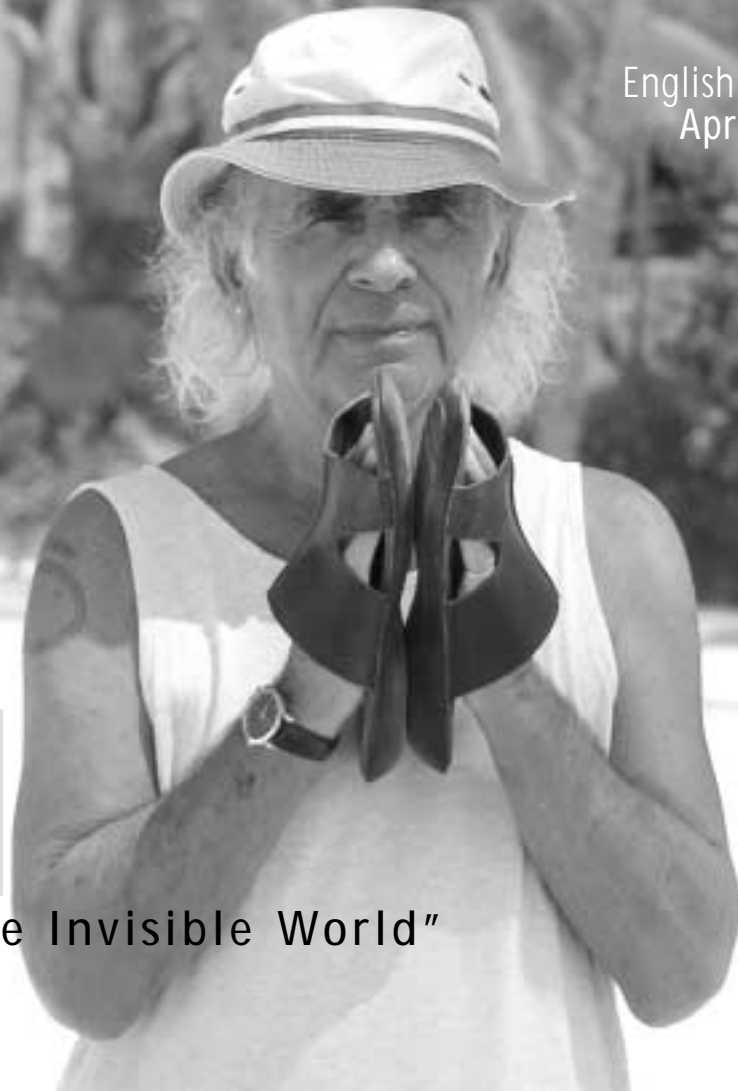


MB OneLife

ENERGY NEWSLETTER

“Working with the Invisible World”



NEW BOOK

UNDER THE WAVES BY MICHAEL BARNETT

Michael's work with & through energy is completely innovative. The space he works from shows a clear cosmic connection. Offering this to others is his work in the world. It's always difficult though to explain to others what is actually happening in the seminars. But Michael himself does this in his regular publications, in many different ways. The next time this happens comes soon, with the arrival of his latest book, *Under the Waves*, his personal selection of the best of his talks given in 2004. It will be a sharp selection, probably around 200 pages only. The words he uses to support the Work not only describe it in clear terms, but carry the energy of the Work. The Energy of the Words that Speak of the Work contains the Work. This, many people realize, and read a few pages often, just to reconnect ...

The book, due out in June, is available to order at OneLife (see orderform!)



Under the Waves

Imprint

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CONTENTS

MB letter Wherever you are, there you are.	page 4/5
Special Groups X-run • EC • DEMA • Denmark • England • EnRe. • Sicily • Chile • ECHT	page 6-9
Training Energy Training 06/07	page 10
Festival Summer Festival in Holland	page 11
Varuni's workshops 'The Blue Butterfly' in Denmark	page 12
UNACHO home base Streaming, Resonance Evening, Diamond Yoga	page 13
UNACHO home base Transcribing, SHEMA Meditation	page 14
Offers COD, Discount Scheme, Talk Library	page 15

Schedule & Local Groups 2006

now in posterformat!

