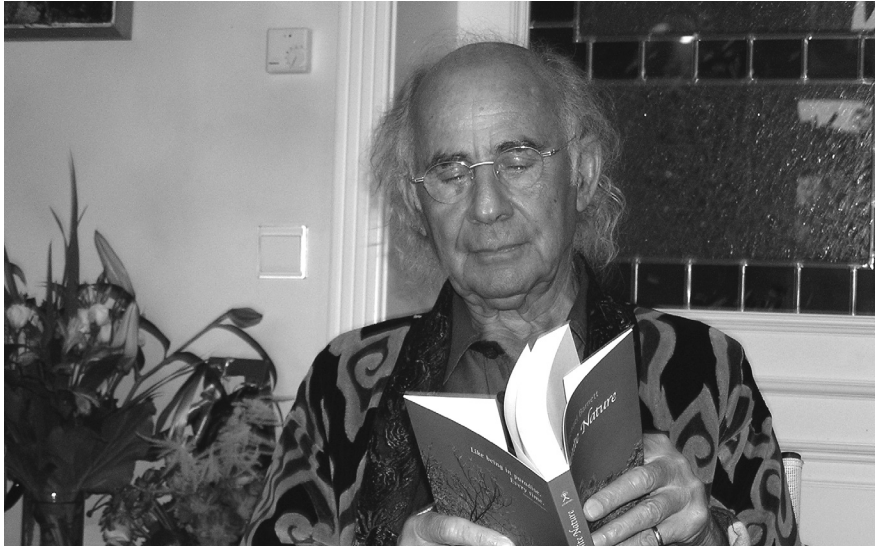
The background of the slide is a composite image. On the left, a vibrant rainbow arches across a dark, overcast sky. On the right, a large, semi-transparent portrait of Michael Barnett is visible. He is an older man with a balding head, looking slightly upwards and to the right with a gentle smile. The bottom of the image shows a dark silhouette of a forest or trees.

*Somewhere over the rainbow
Blue birds fly
And the dreams that you dream of
Dreams really do
Come true . . .*



Michael Books

His latest, *Infinite Nature*, continues to bring accolades from its readers. Many say that it's like poetry. And best read a few pages at a time. So if you buy only one book a year...! The special nature of this book, apart from its content, is that it's the first book Michael has actually written since *People Not Psychiatry* in 1973. All the others have been transcripts of talks, sessions or interviews.

However, a new book of talks, *Rings of Being*, will hit the bookshop, and the internet, by Xmas. This new volume contains Michael's personal selection from all talks given by him all over between 2005 and 2007. A real treasure chest, one early reader said. Not surprisingly.

The last book of talks, *Under the Waves*, continues to sell well, as does the small volume, *Secrets of Enlightenment*, comprising talks and sessions from last year's Enlightenment Circle.

And as always, the old classic from the Eighties, *Hints on the Art of Jumping*, continues to prove popular, especially with new energy travellers...

Imprint

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Dear Companions on the Path,

In the seminars, I'm not sure where we're going these days, but I do know it's in the right direction because of what clearly happens in them, plus the reports I get from participants. Tales of time stopping, oneness felt, stillness taking on a great presence within, long moments of bliss without cause, a sense of entering mysterious realms out of which new happenings and actions come. Real changes. Transformations even. Sticky times that turn into raging blooms. A new buoyancy to life. A sense of rightness in the way one is leading one's life. Ordinary life itself opening up...

We come together; such things happen. As simple as that. Not much needs to be added, which I don't do, as you will have noticed. As if we are in the hands of some force, some divine agent perhaps, that has intentions for us. And through us the rest of the world.

This is the way evolution is to work, this is the next step, I've always said so since the very beginning.

Energy Work is not just another method. It is not only a meta-method, ie lying outside and beyond all methods and able to come in and enrich them; not only that but it leads to a new state of humanness, one whose base is not in the midst of relativity and human affairs but in the universal state, so that from there any action in the world is an offspring of that oneness. And carries its flavour - and its sensitivity and wisdom.

Then you begin to see things as they are, independent of the personal drama. Then you are a gift to the world, and to all those around you.

It is a privilege.

And a joy.



