

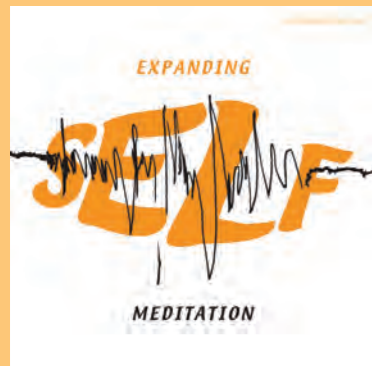
DETRAPPING

A book of sessions from the last Detrapping group, in November 2008, with full diagrams showing how Michael worked with participants in showing a way out of life traps; includes subsequent feedback some time afterwards from those who were there on how their sessions affected their lives. Out in November. (Euro 20.-)

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

Selections from the Talks and Q&As given around Europe in 2008. Out for Xmas. (Euro 25.-)

Expanding Self Meditation

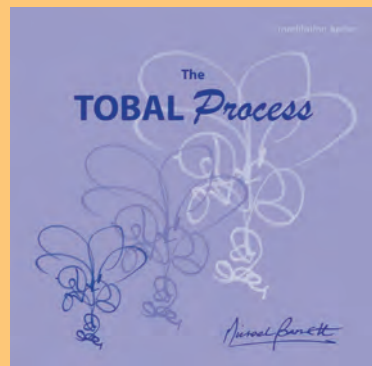


Stand aside and don't interfere...

Euro 21.-

A new meditation with music from the Surrender Cowboys.

And a reminder of the CD The TOBAL Process



...at the very depths of your being you are part of cosmic oneness, and at the same time, all around you too, is the cosmic oneness.

...but of course the deeper you go the more fundamental and more cosmic you become.

Euro 21.-

NEW PUBLICATIONS

SEMINARS WITH MICHAEL TILL EASTER 2010

- 29 October – 1 November • Austrian Special, Linz
6 – 8 November • Detrapping, UNACHO Denzlingen
12 – 15 November • Enlightenment Circle, UNACHO Denzlingen
27 – 29 November • Weekend Group, Berlin
27 December – 1 January 2010 • Winter Festival
8 – 12 January • TOBAL, Oberrot, Seminarhaus Stiersbach
19 – 21 February • Weekend Group, Bremen
1 – 7 March • Bali
19 – 21 March • Weekend Group, Prague
26 – 28 March • Weekend Group, Berlin
2 – 5 April • Easter Festival, UNACHO Denzlingen

