

# THE GOODHEALTH SEMINAR

*With Michael Barnett  
&  
Dr. Andreas (Anuradha) Dabsch  
3.2. – 5.2.2012 Denzlingen*

*We all want to live long, live well and live  
with good health so we can enjoy the manifold  
possibilities granted to us as human beings.*

In many ways you are your own best doctor. You have the capacity to be intimately aware of your own processes: mental, physical, emotional, and energetic, as nobody else can. But knowing how to become healthy, and to stay so, can require some input – from those who have explored these matters thoroughly and in depth, from those who are aware of and open to the many levels we live on, and have come to see some of the forces which influence our states of being – and who have shared their understanding of these factors with their fellow beings over a long time. We know that everything, ultimately, is energy, including our bodies, our hearts and its emotions, our minds, our sexuality, so it seems obvious that energy is a key to the health of human beings, as well as for all of creation.

## ***A shortcut in healing with energymedicine***

*Becoming and staying healthy and all processes towards healing are based on the decisions for being healthy of each single person*

I myself as a conventional trained doctor did a switch from the orientation on pathology to the orientation on healing, following the life energy, finding solutions for a healthy life in order to live life fully. Something is drawing us towards our destiny, Michael calls it teleology. And the body, the heart and the mind will follow this movement towards destiny, that means, we will have the capacity and energy to overcome the troubles on the way. When a problem or a sickness appears, also the energy for the solution of the problem or the sickness appears, so that the sickness can be transformed into a healthier condition and the problem be transcended to another level.

Seeing myself at a crossroad with my orientation as a doctor whose identity is to find and cure sicknesses and, inspired by nature and the energy of life itself, the orientation towards health and vibrant aliveness, I felt the urge to make a conscious decision and to define my identity as a doctor in a new way. From that time on, when I started to orientate myself on life and health instead of sickness, a new work started. Now I sometimes can only shake my head when I see how the “normal” medicine works: a battlefield of good and bad cells, bacteria and viruses, enemies and weapons, focusing on the disease. And this becomes self-full-filling. And when people escape these prophecies, doctors often say, that the first diagnosis was probably not right, but very seldom it is accepted, that real healing, also called spontaneous healing, took place. But it is not so spontaneous as it seems. From outside it looks like a jump in a new reality. But from another perspective it is a new orientation on the way cells and genes, and everything we are, flow and vibrates.

So much in our physical body is renewed every second, steered by information of the energy field of the body. These informations are stored in the morphogenetic field and are constantly transferred into the development of material structures.

In the quantum world we are constantly coming out of nowhere, every bit of our body. Quantum medicine says that we select, mostly unconsciously, our unique reality out of the endless possibilities of the quantum field. What we choose will manifest.

For a material-orientated thinking this seems far-out to consider, but what is true for quantum physics in our environment is also true for our body, we are not different from everything else in this universe. To realize this means returning to oneness. Our essential nature is not different from everything else around us.

And we are influenced by the energy of all the other things in nature and in the universe, we are dependent in our living on the energy and the information of the other manifestations around us. That is called the horizontal level of interaction and unity.

But there is the vertical level at the same time, too.

We manifest something out of the endless possibilities, our being, our body, our creativity.

This manifesting is not a random process. Like evolution is not a process of trial and error, and survival of the fittest. It is not chaotic, it is giving chaos a form, a meaning, a sense. The thirst for this sense and meaning is always there for us, maybe it is even stronger and more effective in these days of crisis and changes.

### So what is the shortcut towards health?

It is the decision to move the focus from sickness to health.

It is the decision to give energy to the state we want to be in.

(Instead of trying to improve things, which can take ages of time, or instead of blocking of the so-called wrong things, and instead of cutting out what is wrong or giving killers as medicine).

First of all we have to accept our state of being and our situation as it is.

And then we can find a way out. The shortcut is nothing like: I am smarter, quicker, better, I will win the race....

It is the realization and deep understanding of how we function, of how our life has evolved until now and how it can develop from now on. And from this perspective and understanding we can decide to live what we really are.

It is based on relaxation, defocusing and acceptance. And the space that opens up then is full of the energies we experience in Michael's seminars: love and light, freedom, happiness and bliss. Here we find authenticity, we can stop playing false games, pretending to be something other than we are, we take over responsibility for ourselves and we feel that we are not alone, we feel supported by life itself.

To find this support means to open up to the inner healer and the helping forces of the life-stream itself, to become healed. Maybe we see the help in a personal way to get in touch with an entity like an angel or some goddess. Many people report that "something" worked on their physical body or on their energy body.

So standing at this crossing one simply has to taste, the taste of sickness, and the taste of the other side, the healed state. And we know that there is not really another, unreachable side, as a possibility, it is right here all the time.

Normally we eat what tastes good and we refuse what is bitter or rotten.

To take the shortcut means to get a taste again for this natural choice, supported by the experiences we make through energy work.

Energy work teaches us to connect again with the pure life energy and to trust in it and in its healing powers. We can make the choice from the source of the natural intelligence we all have inside us.

There is no other but our own limitation. To find this self, who can see this, and redirect the whole happening, is the shortcut. And that is our real responsibility towards our own life and towards all of life.

### The work:

We are searching for the rediscovering of our inner healing power by experience and close watching of the subtle realities of our body. We learn to know that our natural self is interested to have a healthy body and a healthy mind to fulfil our destiny in life. To look for joy, fulfilment, harmony and connection with the creative life-force itself is the direction and power in this form of energy-medicine work.

By coming together and working together in a group supporting and healing energy fields are established, which helps to transform us. Health demands our self-responsibility. We invite you to share this healing work and to create healing as a reality.

### Topics and contents:

What means to follow the energy and to trust the inner wisdom of our cells?  
What is the connection between energy and space and how do we translate this knowledge to our whole organism?  
Where does this energy come from and how does it flow in our system and what means blocking the energy?  
How do cells renew themselves and what is the connection between the energy-anatomy and the normal anatomy?  
Where is the crossroad of the energy-transfer into the body and what are mitochondria and symbiosis?  
What means to use the space of energy, which is ruling and controlling the body?  
How does the body manifest processes, which are coming out of a non-material reality?  
What means intention regarding the wish to live a healthy life?  
What is spontaneous remission?  
What can we do to live our insights in our daily reality and how far can we manage to affirm life and create life supporting realities?  
What is the meaning of horizontal and vertical level of energy?  
How can we detect from the symptoms of a disease the source of it, and how can we use energy-medicine to heal?

Healing and health is based on decision



The visible body is a dense form of energy and we can feel the pulsing and the vibration of the life-force through it



Meditation is to become highly aware of one's visible and non-visible energies



Self-healing is supported by awareness and trust into the natural intelligence of energetic processes