It is an added delight to me that two of my four daughters, San Chi & Wu Chi, as well as Kozan, my eldest son, are now directly involved in the Work. The others indirectly of course too! So embrace the movement within you, the clutch of experiences, the sound of the beyond, the sense of rightness, the word of truth that echoes in the energy spaces - and rejoice!

Love, Michael

My love for you all is in the energy between us. My wisdom too.

Sataranda, who lives here, just reminded me of a line in the BodyFlow music, 'In Space we will build our Love'. Quite so.

Special Groups

Enlightenment Circle

Takes place in November here in the house. The last one was a cracker - the booklet, *Secrets of Enlightenment*, which many of you have now, came out of it - as did many satoris for the participants. Well, things have moved on since then! So...

"The
Enlightenment
Circle
was simply
fantastic.
A continuous
gift of love
from start
to end."

Tarimo



"All of these years I have
had to take it on faith...
take you on faith...
Tastes here, tastes there.
But now after the Enlightenment
Circle there is something I know.
All along I guess -
but now I can somehow
rest and fall -
sideways a bit.
See where that lands me.
One thing is that I seem
to be crying a lot in awe..."

Honestly Michael, you and your
magnificent work have given me
the true gift of life."

Bhaskar

Venue: UNACHO, Denzlingen
Date: 5 - 9 Nov
Group fee: EUR 690,-

Detrapping

Another chance, in November, to participate in a Detrapping Seminar.

In these - very different! - seminars, each member of the group presents a personal or life problem that they feel is stopping them from living freely or fully.

Michael looks at the problem with them, presents it in the room in a tangible way, and then invents the dynamics of escape, solution, or transcendence, through seeing the problem in a new way, and even acting out the solution there and then. At the same time often locating the very source of the problem.

Number of participants limited...

"Watching Michael work
with people in this Detrapping -
Ah, the glowing in my chest
and the infinite beauty of it."

Barusa

Venue: UNACHO, Denzlingen
Date: 14 - 16 Nov
Group fee: EUR 300,-

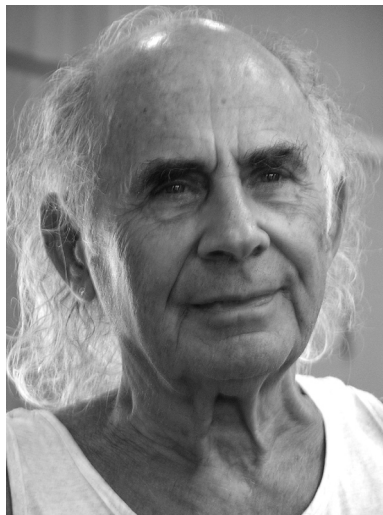
Austrian Special

The Shepherd
and the Golden Corn

He walks through the corn.
Together they glisten and shine.
Together they are one.
The coming together
Is the light
that lights up
the world
it is there
in the joining
of the one at home
in himself
and the corn,
the life-giving growth,
so that
hand-in-hand
they can bring
light and beauty
to this earth.

A group
that always takes place
halfway to heaven.

Venue: Linz, Austria
Date: 20 - 23 Nov
Group fee: EUR 320,-



TOBAL Tao Of Being And Living

'Realization' is an energy, and so it can be transferred via resonance and in other ways, and this is what happens here too.

Venue: Oberrot, Seminarhaus Stiersbach
Dates: 16 - 20 Jan, 18 - 22 Sep
Group fee: EUR 450,- each (both 850,-)

Couples

The first ever Wild Goose Couples Group was a great success. Everyone who attended expressed pleasure and gratitude to have had the chance to work in Michael's energy ways with their partner. Even when attending seminars with their partner, each, they said, tended to work on themselves alone. This time it was different: together they explored, and in doing so found themselves exploring also the couple relationship itself. Michael simply worked almost entirely with the participants as couples, allowing them to discover intimate connections on many different levels. The feelings of love, honouring, caring, and pleasure released in each couple filled the room and all those in it. At the end a serene and satisfied energy prevailed.



Venue: UNACHO, Denzlingen
Date: 8 - 10 May
Group fee: EUR 250,- (per person)

NEW GEM

(Gathering Energy Momentum)

In June, over 5 days, Michael will run a new GEM.

