



ENERGY NEWSLETTER
Energy, Being and Authentic Living

ONE LIFE

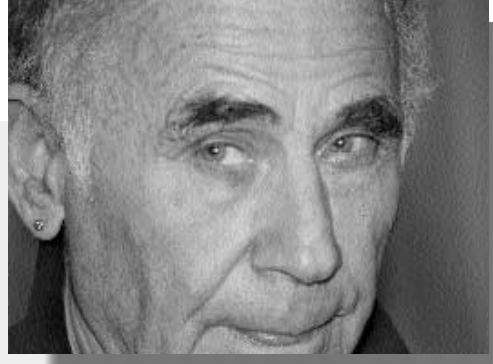


TEACHINGS • SEMINARS • TRAININGS

English edition October 2005

Dear Energy People, Friends,

The appearance of the mystery in the known - that's magic



*OneLife is an Energy Field. The Wild Goose Energyfield. "The wild goose sweeps across the sky, leaving no trace". What does this mean? It means, no movie, nothing added to the drama, no drama. End of dreams. Just this. And then this. And so on. Call it emptiness. Call it fullness. Say, it's clear and simple and the work of the One. **Just this.** Letting yourself be lived. Seeing what is, seeing how this 'is' affects you. How it affects you is not you. You are one with that which effects - effects that which you call you. But is not. The energy that comes then - well it comes always, always is - is such that there is pure life, or light, coming in. Then many things can happen. Many things do happen to many people, as a result of this. Amazing things. Things that can utterly shake the picture one has of what reality is. It's really a laugh - in a way! - that this true reality surrounds us always, impinges on us always, yet we act as if it doesn't exist. Soft, like a breeze, subtle like the faintest flick of a bird's wings, crystal clear, and yet as easily missed as a mole's winter breath, sweet as honey -or whatever is sweet-honey to you (I'm not so fond of honey), soft as a hill of feathers, buoyant, like a cloud, exquisite like the touch of a lover's lips, yet powerful as an angel's embrace, infinitely potential, carrying the seeds of a trillion lives - and all that you, personally, can possibly do, be, know, realize. And more.*

*This energy is everywhere. Anyone can find it, but few do. Those who do, carry it around them. In this Energyfield it is not only present, but **transportable**. That's what makes us dynamic, that's what makes us expansive. Everyone who enters the energyfield is a potential carrier of cosmic energy, a motivator for others, a horseman of the apocolypse. Carrying an energy that is electric.*

*The first words I uttered at the recent **X-Run** leg in Italy in August were "God works through groups". Not only, but almost always. Why? Because what God is looking for to connect with in human life is far stronger in groups that meet in order to come close to the divine, than it is for any single individual. As Jesus said, "When two or three of you are gathered together in my name, I will be there". This says the same thing. When we come together, open, available, then that state of invitation is multiplied many times, plus the fact that the Teacher has probably become a pretty clear and open channel to receive this divine and universal energy.*

This 2nd X-Run nears its completion. Now, after some stickiness, it is up there with the last, the first. This is a Course for some individual completion. Some settlement. Much recognition of one's true and natural state. The next X-Run starts in August 2006.

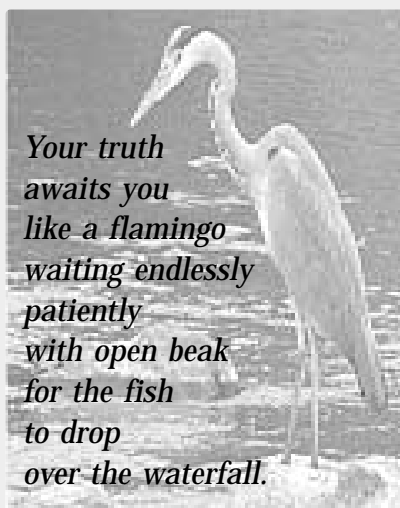
GEM, the Advanced Training for people working with people, will be already underway when you get this NL, so it's too late to join if you haven't already. I expect there will be another one in due course, especially if it's successful. Next year the popular **DEMA** continues, only this time you can join for one part or two, not only for all three. Also next year there are opportunities to come to the new Energy Retreats. A pilot group takes place soon after you receive this, in Gut Schermau. Stillness, Silence & Energy Transformation, that's the programme. We - Varuni & I & the participants - have just finished the 3rd **TTT** here at UNACHO. We worked very well on this project together and at the end there was great bonding and great enthusiasm. All finishing participants got a name for the centre of their present or future activities. The next **TTT** won't be right away - not till the end of 2006 or into 2007.