NEW

Beloved Friends

Wherever you are, there you are



In the beginning was the Word. But not the word but the Principle. Why is there something rather than nothing? What was, if anything, before the Big Bang? These are questions nobody yet has answered satisfactorily. Scientists say they are

non-questions since the questions belong to our space/time reality and not to what was, if anything, before. But that's not satisfying, not convincing.

Before the beginning was the Principle. As the Dalai Lama says, if science disproves that which religion holds to be true, religion must bow and accept it. But that still leaves much about which science has nothing much to say, except scepticism.

About what was there before, and why there was an after, science is unable to legislate. So there's some space for intuition, a sense of rightness.

The Universe came into being, perhaps, because of the existence of a

Principle. That Principle is still at work. It underlies all that is apparent, all that science knows about and has measured. It cannot be grasped but it can work, does work, is working, each instant.

To connect with it, to unite a little with that, provides the ultimate meaning in life. Of that, I am a disciple.

I said to the Enlightenment Circle that took place recently - may they all, or some of them, turn away from the goals of manifestation, and orientate on that - the Hidden Principle. Not exclusively, but as primary. That alone gives the link to Reality and Truth.

To know the visible world rightly, you have to come to it from the invisible world.

Since the movement of that Principle is perfect, by definition, to be with it, to be at one with it, is to be perfect.

Everything that happens is perfect. It is an unfolding of the Principle. Each moment is inevitably as it is. To be with that moment, see that it is part of you, that you are part of it, to be in harmony with that, to recognize that as the ultimate truth of your existence, is to be in your own perfection.

The Principle is present every moment.

*The Principle is **guiding** every moment.*

*In fact, every moment is an **expression** of the Principle.*

So, why not be a disciple of that Principle that was there before the

Universe began, and brought it into being?

Enlightenment Circles, X-Runs, DEMAs all run in that direction - as well as in a host of other directions too.

Singleminded, the world disappears. Coming up for air you are never alone. This is the meaning of all things in their element.
(Soma meditation).

May all beings become enlightened

LOvetOyOuAll

Michael



■ ENERGY RETREAT 5-Days Emptiness & Action

5-days, with the still energy of the cosmos – just being, and with the dynamic energy of the cosmos - action through Michael, and then also through all members of the group. A terrific combination - emptiness and action - like Michael's tattoos. In Walsberg - Austria, like the first DEMA.

Venue: Austria, Walsberg

Date: 20-24 September 06

Groupfee: EUR 340,-

(Food & Accommodation not included)



■ DEMA Dynamic Emptiness Moving Around

Three independent parts

Dynamic Emptiness Moving Around is a definition of enlightenment from Vimala Thakar, an Indian lady who worked for years in Holland. Imagine it. What do you 'see', feel, with the shape of that concept? One with space, yet tremendously dynamic, influencing but not interfering with the world around, pulling, maybe, invisible strings, and of course, a sense of pure freedom? Or for you, maybe other things. Anyway these three five-day events over 6 months in Stiersbach aim for that state. We explore the reality we have, face it, look beyond it, penetrate it, find maybe emptiness at last, or at least a space more empty, from which we act, feel authentic when we do, even if we have to continue the process thereafter. To a deeper level. More open. More empty. And then again out, express, allow. And so on. Maybe until there's no further to go and we experience ourselves as part of space, yet dynamically present. That's the direction of the DEMA courses, this one coming up, the third one of its kind. The

process rather different from other courses, but very much appreciated by participants. Michael helps things along by bringing forth space energy as a resonance aid. He also shares in the same process as the participants. Quite hard work!

"Real meditation is like being locked up in a phone booth with a raving lunatic"

Well it can be like that, but then we also have the energyspace there, alive and well, so that's present and doing its best to spirit its way into the phone booth, and save you from total madness, as you face your inner self.

It's tough, it goes on, but for some it's tremendously rewarding. And - ask the first DEMAs - it can be tremendous fun. Plus the food is just great.

You can join the last 2 now, or either one that is to come.

