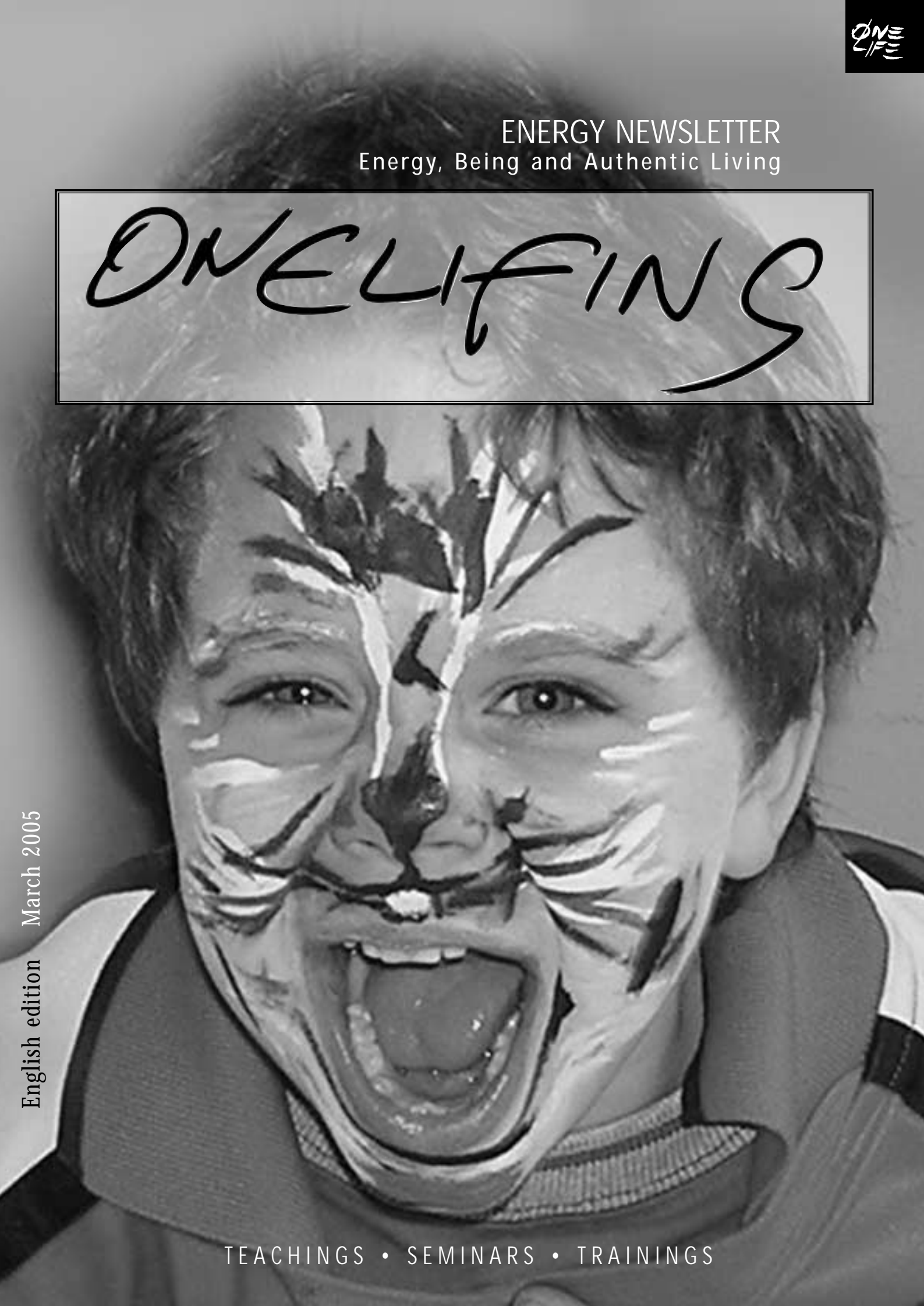




ENERGY NEWSLETTER
Energy, Being and Authentic Living

ONE LIFING



English edition
March 2005

TEACHINGS • SEMINARS • TRAININGS

Hiplife!