Graduates, and coming graduates, of the X-Runs, and some others, are asking for a post-graduate course, to be called **The Enlightenment Circle**. Dashkara in Holland is collecting names for this. And he already has a lot. So some time in the not too distant future this will probably be happening - mostly for those who have done more or less everything else.

I want to mention, as invitingly as possible, 3 seminars very dear to my heart, because the aura and environment around them match the beauty within them. One is the **Sicily group**, at Whitsun. I've been going there for many many years, though the numbers are never great, but I continue to go because the people there are special, and the times we have outside the group are so enjoyable and delightful, I always look forward to going there and connecting, and having such a super personal time too. And next time the seminar can be combined with a walking tour on this magic island (see inside). Another is the **English 5-day Group** (not in Wales anymore), which is very special for me, probably for obvious reasons. My whole early life pops up when I am there, some ghosts from the past, and those that remain still as part of my present. This time we are holding the group at a sannyasin centre called Leela (the name, of course, of my groups in Poona), so that will be an extra trip going, and a lot more ghosts - and probably some people too - out of the past. And lastly there is the annual visit to **Bali**, always a time of renewal for me. Where we go feels like an exotic extension of my European home, and there's really an 'extra' there, that island, that place where we meet, those people - all so resonant with our working time together. Plus, after or before, the opportunity to tour this wonderful and amazing island.

This is not to mention the annual **Winter Festival** at Lago d'Orta, in Italy, always a Meeting Together of high vibrancy and celebration (we've all made it for another year on!) People come from all over, the hotel is great, the owners now our friends after so many years, so warm & welcoming, really a great launch into the coming year, a time for great bonding, the energy climatical at the end of an intense year, for many who come.

And, by the way, the **Summer Event**, this year for the first time held in Holland, was a great success. The hotel was very us, great grouproom, good accomodation, generous food, friendly staff - and the beach & sea just over the little hill in front, fine walks too. Many new Wild Geese joined up there, and seven members spontaneously joined the new Training, which was just beginning. A super-satisfactory summer happening. We return there again next year, so - leave a space for it in your agenda...



**Your truth
awaits you
like a flamingo
waiting endlessly
patiently
with open beak
for the fish
to drop
over the waterfall.**

You know, for years we've been planning an Energy World School. Suddenly it occurs to me that we have one, only it isn't just here, in UNACHO, it is all over Europe, and also elsewhere in the world. Many people are working with energy methods they have learnt from me, and for some it is the main thing they do. So aren't they and their activities part of the **OneLife Energy World School**? Won't all these new centres just emerging from the TTT be part of that? Maybe what you are doing is part of that. If you want to acknowledge that, become part of that, let us know. Then we see how some integration can happen and how everybody can mutually benefit one another...

And we have a brand **new-super-website** (see back page).

Look after your body, look after your mind, look after your soul, there's a time for each, and the one you are who does that, needs no looking after...

Love

Michael

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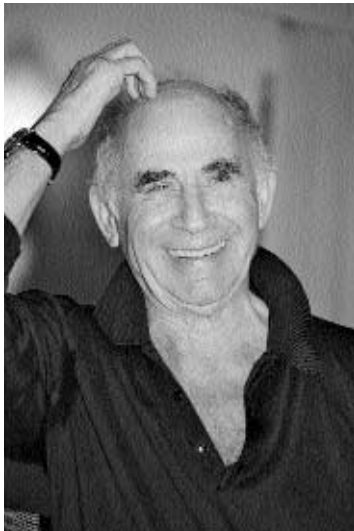
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Imprint

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..Join Michael in the source Energy and restore mind, heart & body..