Venue: Oberroth, Seminarhaus Stiersbach

Date: Group II 21-25 April 06

Group III 21-25 June 06

Groupfee: 1 Part EUR 450,-

2 Parts EUR 825,-

(Food & Accommodation not included)

Booking & Information: OneLife

■ **LANGEBÆK, DENMARK**
 At Varuni's Centre
 'The Blue Butterfly'
 Four-Day Group

It's a great place to be - very light, very jolly, and people are invited from everywhere to join in the fun - as well as the path-work - that we're sure to have there. Also it's nice to work in a 'home from home', creates a very special atmosphere.

Venue: Langebæk Retreat Center

Date: 25-28 May 06

Groupfee: EUR 280,-

(Food & Accommodation not included)

Booking & Information: Varuni
 Address see schedule (poster)



Langebæk

■ **DORSET, ENGLAND**
 Five-Day Group

This year the group will be at a new place: Osho Leela - a spiritual centre set in Dorset countryside. In many ways this is the completion of a circle. The energy of the place is so familiar and the welcome warm and friendly. Maybe like coming home.

Venue: Dorset, Osho Leela Centre

Date: 28 June-2 July 06

Groupfee: £ 390,- (Food & Acc. included)

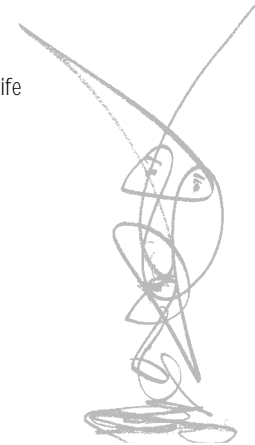
Booking & Information: Abava
 Address see schedule (poster)

■ **CHILE**
 Off to fresh fields

"In November, I'm off to fresh fields. Chile. Was in Brazil, long time ago - which was fantastic. Now to the snake of South America. I have great contacts there and we are hoping to introduce the work to many. Hopefully, then it will continue. It's a long way to go, but once the connection is made, it's no distance. If you feel drawn, you could maybe come along ..."
 MB

Date: 3-5 November 06

Booking & Information: OneLife



■ ECHT Energy Constellations for Humanity Training

We're offering another ECHT. At the last one, in February, at UNACHO, we were 40 people, and everybody went home deeply satisfied, and profoundly affected. So, in the light of that - and it's a quite different work that Michael does in these ECHT seminars - we decided to find room for another, in autumn. We expect some regulars, but if you're drawn or curious ...

Venue: Denzlingen, UNACHO
Date: 17-19 November 06
Groupfee: EUR 250,-
(Food & Accommodation not included)
Booking & Information: OneLife

■ X-RUN 2-Year Intensive

This is the most senior course in OneLife. It runs for 2 years and during this period, members meet 6 times, for 5, 7 or 10 days, always with Michael. It's the course that probably he puts himself most into, with the feeling that members of the X-Run can come to their true nature (the X), in this lifetime. So those deeply experienced in the Work are the most likely candidates, but there can be exceptions, where Michael feels an applicant has great potential, he might also then offer that person a place.

Venue: Part I: Italy, Lago di Mergozzo
Part II-VI: different locations
Date: Part I 20-26 Aug 06
Part II 13-17 Dec 06
Part III 24-30 Mar 07
Part IV 15-19 Aug 07
Part V 12-16 Dec 07
Part VI 28 Mar-6 Apr 08
Groupfee:
EUR 2995,-
(Food & Accommodation not included)
Booking & Information: OneLife



X-Run 2 in La Gomera

■ ENLIGHTENMENT CIRCLE The Big Jump

The first just recently happened, in March – 31 candidates for the Big Jump. Michael said, in the end, only one person actually got enlightened, and that was himself! But there were echoes around, and from the feedback it was special to almost all, and led, they say, to profound changes in themselves, their lives, their work. One member said that the people on his regular seminar didn't even recognize him. Anyway, Michael says it was the greatest group energy space ever, and it stayed so for days - till the last morning when people began thinking of leaving, which drew the dark clouds. But as he said to the participants right at the end: "You're all going back to your daily lives, and I'm not going anywhere. I'm staying right here where I am now." Now if everyone did that ...

Anyway, they all demanded another, so we are having one, thereby also giving those who missed the last another chance to join. Mostly for X-Run graduates, but there can be exceptions (3 last time). Takes place in October.