We are in the process of compiling a new book of explorations carried out by Michael in the seminars and trainings and x-runs over the last years. The current Manuals, which are given to members of Energy Trainings at the end of the course, contain all sorts of investigations and explorations which Michael carried out in groups - but up until 1995 only. Since then there have been many more, and they keep coming.

In this **NEW GEM** Group, Michael will share the penetrating and opening nature of some of these processes with the participants. So it will be an active and involving seminar, a continuous 'self' and 'self and other' exploration and inner & outer journey. At the same time, the unity of the whole group will be developed and tapped to provide a dynamic womb for the investigations.

Venue: Dôle, France
Date: 10 - 14 Jun
Group fee: EUR 450,-



Rimini
4th of October 2008
7th in the series
'Rainbows'

Sitting On Top of the Mountain

First I would like to congratulate many of you for being able to sit quietly like you did for the last hour, and a number of you were not only sitting quietly but were sitting just right, in just the right way. I know for some of you it was difficult, but I am not going to apologise because the capacity to do that is absolutely essential if you want to find your truth.

I don't know what fantasies you may have about what you can achieve by doing the work that you are doing, which we can call spiritual work or self-exploration; you must have some idea of where you think you are going to arrive, what you are going to find, and what you are going to receive at the end – if you ever reach the end. What do you think you are going to get at the end? The state of love, the state of bliss, oneness with everything, deep silence and peace, or maybe none of those things; maybe to become famous or rich – maybe both, you want to become enlightened and rich! (laughter) If you have that idea, forget it! They do not go together. Being enlightened is a very expensive business!

But having experienced all that long list of things I just gave you, many times, really the goal is to find out who you are. When you find that you may in fact find love, peace, bliss, and these other things too – in fact on the Path you are likely to experience all of them sometimes – but if you find out who you are then that does not come and go, and all these other things I listed have a habit of coming and going. Who you are means who you are when you are just you. It doesn't mean who you are when you are with your family, it doesn't mean who you are when you are with your partner, your children, your friends, playing a game, watching a football match, getting stoned, getting drunk, singing with your friends, being at work in your activity, or involved in any kind of activity whatsoever. All these things may give you great pleasure and that is perfectly okay, I do many of those things myself and also have great pleasure, but who you are is who you are when you are not involved with what you are not. All those things I have listed they are not what you are, you involve yourself in them, in that person or that situation, so your centre of gravity,

which is a significant thing for me, is transported into a situation which involves something else and therefore it is not in its true place.

The question which many great teachers, including the famous Ramana Maharshi who is recognised to be maybe the greatest teacher of the last few hundred years who was from India, say is the greatest question, is: Who am I? Ramana Maharshi said that is the fundamental question, and to find the answer is the fundamental answer. But as I am sure you all know, if you have done any quiet sitting alone, that it is a very difficult thing to do. When you stop movement, stop action, stop relationship, stop involvement, stop everything in yourself and just remain still, then what you will find there can be very disturbing, very problematical, very difficult to be with, very restless, very demanding, all these things. It is like sitting on a hot plate or a porcupine and the first thing you want to do is to jump off and look for some action, some activity, to telephone a friend and go to the café for an espresso – something! Even if it is walking around in circles thinking what to do, at least that is something. But if you don't do

any of those things and you just sit with yourself, then you are using the key to the Path. All the other things may help, but in the end you have to bring whatever you gain from doing other forms of meditation and explorations back to the moment of sitting quietly, doing nothing, and just being with yourself.

And it is a very steep path you have to climb, sometimes you can only do it a little bit at a time – five minutes, difficult; ten minutes a miracle! But many of you just did it for an hour and that was great because I could feel that for a lot of you, you fell into it being perfectly okay. It is like a marathon runner – when a marathon runner first starts he is puffing and puffing, he is straining, feels he wants to stop and can think of all the good reasons why he shouldn't be doing such a stupid thing as forcing his body on a marathon run. But then there is a point where he finds a rhythm, lets go, and the whole body goes on moving by itself. The body still may be in some torture, there still may be many pains and sufferings going on, but something beyond all that feels it can run forever.