■ ENERGY RETREAT NEW!! The Four Diamonds

A chance to renew yourself from the ocean of life. Join Michael in the Source Energy and restore mind, heart & body. Three days of quietness, openness, connecting and being connected with the source of love, beauty & bliss. A haven. That can return with you at the end.

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



■ OSTHERMIETHING Austrian Special Five-Day Group

Some years ago we did a 5-day Group in Austria, Creating a Bridge. It was very successful. Out of it, lots of great new people joined the Energyfield. Then came the first DEMA, in the same place - Walsberg. More than half of this group of 40+ were also from Austria. So last year we went to Eins and Sein for a weekend, and again it went well. So this year we extend that, at Eins and Sein, for a fourth 5-dayer (DEMA was 3) in the series! May it be as wonderful as all the last ones...

Venue: Eins und Sein, Ostermiething

Date: 14-18 Oct 2005

Groupfee: EUR 340,-

Booking & Information: Anuradha & Sandipa

Address see page 8/9

■ 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!

It is possible to join one, two, or all three parts of this course which takes place between January & June 2006. All three are of course recommended to gain most from the process.

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 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 250,-

(Food & Accommodation not included)

Booking & Information: Varuni

Address see page 8/9



■ 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. It is like coming home.

Venue: Dorset, Osho Leela Centre

Date: 28 June-2 July 06

Groupfee: £ 240,-

Booking & Information: Abava

Address see page 8/9



Bali March 2006



THE GIVING ISLAND

*Coming into the sun,
leaving it behind when we go,
we find the sun comes with us
in our cells,
never before less immune
from that which is our nature.
So in illuminating
our sense of truth
the island gives us back
something of ourselves.*

*All in a beautiful setting:
pool, waves crashing,
palm trees,
wonderful sweet service,
soft, kind people.
walks on the beach,
marvellous food,
both plain & exotic –
really an outpost
now of our space
that we have here,
in our Europe.*



BALI

7 Days on the Giving Island

Venue: Bali, Taman Sari
Date: 6-12 March 2006
Groupfee: EUR 1280,-
(Food & Accommodation included)
Deposit: please pay with your
reservation EUR 200,-
Booking & Information: OneLife

Please make your reservation to this
special event as soon as possible and
latest 15. of January 2006!

Lift Up your Hands

■ ECHT

Energy Constellations for Humanity Training

We are used to energywork, energy constellations, in OneLife, they have been part of the Work for 20 years. Just placing people in the right spots, relative to one another, releases energies, clears relationships (also with others who are not present), gives a chance to let go clinging energies from long past. This basic energy relationship is the ground of all family - and other kinds of - constellations for which there are now many practitioners and tens of thousands of participants. Nothing in these seminars would work unless these energy placements told the truth. And Michael has been using these truths for decades, but letting the action and release happen in silence, without words, analysis or any kind of explanation. But in his ECHT seminars Michael takes that extra step. He speaks out his intuitions about 'what is going on' in the energy-fields that are created. He moves into those more familiar dimensions which include dramas and emotions that have left their mark on individuals, plus those which are currently having their say in their lives.

Participants say that out of this the constellations that emerge, the discoveries that are made, are that much more profound than in the standard constellation groups because the movement is first to the universal, and only then to the particular. But with this movement the universal still remains. So the particular is seen, and at the same time it is seen in the context of the universal. As it should be.