Hullo People!

The new hiplife is: being in touch with the universal energy, no doubt about that. It means you are connected with all things – completely with yourself too. It means that when you connect, say with nature, you are that nature, up to a point, which is very nice, and gladdens the heart. With people too - there they are, in the same space as you, no separation on a certain level, nice harmony wherever. Other things too - love, hurt, amazement, argy-bargy, curiosity, wonder, sex maybe - all sorts, but also that sweet harmony. Terrific. And what is more, you can open to everybody, and I mean **everybody**, which is a relief and a delight - and such freedom!*

Well, all that we do in the seminars moves everybody towards that. The X-Runners are champions at this work, here we go into the One, ironing things out, connecting again & again with that universal space from where all things look different. Troubles, conflicts, arguments, fears, disappear. And sorting out the obstacles too. The ECHT gives great space to find it also. Well, if you are in a hurry, and don't want to lose it, course-work seems to be for many the best deal.

*So X-Run No 3 will start in August 2006, the current one ending in December this year, with 10 days in the Canaries. The new DEMA will start in January next year, three 5-day groups again, but this time you can book for one, two, or all three (favoured is all 3 - and it's cheaper!). The **Energy Training** of course offers a thousand ways of accessing that space, and provides tools to go on doing so, and means by which you can bring other people there at the same time as you renew your own connection. So all who have tasted and enjoyed*

**stillness, quietness,
music and energywork
the 4 diamonds**

*the hidden energy spaces in seminars up to now, feel something of real value there, should consider taking this course, if they haven't already done so. It works wonders, no doubt about it. Next, a kind of graduate training is beginning later this year, in September, called **Gathering Energy Momentum (GEM)**, in which I will share, chiefly with those involved in people-work - but maybe also others - new ways of accessing the great spaces through groupwork: new structures, explorations, meditations, that emphasize again & again the presence of this universal energy that unites all of creation.*

*Something new for '06 will be **Energy Retreats**. Work on these will be through stillness, quietness, music and - energywork (the 4 diamonds) in and around the space so created (First the space, then the energywork). Few words, at times none at all – even during some of the breaks. So that we don't get taken off into verbal flights of fancy... we have organized a pilot '4-Diamonds' weekend this year in October – to replace the Californian trip, which has been cancelled, or at least postponed...*

Whilst this newsletter is on its way to you, I am in Bali – with some other lucky people. It's such a great place, such a great happening all round, and not so costly as you might think. So think (again!) about it. Give yourself a treat next time!

The ECHT constellation groups continue to be as we all like, those of us who are there. A lovely change for me too. The ECPs also work well, very intense - I write this right in the middle of one here in UNACHO. Lots of flow going on between people...

That's about it for now, my hippylife friends.

With love



*Hip means (in case you are wondering) to be aware of what is happening, to be with it (the title of last year's book...)



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Imprint

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Photos

OneLife

Printer

April & Tochter, Freiburg

...The first step is the last...

■ ENERGY RETREAT NEW!! The Four Diamonds

Stillness - Quietness - Music - Energywork.
First the space, then the energywork.
Accessing universal space. Finding the hidden forms: past, present & future.
The marriage of time & timelessness.
Some time-outs in silence too.

Venue: München, Gut Schermau
Date: 7-9 Oct 05
Groupfee: EUR 260,-
(Food & Accommodation not included)
Booking & Information: OneLife

■ DEMA Dynamic Emptiness Moving Around Three independent parts

It's very powerful to sit with energies, to balance holding with expressing, to wait maybe till all simply explodes - or calms out into a deep serenity.
A great experiment. Sitting together, going deep, looking, wondering - is this the moment to let go? Everybody silently supporting everyone else.
Looking good for people wanting to know who they really are.
3 groups x 5 days in Stiersbach, Germany.