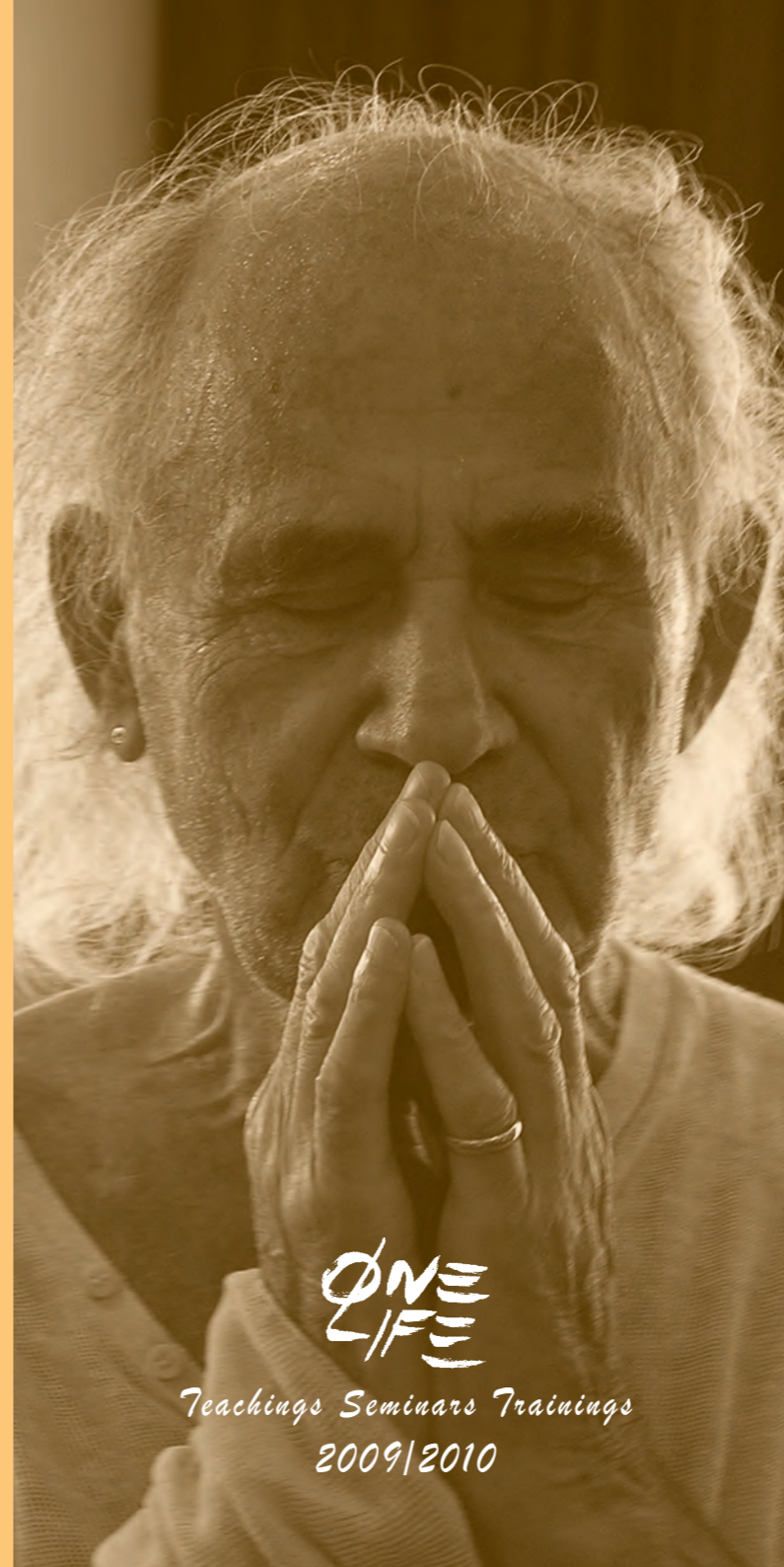
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**„You have dedicated your whole life
to the most precious of all existing things
and enjoy your individuality immensely.
A great teaching for me.“**

(a group participant)



ONE
LIFE

Teachings Seminars Trainings
2009/2010

Dear People of the Path

Just back from Rimini, turned out to be such a Great Meet-Up, all of us coming out of it with much joy. Our Italians are experts at turning the Onelife energy into love and joy. Add the great Italian food, and you have near perfection.

Before that, TOBAL. How I wish you would all do at least one! Can bring you back to basics, to the very moment, there with your capacities to tune into a multi-dimensional universe (see Jan '10). It's tough but very rewarding, and always a boon for me personally...

Here are some extracts from a talk in Hamburg, Seeing Souls, plus a bit more on the side:

The mad mind does not stop. When it stops it is bodhi (enlightenment). So said Buddha. When you look at things and people through the mind whatever is there has to go through the prism of the mind with all its beliefs, preferences and prejudices.

So you call someone an idiot. Dostojevsky wrote many great books, one is called The Idiot. But this so-called idiot is beautiful - simple and innocent, but an idiot to all the others. Unless you can see the soul of someone you cannot judge that person. You would have to be God or near to it to see the whole person, his or her whole being and the circumstances it is in. So as long as you are living and assessing through your mind you are more or less blind.

And it is subject looking at object. But if I look from my state as part of the All then what I see I see as also part of the All. Even this clock. Then there is communion.

If you find a way of doing that then it will bring you into a state of joy. Even sometimes ecstasy. Just to be there and resonate together with the life all around. And from there, only love can move from you to what also participates in this realm of aliveness.