Venue: UNACHO, Denzlingen

Date: 3-5 February 06

Groupfee: EUR 250,-

(Food & Accommodation not included)

Booking & Information: OneLife

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 Wild Goose Energy Training, now in its 21st year, this 06/ 07 one will be the 22nd (and the 28th Training), is the Wild Goose platform on which the Wild Goose 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 relationship 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 Dez-1 Jan 06/07 (Italy)
5. Core Training Part III 5 Days in Feb 07 (UNACHO)
6. Core Training Part IV 7 days in July 07 (UNACHO)

Groupfee: EUR 2800,-

(Food & Accommodation not included)

Leaders: Michael and Varuni

Booking & information: OneLife





A Ostermiething 14-18 Oct

ANURADHA A. & SANDIPA S. Dabsch
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E-mail: sandipa@aon.at

CH Wilderswil 28-30 Oct

Masuri Doris Manella
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NEW

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B Belgium 16-20 Nov

VIGAMA Ray Laerners
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E-mail: goosefactory@vdi-creation.net

D Baden-Baden 11 Feb

ONE SPIRIT GmbH
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E-mail: info@onespirit.de
www.rainbow-spirit-festival.de

CZ Prague 17-19 March

MARGARIA Adele Silivova
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E-mail: adela@konstelace.org

Local Groups and Seminars

Venue	Date	Group	Contact	
Dingolfing, Gut Schermau	07-09 October	Energy Retreat	Onelife	05
Ostermiething, (Salzburg)	14-18 October	Austrian Special	ANURADHA & SANDIPA*	OCT
Denzlingen	14-16 October	E.T. 05/06 Core Part II with Varuni	MASURI*	
Wilderswil (Interlaken)	28-30 October	Weekendgroup		
Berlin	04-06 November	Weekendgroup	TARIMA or ASTARI*	NOV
Belgium	16-20 November	Five-Day Seminar	VIGAMA*	
Denzlingen	25-27 November	GEM Advanced E.T. Part II		
La Gomera	09-18 December	X-Run 2-Year Intensive Part VI		DEC
Italy-Lago d'Orta	27 Dec - 01 Jan 06	Winter Festival	Onelife	
Stiersbach	18-22 January 06	DEMA Dreamless Course Part I	Onelife	JAN 06
Denzlingen	27-29 January 06	GEM Advanced E.T. Part III		
Denzlingen	03-05 February	ECHT Energy Constellation...	Onelife	FEB
Baden-Baden	11 February	Frühjahreserwachen	ONE SPIRIT GmbH*	
Denzlingen	15-19 February	E.T. 05/06 Core Training Part III		

D Berlin 5-7 May

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A Linz 12-14 May

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DK Denmark 25-28 May

Varuni
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I Sicily Part I 2-4 June

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D Frankfurt 9-11 June

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UK Kiev 14-16 July

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Bali	06-12 March	BALI Seven Days on...	OneLife
Prague	17-19 March	Weekendgroup	MARGARIA*
France, Dolé	27 March - 02 April	GEM Advanced E.T. Part IV	
Holland, Lochem	14-17 April	Easter Festival	OneLife
Stiersbach	21-25 April	DEMA Dreamless Course Part II	
Berlin	05-07 May	Weekendgroup	TARIMA or ASTARI*
Linz	12-14 May	Weekendgroup	ANURADHA & SANDIPA*
Denmark	25-28 May	Four-Day Seminar	VARUNI*
Sicily	02-04 June	Special Event Part I	ALOSHA*
Frankfurt	09-11 June	Weekendgroup	KALI and BOAZ*
Stiersbach	21-25 June	DEMA Dreamless Course Part III	
England	28 Jun - 02 Jul	Five-Day Seminar	ABAVA*
Kiev	14-16 July	Weekendgroup	OneLife
Denzlingen	22-28 July	E.T. 05/06 Core Training Part IV	
Holland	01-06 August	Summer Festival	OneLife
Denzlingen	08-14 August	E.T. 06/07 Core Training Part I	OneLife

*for booking and information contact this person, addresses are on the left side - all other groups contact OneLife, Denzlingen



**with Michael Barnett
October 2005 till August 2006**

Winter Festival True Beauty

TRUE BEAUTY

Beauty is the glow of truth.

