Teachings Seminars Trainings

A gift for you and others

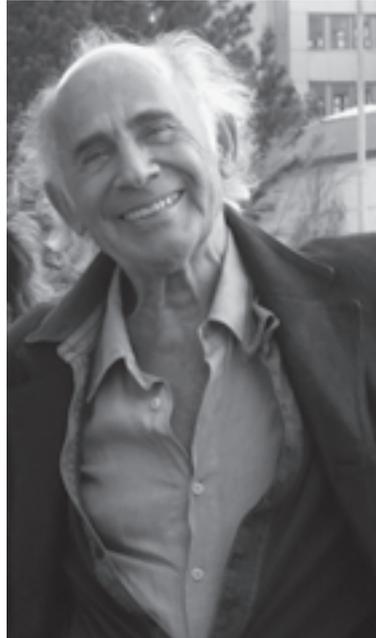
## Christmas Offers

**LOOK package-15 EUR (instead of 42)**  
Bodyflow and Soma, the two basic meditations with an introduction from Michael on video.

**LISTEN package-28 EUR (instead of 40)**  
Diamond Body and Dynamic Body, the two advanced meditations each with an introductory talk from Michael on CD.

If you buy both packages, you get a **Surprise-Book** for free.

On request we can pack and send the **presents** to receivers of your choice.



New Book !!!

## Infinite Nature

This new book will be out as soon as possible.

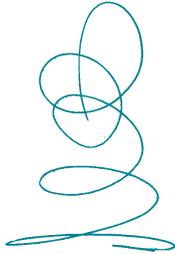
*Written by Michael from scratch, for once!*

His views on a variety of subjects.

Short, sharp and to the point.

It's about  
**YOUR**  
infinite nature -  
before, during and after  
your worldly life.

Your ever-ness.



## Imprint

**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](mailto:info@michaelbarnett.net)  
[www.michaelbarnett.net](http://www.michaelbarnett.net)

**Energy Drawings:** Michael Barnett

**Photos:** OneLife

**Design & Layout:** Shahada

**Print:** April & Tochter, Freiburg

## MB Letter

4

## Festival

Winter Festival 2007/08

5

## Trainings

Energy Training 2008/09, X-Run 4, Enlightenment Circle

6

## Exercise

An Energy Exploration

8, 10

## Special Groups

Tobal, Detrapping, Couples

9

## UNACHO

Resonance Evening, Diamond Yoga,  
Royal Package, Contemplation of the Day,  
Discount Scheme

11

## Dear Folks,

Behind everything that is happening there is just the moment.

Behind bliss, love, anger, sadness - even sickness, there is just the moment.

If this moment changes from moment to moment it is not the moment.

The true moment is always the same moment, tastes the same, smells the same, feels the same, is unaffected by anything; bliss or despair, the moment is ever just that, the moment.

"He who finds the moment finds the eternal moment" said a Christian mystic.

Here we have it.

I'm not talking about 'the here and now'. There is no here and now between past and future, the past becomes immediately the future, with no gap, no gap you can catch. The moment I speak of is not like that.

It has nothing to do with the past or the present, with the movement of time. It is simply there, always there. When you find it, you have to keep it! Hold it close. It will see you through all things, including the act of dying. It is your inner cave over which the waves of time run, crash, or become tranquil.

To find this is to be with your true nature, and also to be with your life in the world.

Though the body is in time, paradoxically, to find the moment is to be united with your body.

As long as you are in life, in time, the body is part of your reality, so when you find the moment, your body will be there.

When it dies - well, we see then what else is there for us. Which goes for the mind and heart too.

So the moment includes all these things that you are: body, mind, heart, soul, energy. And yet is independent of them. Your source lies there, and so does your eternity.

A lady in Rimini said to me, when asking for a name, "You're bringing light to heart and mind, that's why I want a name and to work with you." "Also", I said, "to the body".

The world needs the light desperately, and it needs living beings in their bodies to bring it, spread it around. Bodies must also carry the light, so that when 'the light collapses into earth' we gain not just light but lives of light that through touch, look and presence can bring the light to many, and who knows maybe one day to all.