Venue: Oberroth, Seminarhaus Stiersbach
Date: Group I 18-22 January 06
Group II 21-25 April 06
Group III 21-25 June 06
Groupfee:
1 Part EUR 450,-
2 Parts EUR 825,-
3 Parts EUR 1200,-
(Food & Accommodation not included)
Booking & Information: OneLife

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

As it's holiday time, this weekend seminar can be a wee bit longer, and we are having it at Varuni's new operational centre, The Blue Butterfly - where we held the extraordinary Summer Event last year. 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: 5-8 May 05
Groupfee: EUR 250,-
(Food & Accommodation not included)
Booking & Information: Runaria
Address see page 6/7

■ FRANKFURT Evening Happening organized by the Frankfurter Ring

An introductory talk followed by a real energy happening, for the open public. So bring your friends, meet some new people and share your energy and the Work. Translation provided. Organized by the wellknown Frankfurter Ring

Venue: Haus der Jugend, Deutschherrnufer 12, Frankfurt-Sachsenhausen
Date: 10 May 05
Groupfee: EUR 25,-
Booking & Information: Frankfurter Ring e.V.
Ph: (+49) 069-51 15 55
E-mail: tmarau@frankfurter-ring.de



■ ZÜRICH One-Day Seminar

An open one-day group in Zürich, organized by Parabola Forum to take place in the Paulusakademie. Beautifully situated in Witikon, high above the city.

Venue: Paulusakademie Witikon (Zürich)
Date: 1 Oct 05
Groupfee: SFr 180,-
Booking & Information:
Parabola Forum, Zürich
Contactperson: Bernhard Schaer
Tel: (+41) 044-261 00 90
E-mail: parabola_forum@hotmail.com

■ LINZ Five-Day Group Austrian Special

The first DEMA took place in Austria, and included many Austrians - and a fine great happening it was. It seemed to ask very much to continue! The current DEMA however is in Germany, but still Austria was pulling, so we've arranged this special 5 dayer to fill in the gap - and to continue that wonderful energy. This time it will take place at Buddha/Burkhart's place, Eins und Sein, near Salzburg, where we had a very fine happening at the end of last year, and were well looked after.

Venue: Eins und Sein, Ostermiething
Dates: 14-18 Oct 2005
Groupfee: EUR 340,-
Booking & Information: Anuradha & Sandipa
Address see page 6/7





Summer Festival The Ocean of Energy

The Ocean of Energy

The Waves.
Under the Waves.
The Waves.
Rushing Power

& Stillness, both.
In it & out of it too.

In full flow
but deeply anchored too.
Opposites come together
in this Ocean of Energy
we find.

This year it's in Holland by the Sea – yes, it's right there, by the side, along with a beach – ideal for a morning dip and the lunchtime breaks, a real summer time happening combining sun, sand, sea - and the divine. Roll up! Roll up! The Ocean - and the Ocean of Energy together!

Venue: NL-Koudekerke/ Zeeland
Hotel Golden Tulip
Date: 19-24 July 05
Groupfee: Euro 380,-
(Food & Accommodation not included)
Booking & Information: OneLife



Local Groups

F Geneva 8-10 April

ARANJÍ S. KNÖRR & AKASHI J.M. BOZETTO
Ph: (+33) 450 79 03 37 • Fax: (+33) 450 87 15 74
E-mail: aranjí@gmx.de

CZ Prague 15-17 April

MARGARIA ADELE SILVOVA
Ph: (+420) 608 234 511
E-mail: margaria@seznam.cz

DK Denmark 5-8 May

RUNARIA ANNE POULSEN
Ph: (+45) 3252 8657
E-mail: runaria@andelsgaeden.dk

D Frankfurt 10 May

Frankfurter Ring e.V.
Ph: (+49) 069-51 15 55
E-mail: imaraun@frankfurter-ring.de

I Sicily 13-15 May

Sentiero Bianco-ALOSHA G. MARINO
Ph: (+39) 095-7632212 • Mobile: (+39) 033583406-3928724391
E-mail: sentierobianco@hotmail.com