"Since this was written, I've had a number of letters from participants, speaking of extraordinary states both during the seminar, and thereafter. Letters saying

that they broke new ground, had enlightenment experiences of a depth and certainly as never before. But don't all jump! First (almost always), the X-Run! No. 3 coming up soon." MB

Venue: France, Dôle

Date: 25-29 Oct 06

Groupfee: EUR 690,-

(Food & Accommodation not included)



■ SICILY Weekend and Wilderness Experience

Part 1: Weekend Group with Michael

Michael has been going there for many years, though the numbers are never great, but he continues to go because the people there are special, and the times they have outside the group are so enjoyable and delightful, he always

looks forward to going there and connecting, and having such a super personal time too. And next time the seminar can be combined with the Sicily Wilderness Experience on this magic island.

Part 2: Sicily Wilderness

Experience with Varuni & Afrida

Mount Etna is a place of great beauty. The volcano stands in beautiful countryside with spectacular views of the sea and forest. The warm, rich volcanic sand supports diverse vegetation and the water from the lava cave walls is thought to have healing powers. Etna is a place of contrast. The volcanic area is noisy or silent, calm or windy depending on the activity of the volcano itself. A wonderful and powerful place with plenty of places just to be - within and without.

Throughout time people have turned to wilderness to awaken and become whole again. To have a strong and intimate relationship with nature is the very essence of Shamanism. Close to our hearts in OneLife energy.

Part 1

Venue:

Sicily, Sentiero Bianco

Date: 2-4 June 06

Groupfee: EUR 190,-

(Food & Accommodation not included)

Booking & information:

Alosha (see schedule)

Part 2

Date: 5-9 June 06

Groupfee: EUR 275,-

(includes cars, hotel and full board)

Booking & information:

AFRIDA D. Krummenacher

Ph.: (+39) 095-654407

E-mail: soleil2@tin.it

both parts can be booked independently!!

ENERGY TRAINING 06/07

Lift Up your Hands...

A one-year course in 6 parts

The next Energy Training will start in July 2006, beginning with the Summer Event in Holland, and continuing afterwards at UNACHO, our home base in Denzlingen. The title of this new Training is to be: Lift Up Your Hands...

What does that conjure up? An appeal? A giving? A receiving? A celebration? A deep surrender? A profound humility? A statement of presence? A "Here I stand, I can do no other" (like Martin Luther)? An openness to life, to whatever comes? Some of these? All of these? Something else altogether maybe?

The MB OneLife Energy Training, now in its 21st year - this 06/ 07 one will be the 22nd (and the 28th Training) - is the MB OneLife platform on which the Michael Barnett Energywork is consolidated, made part of one's life, where one explores the hidden dimensions of reality many times, in many different ways, accessing all sort of unknown realms, experiencing their effect on oneself, finding one's true rela-

tionship with all these new realities, and, hopefully, ending up like that - with arms and hands raised, a human being in essence responding to the universe in a deep, natural, responsible way, without ego, thought, control or belief systems to stand in the way. Empty in a way. Yet full.

And on the way you will involve yourself at countless different times with the world of energy, explore it through a hundred different methods, resonances and meditations, learn ways to access it for yourself and others for the rest of your life, be able to show others the way, the energy way, through simple methods, and then letting the work and its effects speak for themselves, something that saves a lot of trouble in vain attempts to explain!

So that's the programme. It can lead wherever you want - into your life, into therapy, into mastery. Energy is the meta-method, that is to say it stands behind all methods and can enhance them, provide another dimension. It is just another way



of looking at things, but a way that is spacious, open-ended, since energy has no limits, no borders, no fixity, is always changeable and on the move - even in stillness, when it is presence, power, being, your source itself.

Venue: UNACHO and various places

Training programme:

1. Summer Festival 1-6 Aug 06 (Holland)
2. Core Training Part I 8-14 Aug 06 (UNACHO)
3. Core Training Part II with Varuni 13-15 Oct 06 (UNACHO)
4. Winter Festival 27 Dec-1 Jan 06/07 (Italy)
5. Core Training Part III 7-11 Feb 07 (UNACHO)
6. Core Training Part IV 14-20 July 07 (UNACHO)

Groupfee: EUR 2800,-

(Food & Accommodation not included)

Leaders: Michael and Varuni

Booking & information: OneLife

"It is like 'coming home', finding your own source, experiencing peace in the heart. A training for life."