Love on a beautiful autumn day in Denzlingen



# Bodies of Light

*Bringing down light,  
'Collapsing light into earth'  
as the song goes,  
that's what we do,  
to the heart and mind,  
that's clear,*

*but also to the body  
so that bodies of light  
filled with radiance  
can turn on people everywhere,  
through smiles, touch, looks, presence,  
bringing essence to existence.*

Venue: Lago d'Orta, Italy, Pettenasco  
Date: 27 Dec 07 -1 Jan 08  
Groupfee: EUR 380,-

Energy Training 2008/09

## Flowers of Love

In the Summer there will commence the next Energy Training. The only qualifications you need to join this is your enthusiasm for the Energy Work we do in OneLife and your wish to realise yourself more deeply.

If you've done just one group with Michael, and been touched deeply, it is enough. In the E.T. we take you thoroughly into the world of energy, and sometimes leave you there!

Michael is assisted in the Training by Varuni, his longterm student, assistant and friend over the past 25 years. Varuni brings her vast knowledge and experience of life and the Work to enhance the methods and explorations that are a natural part of the Training.



### Programme Dates:

1. Summer Festival 22-27 Jul 08 (Holland)
2. Core Training Part I  
29 Jul - 4 Aug 08 (UNACHO)
3. Core Training Part II with Varuni,  
weekend in October 08 (UNACHO)
4. Winter Festival 27 Dec 08-1 Jan 09 (Italy)
5. Core Training Part III,  
5 days in February 09 (UNACHO)
6. Core Training Part IV  
7 days in July 09 (UNACHO)

**Groupfee:** EUR 2800,-

**Leaders:** Michael and Varuni

**Booking and Information:** OneLife

# X-Run 4

The next X-Run, for seniors, and committed students, will start in August 2008. It will run for 18 months, and will consist of three 5 day groups and three 7 day groups: that's 36 days in all. This is where Michael does his peak work, so you will know what to expect. If you are uncertain whether you qualify or not, write to Michael. A schedule of dates and venues will be sent to you when your application has been confirmed.

**Groupfee:** EUR 2980,-

**Booking and Information:** OneLife

## Enlightenment Circle (EC)

This seminar, for deeply involved people, takes place again soon, in November. The venue for it is now – here at home, in UNACHO. All senior students, graduates of X-Runs, are welcome.

**Venue:** UNACHO, Denzlingen

**Date:** 21-25 Nov 07

**Groupfee:** EUR 690,-

## An Energy Exploration

*This is a sequence from a whole session Michael did at the Belgium seminar in October 2007.*

*A CD with further developments of the meditation can be ordered from OneLife, so you can practise at home with Michael's instructions.*

We are going to explore the connections with the earth, the space, the sky, and with the cosmic energy. We begin by closing our eyes and focusing on our feet. Tune-in to your feet and feel the contact with the ground. Throw away all images you have of, "These are my two feet standing on the ground. There are my feet and there is the carpet, and they are separate things." Throw away all this level one imagery and just tune-in to what is actually going on there. What is going on there, which I am sure you will feel, is that there's really no separation between your feet and the earth that they are in contact with. If you open up to new possibilities, then you will see that what is there is what we call 'an energy happening'. That is to say that things are flowing between your feet and the floor in such a way that they almost feel as if they're one and it's hard to actually discover where your feet end and the ground begins. It is almost as if you are standing in mud and you can't really feel any separation between your feet and the mud. The mud is soft and the ground is hard, but it is really the same thing; energy is always soft.

There's energy flowing down from your legs and feet into the earth, and likewise there is energy coming up from the earth into your legs. So I want you to experience, acknowledge, accept, and be with that.

Now just leave the energy that's moving from your feet and your legs into the earth and just tune into the energy that's coming back to you from the ground. They are both happening at the same time, up and down like a mixture, a flow of energy. The more united they become, the more the going and coming is the same thing; it is just a flow along a continuity.

But to the extent that we are still separating them, feel the energy flowing up from the ground into your feet, up your legs to your knees, all the way up to your thighs and your crutch. Feel the connection and continuity between the whole length of your legs and the ground. The energy is also flowing down. Once you get the feeling of the energy coming up from the ground to your thighs and crutch, also have a feeling of the other movement happening downwards.

Again, get the feeling of the continuity between the ground and your legs, not just your feet but the whole of your legs.

Let's see if we can fetch that flowing energy from the ground up higher and feel it moving like a tide up the body. Of course it is there all the time but our awareness is not with it. So feel it moving like a tide up through the body, over the crutch, the hips, moving up over the belly and your back, right up into the shoulders.

The energy is moving from the earth up the legs, flowing right up into the shoulders and also flowing, when you get there, back from the shoulders down over the body or torso, down your legs, through your heels and your feet, back into the earth.