A Linz 27-29 May

ANURADHA A. & SANDIPA S. DABTSCH
Ph: (+43) 02243-21254 • Fax: (+43) 01-486 25 80
E-mail: sandipa@aon.at

D Augsburg 9-12 June

SILKE AHNEFELD
Ph: (+49) 09639-983426 • E-mail: silke@connection.de
www.the-oneness-gathering.com

UK Kiev 17-19 June

OneLife Denzlingen



Seminars with Michael Barnett

March 2005 till
December 2005

	MAR	APR	MAY	JUNE
Holland	25-28 March	Easter Festival		
Geneva	08-10 April	Weekendgroup contact ARANJÍ & AKASHÍ*		
Prague	15-17 April	Weekendgroup contact MARGARIA*		
Denzlingen	27 Apr - 01 May	T.I.T. Part III		
Denmark	05-08 May	Four-Day Seminar contact RUNARIA*		
Frankfurt	10 May	Evening Happening, contact Frankfurter Ring*		
Sicily	13-15 May	Weekendgroup contact ALOSHA*		
Linz	27-29 May	Weekendgroup contact ANURADHA & SANDIPA*		
Stiersbach	01-05 June	DEMA Dreamless Course Part III		
Augsburg, Gut Sedlbrunn	09-12 June	The Oneness Gathering contact SILKE*		
Kiev	17-19 June	Weekendgroup contact OneLife		
Denzlingen	17-19 June	T.I.T. Part IV with Varuni		
Frankfurt	24-26 June	Weekendgroup contact KALI and BOAZ*		
Wales	29 Jun - 03 Jul	Five-Day Seminar contact ABAVA*		

NEW PLACE

NEW PLACE

JULY	09-15 July 19-24 July 26 Jul-01 Aug	Denzlingen Holland Denzlingen	E.I. 04/05 Core Training Part IV Summer Festival E.T. 05/06 Core Training Part I
AUG	10-14 August 19-21 August	Italy, Centro d'Ompio Denzlingen	X-Run 2-Year Intensive Part V T.I.T. Part V
SEP	09-11 September 14-20 September 23-25 September	Hamburg Denzlingen Bologna	Weekendgroup contact KORALI & DITA SAN* GEM Advanced E.T. Part I Weekendgroup contact ANTA*
OCT	01 October 07-09 October 14-18 October 14-16 October 28-30 October	Zürich Munich, Gut Scherchau Ostermiething, (Salzburg) Denzlingen Wilderswil (Interlaken)	One-Day Seminar contact PARABOLA FORUM* Energy Retreat Austrian Special contact ANURADHA & SANDIPA* E.T. 05/06 Core Training Part II with Varuni Weekendgroup contact MASURI*
NOV	04-06 November 16-20 November 25-27 November	Berlin Belgium Denzlingen	Weekendgroup contact TARIMA or ASTARI* Five-Day Seminar contact VIGAMA* GEM Advanced E.T. Part II
DEC	09-18 December 27 Dec - 01 Jan 06	La Gomera Italy-Lago d'Orta	X-Run 2-Year Intensive Part VI Winter Festival
05	*for booking and information contact this person, addresses are on the left side - all other groups contact Onelife, Denzlingen		



Michael Barnett Onelife
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Fax: (+49) 07666-8 801 802 • E-mail: onelife@wildgoose.net
www.wildgoose.net