*Your return to oneness is your truth.
When you rest in that, you are beauty.*

*Whoever rests, even for a moment,
in that, is beauty –
just as a tree, a flower, a lion, a giraffe,
a swordfish, a sky, a sunset,
an infant, has beauty.
They are all just so,
resting easily in their truth.*

*When we too are again so,
as we once were,
beauty is there,
beauty shines,
ageless, & unconditionally.
That is true beauty.*

It is always a Meeting Together of high vibrancy and celebration (we've all made it for another year on!) People come from all over, the hotel is great, the owners now our friends after so many years, so warm & welcoming, really a great launch into the coming year, a time for great bonding, the energy climatical at the end of an intense year, for many who come.

Venue: Italien, Lago d'Orta
Hotel Giardinetto
Date: 27 Dec-1 Jan 06
Groupfee: Euro 375,-
(Food & Accommodation not included)
Booking & Information: OneLife



Easter Festival The Eye of the Typhoon

Typhoons create chaos. We all have a typhoon going mad in our minds. But there's a still point at the centre where all is still & quiet. We all have that point in our minds too. Sitting quietly together, uniting with the dimension of Oneness, linking our chaos to it, letting it in, we become still and quiet, and can then move into life with serenity and clarity and openness, no longer tossed around in the chaos. Easter is a good time for that. The place where we will be is also a good place for that - a fine & friendly hotel with one of the most beautiful grouprooms around. There, in 2005, Michael felt, sometimes, there was nothing left to be done. Everything was exactly as it should be. Only not everyone realized that! Even better luck next year!

Venue: NL-Lochem, Hotel Alpha Tulip Inn
Date: 14-17 April 06
Groupfee: Euro 280,-
(Food & Accommodation not included)
Booking & Information: OneLife

Special Event around Whitsun on Sicily

Part 1: Weekend Group with Michael at Sentiero Bianco • 2-4 June 2006

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 a 4 days walking tour on this magic island.

Part 2: Four days walking tour to the Volcano Etna with Afrida and Varuni • 5-9 June 2006

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 place to visit with plenty of places to meditate. The tour is planned to happen from Monday after the weekend group till Thursday.

*Both parts can be booked also seperatly!
A detailed programme will be soon available.
For further information contact OneLife.*

Workshops with Varuni

Dates will be announced on

OneLifes website-www.michaelbarnett.net-25 Oct



THE MIRACLE OF PRESENCE

This immense challenge
for each one of us
for you
for me

can we live our lives
at least for moments
at a time
in the miracle of presence
that is the
creative force of all



Venue Contact

HANNOVER

Weekend Workshop

Booking & information: Chafari B. Heissenberg and Baratha L. Thöle
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BERLIN

Weekend Workshop

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BOLOGNA

Weekend Workshop

Booking & information: Anta Anna Cristina Bernardini
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AUSTRIA

Weekend Workshop

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Donnarana G. Antesberger • Ph: (+43) 316-69 45 72

GENEVE

Weekend Workshop

Booking & information: Akashi Jean-Michel Bozetto
Aranji Sandra Knörr
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E-mail: jma.bozetto@wanadoo.fr

Programme for The Inner Work School
'The Blue Butterfly'
in Essence-Energy Training
will be announced on Varunis website
www.langebækretreatcenter.dk



On Jealousy, On Dying

An extract from Darshan talk, UNACHO, Sept. 7th 2005

Participant: I've heard you talking, several times actually, about jealousy. At the moment it's a theme I'm living with. In a way I can't see jealousy as a feeling in itself. I cannot really grasp the word jealousy. I have the feeling it's some fear behind this word one calls jealousy.

Sure.

We are trying to figure out how to explore, to let go, to maybe overcome this thing that I can't really grasp. It's kind of painful - that's all I can say.

And the holding on, that's painful as well.

What does jealousy say if you put it into words?

When I'm jealous I'm afraid of not having. It feels like there is something that belongs to me.

What else does jealousy say? When you do that, it hurts me?

Uhuh.

When you do that it makes me feel inadequate because I'm not enough for you. Or I'm not all for you.

We identify with a love object, and we say, in a way, 'That's part of me, and you haven't got my permission to behave like that.'

So all those statements concern a commodity that has an identity and sees itself as more important than the other.