If you are having a little difficulty with that, then you can also use your breathing to help you. You can feel when you breathe in, you are bringing the energy up, and when you breathe out, you are bringing the energy down.

Of course the energy is going up and down all the time, but that might help you to get the sense of connection through your breathing.

*Continued on page 10*

# Special Groups

## TOBAL

The next TOBAL is in January, again in Stiersbach. The TOBALs have their own flavour which very much suits certain people. It provides plenty of scope for members to find out about themselves both in stillness and in action, and in response to the flow of energies provided by Michael. An experience, it is said by almost all who come, to be treasured. Seems to have its own fan club! A further TOBAL is scheduled for September.

**Venue:** Oberroth, Seminarhouse Stiersbach

**Dates:** 23-27 Jan / 24-28 Sep

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

## Detrapping

Michael is offering another Detrapping workshop in March.

In this group you go into the centre, state your life problem, and Michael looks with you at new ways of seeing the problem - or escaping the trap it puts you in.

The whole group is usually involved each time.

Very down-to-earth business is done.

**Venue:** UNACHO, Denzlingen

**Dates:** 7-9 Mar

**Groupfee:** EUR 250,-



## Couples

An innovative group. Looking at relationships, how they contribute, how they trap. What makes them flourish? Who is the I? What is the We?

Putting the cards on the table. Baring the committed soul.

**Venue:** UNACHO, Denzlingen

**Dates:** 30 May - 1 Jun

**Groupfee:** EUR 250,-

# Exercise

*Continuation  
from page 8*

The energy we are bringing up from the ground, through our legs and our body into our shoulders, we now let run down our arms and into our hands.

Feel the flow of energy coming right up your shoulders and then turning and going down your arms into your hands.

We are not making it happen; we are just acknowledging and becoming aware that that is the case. We are focusing on it, and that makes the fact that we are connected to the earth more real for us. We are all part of the same thing. If you are feeling the connection that is happening between your feet and the ground, then that's what is happening in your connection with everything around you. It's one part of the universal connection.

We are seeing how we are connected to the earth. There is a flow of energy coming up through the feet into the legs, and then we are becoming aware of it moving right up into body, through the belly and the chest, up into the shoulders. When we have the feeling that it gets there, we see that it is also running down the arms into the hands. Of course it is also running up into the head, but we are not acknowledging that for the moment.

We are becoming aware of the experience of it flowing down the arms and into the hands.

When you get to the hands, the next step is to see what the connection is between your hands and the space around the hands. If your hands are touching your body, it makes it harder to experience this connection, so maybe bring your hands up a little to help feel this.

Then close your eyes and get a feeling of the energy running out of the hands into the space around. The more we become aware of that happening, the less we can actually feel where our hands end and the space begins. A kind of oneness is there. We find in essence that it's exactly the same energy that is around the hands as that which is in the hands.

So we have earth energy running up from the ground, through our legs, into our body, up the shoulders, down the arms into the hands, and then the earth energy running out of our hands into space.

When you feel ready to reverse that, you can feel the space energy coming into the hands, up the arms, into the shoulders, then down the body and the legs, into the feet, down into earth.

Our hands are in touch with space and our feet are in touch with earth. We think these are tremendously different things, that space is empty and earth is hard and full, but in fact if you really connect with the energy flow, there is absolutely no difference whatsoever between the primal energy connecting you with earth and the primal energy connecting you with space. It is just the flow of something or other, which is equally in the earth, equally in space, and equally in you.

There is that continuity again, earth, you, space, and a sense that on some level there is no separation between you, as there is no separation between all things on Earth. This gives us some personal evidence that we are not separate beings, we are not isolated, walking the Earth separate from everything around us, but part of everything, part of the One, and all the time we are being acted upon and we are interacting with everything around us. That is why it is often said – to use a metaphor – that a butterfly flapping its wings in California can cause a tree to fall down in Tibet. That is an indication of the universal connection of all the energies.

*Try it!*

## 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 huggemugger 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

Here in UNACHO there is the possibility to treat yourself for two or three days with these three special offers:

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

Otherwise it is your choice how you are going to spend the days. 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,-  
On request the sessions can be also booked separately.  
Accommodation on request, different options available.

## Contemplation of the Day

Read the teaching, reflect upon it, taste it, consider it, absorb it, let it help carry you beyond your current self 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..

## 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 and 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.

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



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](mailto:info@michaelbarnett.net)

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