NEW PLACE

- D Frankfurt 24-26 June**
BOAZ F. Leder & KALI S. von Kalckrauth
Ph: (+49) 06192-24513 • Fax: (+49) 06192-24544
E-mail: team@touchlife.de
and Onelife-Denzlingen
- GB Wales 29 June-3 July**
ABAVA Steve Clark
Ph: (+44) 0117 371 8432
Fax: (+44) 0117 377 8764
E-mail: abava@jackpine.demon.co.uk
- D Hamburg 9-11 Sep**
KORALI André Friske & DITA SAN A. Kröger
Ph: (+49) 04103-4564
E-mail: andre.friske@hamburg.de
- I Bologna 23-25 Sep**
ANTA A.C. Bernadini
Ph/Fax: (+39) 0534-47 277
E-mail: nema.48686@comune.cento.fe.it
- CH Zürich 1 Oct**
One-Day Seminar
Parabola Forum, Bernhard Schaer
Ph: (+41) 01-261 00 90
E-mail: parabola_forum@hotmail.com
- A Ostermiething 14-18 Oct**
ANURADHA A. & SANDIPA S. Dabsch
Ph: (+43) 02243-21254 • Fax: (+43) 01-486 25 80
E-mail: sandipa@aomat
- CH Wilderswil 28-30 Oct**
Masuri Doris Manella
Ph: (+41) 044-764 25 22
E-mail: red.stone@bluewin.ch
- D Berlin 4-6 Nov**
TARIMA Renate Schulz
Ph/Fax: (+49) 030-217 560 59
E-mail: tarimaschulz@web.de
ASTARI Gudrun Volke
Ph: (+49) 030-393 27 02
E-mail: astari@treenet.de
- B Belgium 16-20 Nov**
VIGAMA Ray Laenens
Ph: (+32) 015-620241 • Fax: (+32) 015-620282
E-mail: goosefactory@cdf-creation.net

JJJ

Jump! Jump!

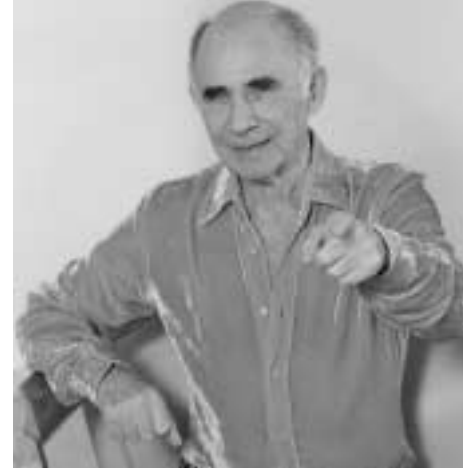
and again Jump!



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ENERGY TRAINING 05/06

Jump, Jump, and again Jump!
A one-year course in 6 parts

Michael writes: "My whole work is about linking people with the source - their source (it's just around the corner - or rather under the flagstones we stand on). In the Energy Training we take people again and again to that place where their own life stands in front of them, so it can be seen, and at the same time all around them lies the vastness of the universe - that can provide the true life to all who can open to it."

The first Training took place in Belsitostraße in Zürich in 1985. Many who were on it (like Varuni and Tiago) have flowered into great Energy Workers & Guides. Since then there has been at least one Training each and every year, sometimes two, and many of the graduates of these Trainings are now working all over the world with the methods they learnt in seminars - in America, Canada, Australia, Japan - and of course in almost all European countries. Others have used the ways of the training to enhance their work in other fields - which it does easily, as it is a meta-method, i.e. something that lies behind all others.

There is no better way to take the flashes of unity and realization that come in the seminars into the Well of Being itself. The

Training hammers away, in a thousand ways, to bring participants into their source and a sense of unity with all, and at the same time presents methods to return there themselves and bring others there in the future.

In addition, because all those participating awake on a universal level, and all in the same space, inevitably deep bonds are established between members - also thereby providing a grounding for such cosmic-like connections with those you already know, and those you will come to know in the future.

The Training is constantly recommended by Michael as the best way to establish the work within.