You are saying, when you are jealous, that you are more important than the person you are jealous about, the lover, and the person they are with.

You are saying that it's more important you don't hurt me, or do any of these other things, than you do what you want to do. 'I am more important than you are.'

You want to do that, she wants to do that, she wants to take my man or he my woman. My feeling that I don't want you to do that, because it's mine - *that* is more important than you, or her, or him.

Not only are we saying that I am more important than you, or him, or her, we are also saying that *you* should regard me as more important. Both of you. Whoever the other people are, you should all, everybody else, regard me as more important than you. You should put me before you. *My* comfort, my happiness, my state of being, my freedom from hurt - *this* must be more important. That's what you're saying. And that's ridiculous.

That's not to say, if you see that, and I'm sure most people here will see that, that jealousy will not be there any more. Jealousy is still there.

But you can't blame anybody. You can't stop anybody. You can't allow yourself to manipulate yourself out of the situation. You have to stay with the jealousy and not put it on anybody. Not try and use it as an energy power to manipulate anybody else.

You don't allow yourself to blame, to try and control - but just accept the pain.

Doing that helps a lot. It doesn't alleviate the pain. But it does mean that the pain gets less and less.

If you put it out on somebody and they react in some way, whether they say OK or whether they say not OK, then you get in this whole cycle where the jealousy is never really dealt with. Because the response from the other person to the jealousy creates a dynamic, and so it goes on, and then the next time it goes on, and the next time, and so on.

Whereas if you stay with it yourself and say: 'I'm suffering it's really terrible, I really hate this,' at least the circuit is just in you.

If you bring your intelligence to bear and look at it as I've just described, or in some other way, then slowly your intelligence will be able to reduce it.

That's what you can do on that level.

On another level, on a level of comparative egolessness, and openness and universality you wouldn't even feel jealousy. That is absolutely true.

Just above that level is another level where you simply see that, if you love somebody, then whatever they do, the things that bring them joy, bring you joy too.

That sounds to a person who's in their ego like just a hope, or some kind of fantasy reality, but the fact is it is a possible state to be in. Where you simply say: 'This person I love, and this person wants to be with this other person, or do this, or do that, and if it brings them happiness and joy then I'm happy too.'



Such states are possible.

The first step, in the way I describe, is something you can do right now.

Simply see that to act on your jealousy against others is to make yourself the most important person in the situation.

The second step is to somehow see: 'Well, that seems to be absurd, I see that I cannot be that...

It may be that I'm the most important person for *me*, but I don't see how I could possibly expect myself to be the most important person for everybody else involved. So I have to stay with my jealousy. Then at least there is an energy happening that I can maybe find ways of dealing with. And just pray and hope that one day I will be in the place where the nightmare is over.'

Because it *is* a nightmare.

I think you know we three were on holiday last week, and it was really beautiful. There were days where it was really perfect, and then of course, there were times when the whole system collapsed. Then again it was stable for a few hours then it would collapse again. But through communication we got it quite clear. It was really fantastic to do that.

Reality is nearly always easier than abstract thinking in the mind about it.

And much more rewarding, because if it happens, as it did with you guys, it's not just a reconciliation in your mind, or an understanding in your mind, it's an achievement.

There's a lot of energy in jealousy too. So that's another reason why people don't like to give it up. All strong emotions like anger, sadness, 'poor me' - there is a lot of energy in them. They make people feel strong, important.

You make yourself feel important through jealousy by saying: 'Things should be my way!' All the energy of jealousy, of course, makes you feel important, because it's so strong.

But the delights of letting it go, as I'm sure you discovered last week, when it is not there, well, then you feel the thing attached to the power of jealousy, the strength of jealousy, is poor compared to feeling harmony. At home with the people concerned.

Another Participant: My question is about death and fear. As you said - one day everybody has to die.

What's that?

Do you know what that means?

You don't know what that means.

Is there heaven? Is there hell? Is there afterlife? Is there transmigration? Are we going to come back as this or that? Is it all over? Do you go and join with the universal energy?

You don't know.