That is a beautiful feeling, a feeling of triumph, that you have conquered

something that few people can conquer – not only to be able to sit quietly despite the pain, but to find that you can sit quietly and have no pain. It is as if sometimes you are sitting right on the peak of the highest mountain. It is not that you have reached it and say, "Great, I have reached it," and come down again, it is as if you can just sit there on that peak. When you find you can do that, you can also realise that you don't need to do anything else for yourself to achieve any kind of further gain on the Path whatsoever. You do things to enjoy, to explore, to have fun, to have great sensations and experiences, but if you can do that, just sit with yourself, not force yourself, and arrive at a place where it feels perfectly beautiful, true and right to just sit, then there is nothing more you need to do. And it is not as a discipline; at first you have to do it maybe as a discipline, then you have to do it and call it 'meditation', but when you can just sit there it is not a discipline, it is not a meditation, it is just so.

There is a beautiful phrase in Zen Buddhism that says: You sit not to get somewhere, you sit because sitting is it. Sitting is it, when all the distractions, all the hooks you have,

all the addictions and habits you have, all drop away and you are just left in a way naked, simple and present, and then what you will do, not all the time, is just sit – and then it is yours.

I spent the whole morning working with you all; almost all of you had a session of some sort. A lot of you had very strong, beautiful experiences, but that was this morning, they have already gone. I can't go on doing it every morning, every afternoon, for the rest of your lives because I have other things to do. (laughter) It can be a help, but it can't be it for you; it can't be it to have these beautiful energy happenings through a guy like me. They are great, I always enjoy them – I get really close and intimate with people, I feel we become one, a cosmic dance is happening, I love it, but then I come in this afternoon and think, "No way am I going to do that again! Tomorrow maybe, but now back to just being myself." So I sit for one hour and I hope that some of you can just be with me in that sitting. And most of you managed, some managed with effort and some people managed to go beyond the effort and say, "This is great, just to sit, there is nothing to be done."





Rimini
4th of October 2008
7th in the series
'Rainbows'

Oh, I love to see that in some of you, really looking as if time has disappeared. When there is just the moment there is no time. I bet some of you were surprised it was as long as one hour, and some of you were surprised because you thought it was ten hours! (laughter)

I remember some years ago when I was doing a group in Italy, I came in after lunch, just stood there, and I stood there for about two and a half hours. Maybe a few of you remember who were there? (A couple of participants remember) I came in and there was a clock in the seminar room, I remember, I looked at the clock, it was four o'clock, and I thought, "I will just stand here for a little while." The next time I looked at the clock it was twenty minutes to five and I thought, "Poor guys, I better do something." I closed my eyes, looked at the clock again, and it was twenty past five. The time was disappearing. But that isn't the same thing that I am talking about now. There I have this other dimension of reality that I can go into at any time, and if you go into that then there are no things anymore – you are outside space and time. The world could blow up and you wouldn't even notice! But I am not

talking about that now, I am talking about being here, in your body, in the moment, being able to hear all the sounds, feeling all the tensions in your body, feeling the cushion you are sitting on; feeling each moment and being perfectly happy to take each moment as it comes, to being just with yourself – that is what I mean.

Sooner or later, be it this lifetime, next lifetime, in a thousand years time, whenever, this is what you have to learn to do, to just be yourself without distractions, without involvement, without action, without any doing, without connecting with anything outside yourself except the air and space around you – and to be happily, almost deliriously happily, to just be yourself.

I said to know who you are like that, without any involvement whatsoever or accessories around you, but of course being here is not quite exactly neutral in that way. If I go into that place I was in, that place has a certain energy, a certain vibration, and that goes out in the room and it activates that vibration in everybody to some extent. There are people in this room who have been involved with me and my work for more than twenty years, so

these guys and other people who are the same types will also fall into that place. Then they add to the power of that level of energy, and in a way that is a big contribution to everybody else. It is not so easy to do it in a public place of course, then this dimension is not yet present in you, but you are well on your way to be able to find that place on your own when you are able to do it here. This is because the more that level in you is stirred up and awakened, the more power it gains and the more likely it is to bloom on its own.

And if you manage that, imagine how helpful it would be when you come to die. Everybody dies alone. Very few people live mostly on their own, some people do, but everybody dies on their own.