Venue: UNACHO and various places

Training programme:

1. Summer Festival 19-24 July 05 (Holland)
2. Core Training Part I 26 Jul-01 Aug 05 (UNACHO)
3. Core Training Part II with Varuni 14-16 Oct 05 (UNACHO)
4. Winter Festival 27 Dez-1 Jan 05/06 (Italy)
5. Core Training Part III 15-19 Feb 06 (UNACHO)
6. Core Training Part IV 7 days 15-21 July 06 (UNACHO)

Groupfee: EUR 2800,-

(Food & Accommodation not included)

Leaders: Michael and Varuni

Booking & information: OneLife



Gathering Energy Momentum

GEM

ADVANCED ENERGY TRAINING

A twenty day course in 4 parts

As is wellknown, all the meditations and structures that are part of the annual Energy Training came through Michael spontaneously during group sessions, as part of, not only the process of the group, but also, as is now apparent, as part of his own process. That process led him beyond those processes, beyond them at first but so he could still share them, but eventually beyond them to the point where they no longer offered themselves, except on rare occasions, as processes useful to him in his current way of working with people in seminars. And so, apart from his contributions in the Energy Trainings which do include a sharing of some of those methods, as a pure teaching of the method itself, he very rarely employs them in his open seminars or specific courses. However, recently new methods have started to arise, methods that come out of the deep meditative space he now works from, methods that reflect the connection with the origin that is the main force now in his Teaching, and which help to pass that on, and he feels that the time is ripe now to pass these on to others, especially those working with other people, so that many can be reached through methods that are resonant with the Source itself.

This training will be over 20 days, and is open to all who have over the past 20 years completed an Energy Training, or have anyway participated over a long time in senior groups or trainings (ERG, DEMA, X-RUN etc). This means that, apart from what is passed on by Michael, there's going to be a lot of sharing on many levels between graduate participants... applications can start now.

Venue: UNACHO and Dôle (France)

Tr.programme: Part I 14-20 Sep 05 (UNACHO)

Part II 25-27 Nov 05 (UNACHO)

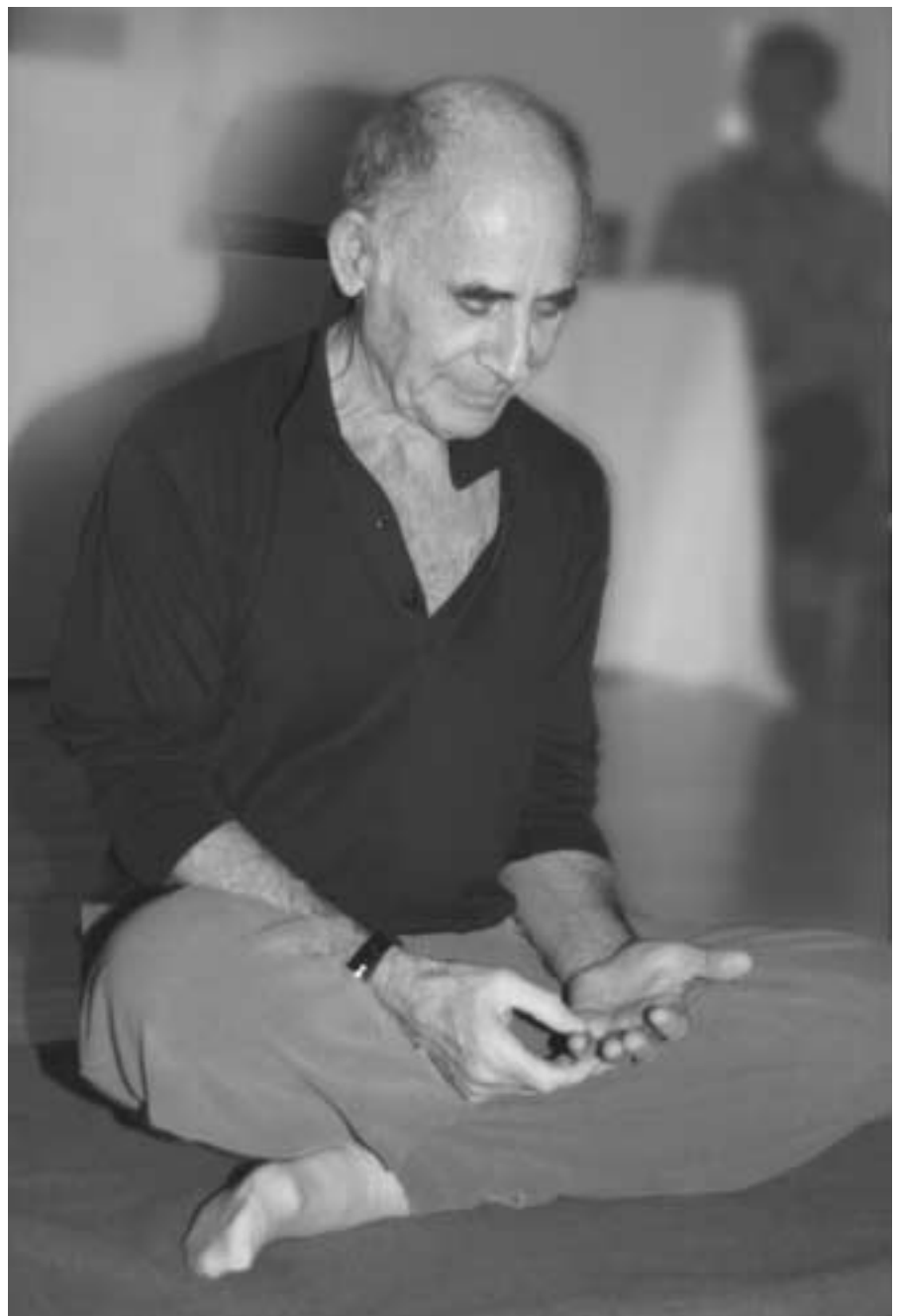
Part III 27-29 Jan 06 (UNACHO)