Love, healing and enlightenment belong together. So does sex. If you feel sexually attracted to someone then your souls are connected. Even if it is a one-night stand and nothing develops out of it, still it was a soul connection. Sexuality is the soul and body melting together. But even beyond that draw you are with someone whose soul is intimately close to yours. So sex, love, healing and enlightenment are all fellows. All four need not be there together, but when they are you unite the Zero and One.

But sex is not basic, even if the evolutionists say it is. The life connection is basic. Sometimes in that connection there is a sexual component, an attraction, a pull to unite. But if it doesn't happen it's not at any cost, there is no frustration. The basic interactional energy remains. And from there the sexual energy that moves is natural, simply a component of the life connection that arises. It is simply there, but without a fever. When you come to sexuality from the personality, then it is often fervid, consuming, and can lead when it doesn't achieve its aim to deep frustration.

So that's it for this time. Be happy to see you before the year is out, in a cosmic dance and a human exchange too.

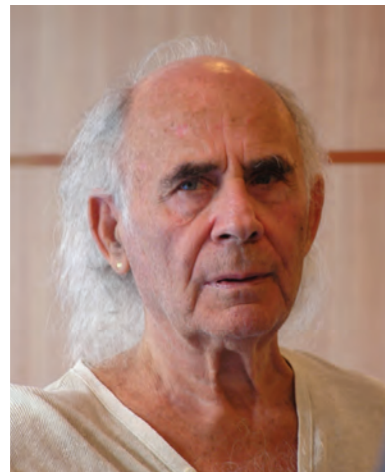
Love,

Michael Barnett

**Always a winner.
Strong attendance brings great outcome.
Enlightenment?**

Michael's comments on it in his biographical book 'Time Is An Illusion' point the finger...

"You go for something, it comes, and then it's no longer the goal. Then something new opens up, and you go for that. And I guess if you make enlightenment your goal, and then you get to enlightenment, you say, "Well, what's next?" and you think there can't be anything else. But if I know anything about enlightenment, it's not like that at all. It's not the end of anything. It's the end of everything that pre-existed that, but the beginning of so much more. It never ends. There's always a new orientation."



Enlightenment Circle

Venue: UNACHO, Denzlingen
Date: 12 – 15 November
Group fee: Euro 620,-



**TO BE
HERE**

Winter Festival
2009/2010
A Celebration
into the New Decade

It's simple (and hard too!)
You are simply here with all else that abounds

In this realm of livingness.
What then do you find?

Find out!
Find out who you are with nothing added.

Here, now, with me, this coming time.
(ecstasy included!)

The Outside HERE or part of it will be a beautiful place, a smart and renovated castle with a moat and a large park, neat accommodation, in north Germany, new to us, ideal for setting us off on another year's gentle assault on the realms of angels, dinosaurs and pigs with wings...

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



**START THE
NEW YEAR
RIGHT WITH...**

...TOBAL

Tao Of Being And Living

Venue: Oberrot, Seminarhaus Stiersbach
Date: 8 – 12 January 2010
Group fee: Euro 450,-

DETRAPPING

Another chance 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...)

"This session changed me, gave me a clearer view on my life and leads me in a better direction.

It showed me a life without hesitation and surely brought me closer to my parents, my girlfriend, and other important people in my life."

DETRAPPING

Venue: UNACHO, Denzlingen
Date: 6 – 8 November
Group fee: Euro 300,-



Winter Festival 2009/2010
27 December 09 – 01 January 10
Venue: Velen (bei Münster)
Groupfee: Euro 380,-



BALI

The oasis of Bali comes again into our OneLife programme in 2010. The seminar runs from 1 - 7 March. In a new place we have found, by the sea. More space. More Bali!

Time will be given to just being there, both where we are and all that surrounds us, mixing the OneLife cosmic energies with those of this most magical of islands.

To Bali lovers, past, present and future, let's all celebrate there!

Date: 1 - 7 March 2010
Group fee: Euro 1380,- (Food and Accomodation included)