"The veil disappeared, and eternity revealed itself. What is left is devotion. The love which wants to be discovered. Thank you, Michael & Varuni."

Summer Festival

Beloved of My Heart

The Beloved here is not your partner, your best friend, not your child, your favourite tippie, shepherd's pie or strawberries & cream, nor the Perfect Stranger you may be waiting for, but the One & Only, the Lord, the Divine, the Essence of Life, Your Life, the Secret Place that wins through all the changes and keeps you and you alone in the company of everlasting life.

A great time to meet Wild Geese from far & wide. And the venue - well, the same as last year: right bang on the coast, easy for swimming, sunning - and great walks by the dunes too. A super hotel with excellent food. Lounges for the evenings and get-togethers. Great energy - which gave us all last year a great midsummer time - and surely will do the business again this year. Come and taste the Wild Goose Energy, Michael's gift of cosmic energy, with others on the Energy Path from everywhere around!

Venue: NL-Koudekerke/ Zeeland
 Hotel Golden Tulip
Date: 1-6 August 06
Groupfee: Euro 380,-
 (Food & Accommodation not included)
Booking & Information: OneLife





RETREAT INTO YOUR HEART

Energy Retreat & Holistic fast and health program

Music

Silence

Energy Work

Nature of Intimacy

Intimacy of Nature

Time on your own

Time together

A holistic fasting and spiritual retreat. Designed for personal transformation. Enhancing a wellspring of renewal in our Body, Mind and Spirit.

Some days of fasting. Fasting has been part of spiritual traditions for thousands of years in coming closer. Closer to Home, The Beloved. The One.

Venue: 'The Blue Butterfly'
Langebæk Retreat Center

Date:
3-9 June 2006
21-27 August 2006

Groupfee: EUR 380,- (one week)
(includes full board and accomodation in double rooms)

Booking & Information: Varuni at
Langebæk Retreat Center
Petersgaard Alle 2 • DK-4772 Langebaek
Ph: (45) 55 38 08 60
Mail: Innerworkschool@mail.dk

The Inner Work School
'The Blue Butterfly'

www.langebækretreatcenter.dk

Have a look
at our
website!

Poems

Talks

Further Information

...

www.michaelbarnett.net



■ RESONANCE EVENING

For an hour on Tuesdays and Thursdays, between 7 & 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 & yet deep inside us all."

Resonance Evenings with Michael:

Tuesday and Thursday 19.00 - 20.00 h

Price: EUR 11,-

■ ENERGY STREAMING

Come and stay some hours or days with Michael, his family, and his team in his house to experience the beauty of this place, this energy-field! You will share the daily work and meditations with us here. Every Tuesday and Thursday you take part in Michael's Resonance Evenings. If you stay longer than two days, you can participate in The Four Suits Darshan* on Wednesday. Energy streaming is a great chance to bring the teaching into the daily life.

*The Four Suits Darshan: members of the community and energy streamers (who stay longer than two days) have the opportunity to ask questions or have an individual session with Michael.

■ DIAMOND YOGA

DY with a trained DY Teacher

Every Thursday before Resonance Evening

from 17.45 till 18.30 h

Price: EUR 4,- for 1 session,

Block of 4: EUR 15,-

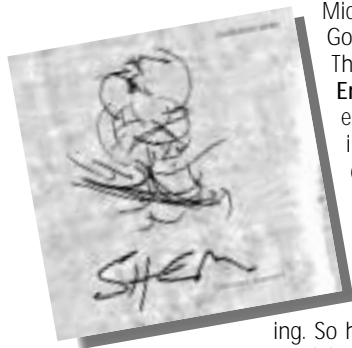


■ STAYING ON IN UNACHO

If you want to stay longer in UNACHO, then you can come and live some months, a year or even longer. It is an excellent opportunity to jump, to let go of your old structures and to do your work on all levels. As Michael points out, groups are not everything, but fingers pointing at beautiful experiences, indications of a space which you cannot possibly attain without doing the work on all the other levels and this is an excellent place, where you get a chance to be confronted on those levels through daily work and participation in life in Michael's energy-field. You will be part of an international team, will participate in two Resonance Evenings a week and in The Four Suits Darshan*.