Part IV 27 Mar-2 April 06 (Dôle)

Groupfee: EUR 1980,-

(Food & Accommodation not included)

Booking & Information: OneLife





UNACHO

UNIVERSAL ACTION HOUSE

■ 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.

Resonance Evening with Michael:
 Tuesday and Thursday 19.00 - 20.00 h
 Price: EUR 11,-



■ 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,-

■ 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.

■ 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*. Every two weeks the members meet in an evening session and share their ways of working with each other. 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.



■ INDIVIDUAL SESSIONS

It is also possible to book individual sessions with two of the UNACHO Team Members

with Mishka: Aqua Wellness...

... bodywork done in pleasantly warm poolwater, combining gentle stretching and expanding movements, elements of underwater massage, joint loosening, energy- and breathing-work above and under water.

You will dive into new spaces.

with Shraddha: Intuitive Massage

Holistic, intuitive massage which deeply relaxes, refreshes and revitalises your whole system. It enables you to consciously get into contact with your body and is an important step on your way to unify body and soul on a deep level.

"The body is closer to the Tao than the mind." MB



BOOKS

BY THE WAY see back page

FURTHER BOOKS:

• **WITH IT** Collection of talks from 2002.

• **HINTS ON THE ART OF JUMPING**

The earlier classic now available in both German and English, and **now also in Dutch**, translated by Katarando.

And now also, yet another new book in Dutch:

• **DE HEMEL IS OM DE HOEK**

German Title 'Der Himmel ist um die Ecke' - now available in Dutch, translated by Katarando.



English
German
and Dutch

All Books and CDs are available at OnLife see bookingform

MUSIC

BEYOND ALL THIS

A new Domini CD is out now
Very beautiful
Nice quiet songs,
Some of Michael's poems put into music
The space right there
You will be pulled back into it



...OFFERSOFFERSOFFERSOFFERSOFFERSOFFERS...

DISCOUNT SCHEME

D

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 and the One-Day Happenings. The discount scheme of 2005 will end with the Winter Festival, then - after that a new discount scheme for 2006 starts.

CONTEMPLATION OF THE DAY

C

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 per fax or e-mail, every work day, Monday to Friday by 9 o'clock in the morning. A one year subscription costs **20 Euros** and can be ordered by contacting the OnLife team.