If you learn just how to be with yourself, whatever is going on, wherever you are, just to be and feel yourself, then you will not be afraid. And anyway, if you can really do it, then this dimension I am talking about has nothing to do with birth and death, so if you can join it then who knows your luck, you may live forever, in some way – and then you can be a beautiful and eternal flower.

TURN ON YOUR LIGHT

That's what we do.

Ask past participants.

Lights go on, sensed before but not yet seen, or only in glimpses.

We put you - again and again! - in touch with the source of light, and the inner connection you have with it.

You'll wake up to your own potential. And magnificence. And to your own natural state as a light of life. Sooner or later you have to realize that, that there's no need to live in mist and shadow. The door to your inner light can be opened. And it's a lot easier when you simply find yourself - again & again - on the other side!

We also show you a hundred different ways to access that space of wonder and light for yourself, or with others...

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.

Venue: UNACHO & various places

Group fee: EUR 2800,-

Leaders: Michael and Varuni

Booking and Information: OneLife
Program Dates:

1. Summer Festival
28 Jul - 2 Aug 09 (Netherlands)
2. Core Training Part I
04 - 10 Aug 09 (UNACHO)
3. Core Training Part II with Varuni,
16 - 18 Oct 09 (UNACHO)
4. Winter Festival
27 Dec 09-1 Jan 10 (Italy)
5. Core Training Part III,
5 days in Feb 10 (UNACHO)
6. Core Training Part IV
7 days in Jul 10 (UNACHO)

X-RUN

Current X-Run4 off to a good start. A nice juicy group of 50 people. Slowly and steadily we will manufacture an energy bomb that will contribute to the enlightenment of humankind. As well as to the eager and galloping participants. (They don't stop. Nine of them were on the recent Hamburg Group!)



Around Europe

Belgium

5 days in October. For years we've been holding this - and all Belgian groups - at La Forresta, the ancient monastery.

This time it's all change. It no longer suited, so now we try a new venue - and they in turn will try us. Michael had a great energy connection with the old place, and expects the same with the new. Let's all find out.

This is always one of the top groups of the year. The Belgians have all the buttons on their shirts open, with a big Yes, and this affects everybody else who comes - if they happen to need it!

Weekend in Bremen

Before the recent event in Hamburg, Michael offered an Open Evening in Bremen, at Steinreich, the seminar-house and esoteric shop run by Summona and Judah. (Summona was the main teacher at our WG School in Energy World - which all Michael's 4 - beautiful - daughters attended at some time). 80 people came. He gave a brilliant intro-

ductory talk - which unfortunately vanished, followed by some very crowded and whirlwind Energy Work with everybody (tough for the catchers!). A number of the participants then came on to the Hamburg Group. It felt as if Bremen is ripe for a seminar of their own so Michael will offer one there at the end of the coming February. (See schedule)

Italy Corner

Michael writes: Just back from a beautiful group, plus such great times, in Rimini. Can you wonder at it?

Of the 44 who were there, 8 were on the first major Italian group, in a monastery near Bologna in 1985 - all getting their names there and then, plus another 8

who joined in the next immediate years; so - 16 Wild Geese who have been flying with me for more than 20 years! So, a great energy party! Plus lots of juicy people coming through Amarini and Basra there, plus others from all over bringing friends. Plus wonderful warm weather, the sea just by - and Italian cuisine! Lots of work done - and on top of that, so enjoyable and so much fun!

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

17.45 – 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 also be 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, Couples, GEM, and the One-Day Happenings.

The discount scheme of 2008 will end with the Winter Festival. After that a new discount scheme for 2009 starts.

For news and latest updates
always check our homepage:
www.michaelbarnett.net

Bursting into Life

Winter Festival
2008/2009

Pettenasco (Italy), 27 Dec 08 - 1 Jan 09, Group fee: EUR 380,-

Show me a garden, goes
the classic Snow Patrol
song, bursting into life.

Well, we're all gardens.
Each cell a seed ready to
explode into joyfulness.

Can happen!
Has happened!

Will happen!
Hopefully, for you.

Well, the Wild Geese
sweeping across the sky
know by now the way.

We will take it.

Takes place as usual at
our favourite winter seminar
resort by Lago d'Orta.