And beside all this you will discover an oasis of friendship and love. In living together we create deep connections. As Buddha once said, one of the most powerful force on the spiritual way is the sangha, the spiritual community.

■ SHEM MEDITATION



Michael has created a new Wild Goose Meditation, known as SHEM. This stands for: **Self Healing Energy Meditation**, and that's exactly what it is, and it works. It involves finding an intimacy with one's own energyfield and then using awareness and hand movements to remove blocks and create flow. Something Michael says he used to do regularly, to music, each morning. So he asked the Surrender Cowboys musicians from Denmark (Domini, Dokusan, Ummon & Kleio) to create some music suitable for this meditation, and this, with his guidance, they have done. A full explanation from Michael of the procedure to follow during the meditation is included on the SHEM Meditation CD. The meditation has had a few try-outs in seminars. Here are a few comments made then in the feedback afterwards: "A very effective meditation, I felt full of light", "The music was very beautiful", "Time passed so quickly, I could have gone on for a long time", "It's wonderful. I liked it very much", "The diversity of the music kept you right in the here-and-now", "I experienced a great satisfaction with this meditation. I will go on with it".

And that's exactly it. You need only yourself to practise this meditation. And the music, and the timing (4 x 15 mins = 1 hour).

**You can order SHEM from OneLife
Price: 20 EUR**

Shraddha writes for UNACHO : This meditation is such a gift. Since Xmas we do it regularly. We are all addicted already. It feels like a huge extension in the energy space, and the subtle energy body gets cleared very much.

Ummon (one of The Surrender Cowboys who made the music): It was powerful. Absolutely amazing. Felt so much release, lots of streaming body energy. Silence, music, body, space all mingling, touching, crying.

■ TRANSCRIBING

The Kairavani transcribing era seems to have come to an end. Several English Wild Geese are currently trying their hand at it. Hopefully between them they can come up before long to the standard and speed of the brilliant and totally reliable work from Kairavani. If you think you too might be able to contribute, contact us here at UNACHO. Due to the ending of the old era, which came as a result of K's personal commitments elsewhere, we have fallen nearly 6 months behind, and Michael is very keen to get these talks transcribed and up to date, as he is already working on the book after this one (*Under the Waves*) - which will consist of the best talks of 2005 and the first half of 2006, hopefully to be out towards the beginning of 2007.

■ BOOK IN GERMAN

The last book published in the German language was *One*, that was in 1997! It's time for another, let's say *With It*. If you feel ready & able to do such a job, within, say, 6 months, we would be most happy to hear from you.

...OFFERSOFFERSOFFERSOFFERSOFFERSOFFERSOFFERSOFFERS...

D ISCOUNT 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 & 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 Bali workshop, Energy Trainings, DEMA, ECHT, GEM, X-Run, EC, EnRe and the One-Day Happenings. The discount scheme of 2006 will end with the Winter Festival, then - after that a new discount scheme for 2007 starts.

T ALK LIBRARY

Do you have questions? Does your mind hunger to make sense of life, the cosmos, and the Energywork? Do you want to know what the Michael has to say about relationships, work, love, or enlightenment? Michael has ruminated on nearly every topic imaginable in his many years as a teacher, and these talks are being collected and made available online for your benefit. Come browse and explore this well of wisdom at:

www.michaelbarnett.net

C ONTEMPLATION OF THE DAY

One of the most difficult parts of walking the path is maintaining the energy garden while living in the world. The Contemplation of the Day is a point of reference to aid in maintaining a conscious connection with the larger Wild Goose Energy Field at its source, Michael Barnett. Each day, a few words resonating with the beyond in a different way. Read the teaching, reflect upon it, taste it, consider it, absorb it, let it help carry you beyond yourself deeper into your essential nature each and every day.

Available to you by fax or e-mail, every working day, Monday to Friday by 9 o'clock in the morning.
A one year subscription costs **20 Euro** and can be ordered by contacting the OneLife team.

Another Time, Another Place

Another Reality

Another Self (?)