TALK LIBRARY

T

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 energy space 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:

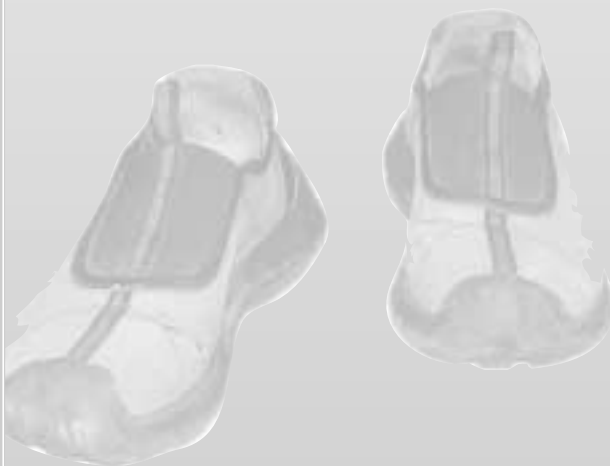
www.wildgoose.net
www.goesepot.net see the goosey site of life, keep in touch with one another!



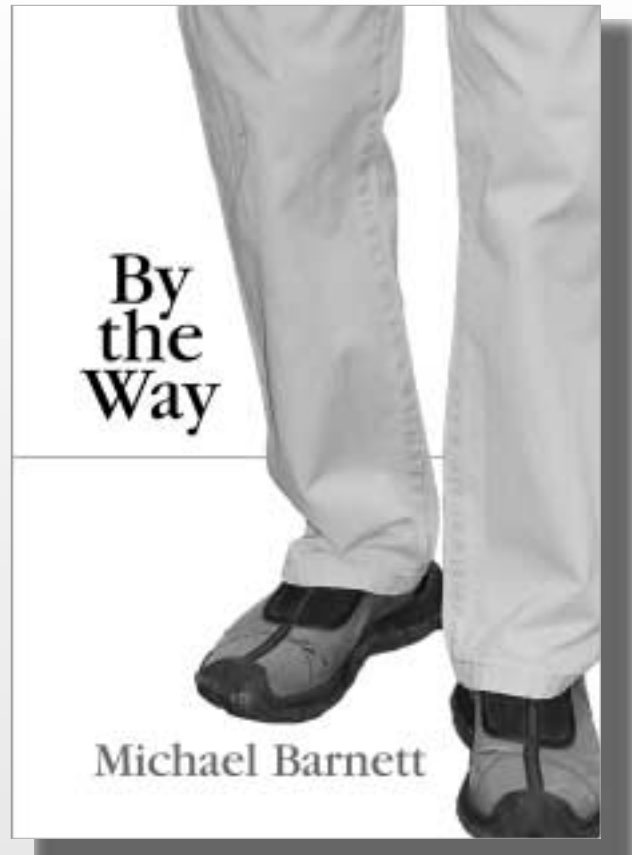
New Book!

By the Way Collection of talks given in 2003

'I don't try and change you, I just try and nourish your source, your light, your origin, your essence, so that you can grow and bring you to that state where you are at one with all.'
MB



CEC Cosmic Energy Connections
Brochure, 362 pages
EUR 27,-
ISBN 3-00-015169-9
available at OneLife



"To all you Geese and non-geese out there: Buy this book, now! Do not wait. If you haven't had a fresh, recent experience of Michael Barnett and his transmission, you are simply missing something essential. It's time to come back; have a new look. Just as you have seasoned, so have Michael and his work. It's ever richer, clearer, more penetrating and generous, and astonishingly pertinent. NOW!"

*Aaron-Bhaskar Stern, Santa Fe, New Mexico
(Founder, Academy for the Love of Learning)*

"I...Reminding me of Nietzsche's Zarathustra and his 'Untergang' from the mountain to the valley, his turning back to the world and Bhagwan's late talks on him. More earthly, simple, profound..."

Dr. Klaus Tosho Horn (Founder, Dr-Horn Training)

'...Reading him, there was a huge and totally causeless joy...'

Christoph Mehaba Lübbert