But we speak of death as if we know what it is. We don't know what it is.

I don't know what it is.

If we've never lived before, and if there's no transmigration, then when we're born we don't know what that is either: But we go ahead and here we are.

And when we die, we don't know what that is.

We don't know what anything is to tell you the truth. We only pretend we know, or think we know, or claim we know. But we don't know anything. Absolutely nothing.

If you were absolutely sure what death was, and what was happening after death - then you could be afraid. You can be afraid of going into prison because we can have some idea of what that is: you can be very afraid of being tortured, because we can know what that's like; we can be afraid of getting an illness which gives us great pain, because most of us, probably, know a bit about that. But with death we've got no idea. No idea what happens. So it's just an idea you have.

It could be fascinating.

I started off earlier by saying life is really like hell. And maybe when you die you think: 'Phew! What a relief. Finally some peace and quiet!' It might be, I don't know.

Life is a mystery. Death is a mystery.

(takes a sip of water)

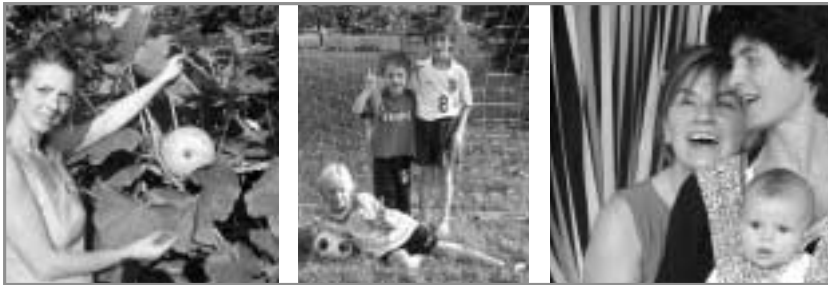
But drinking water is very nice. *(chuckles)* That's not a mystery. It tastes exactly as I expected it to.

(takes a sip of water)

That's water all right.

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*. Sometimes 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.

"The best session I ever had" Karnika

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

BOOK REVIEW
THIS MARVELLOUS EGO

This Marvellous Ego by Michael Barnett. This book touched me deeply. All the talks have lots to offer, but the talk whose truth made me throw the book across the room was *This Marvellous Ego* itself. Essential reading!

(Risaria Anne Langley)

THE TRANSLUCENT REVOLUTION
BY ARJUNA ARDAGH

In it he interviews Michael Barnett, as well as 170 other contemporary writers and teachers – including Eckhart Tolle, Andrew Cohen, Byron Katie and Ram Dass to take the pulse on our collective evolution – to find out what that means visit the website and read the extracts from the book. It's worth it. This comprehensive report on contemporary spirituality is full of detailed information and valuable insights.

'The Translucent Revolution' is on sale in bookshops everywhere since June 2005.

PLUS New World Library are offering a special package for friends of Michael Barnett. If you order online from their website - www.translucents.org - and use the promotional code GOOSE you will receive a special promotional package.



MEDITATION

SHEM

Michael has created a new Wild Goose Meditation, to be 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 new SHEM Meditation CD, which will be out later this year.

The meditation has had a few try-outs in seminars recently, the most recent being with the new 2005/06 Energy Training in July. 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 now, from OneLife. Price: 20 EUR

This Marvellous Ego and *SHEM* is available at OneLife
Further books and CDs are as well available: see bookingform

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 & 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 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

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 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 OneLife team.

TALK 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 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.michaelbarnett.net

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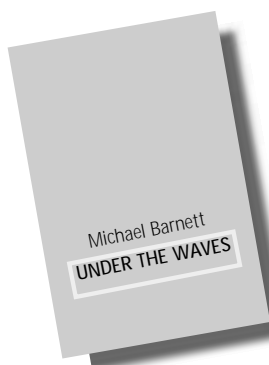
Have a look!



Our new Web Site
www.michaelbarnett.net
and new e-mail address
info@michaelbarnett.net

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 150 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 is soon available to order at OneLife (see our web-site: www.michaelbarnett.net).