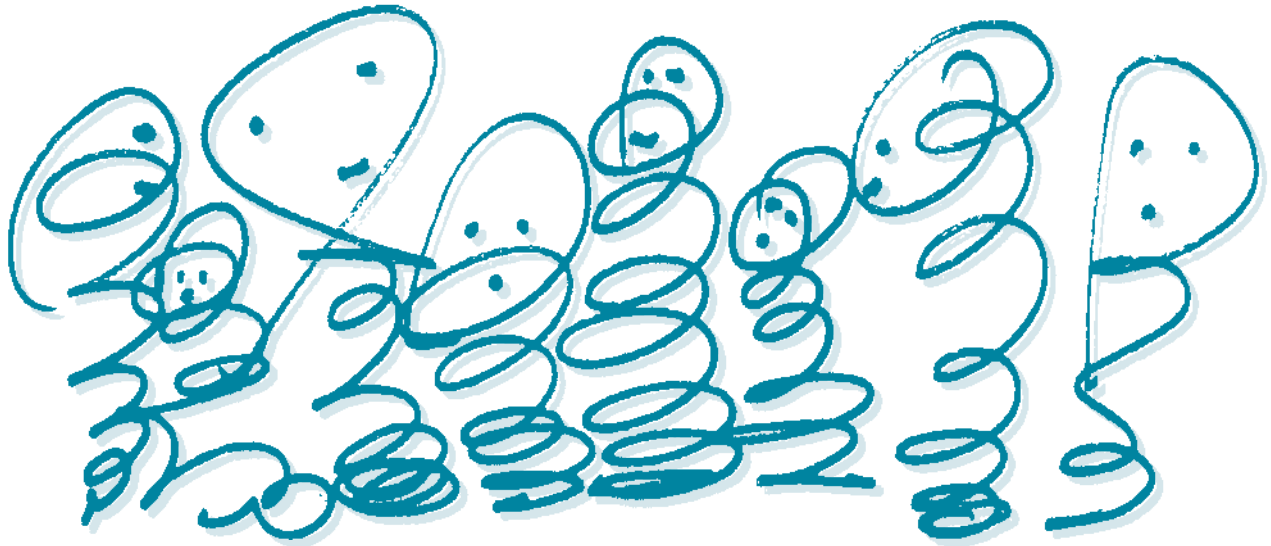
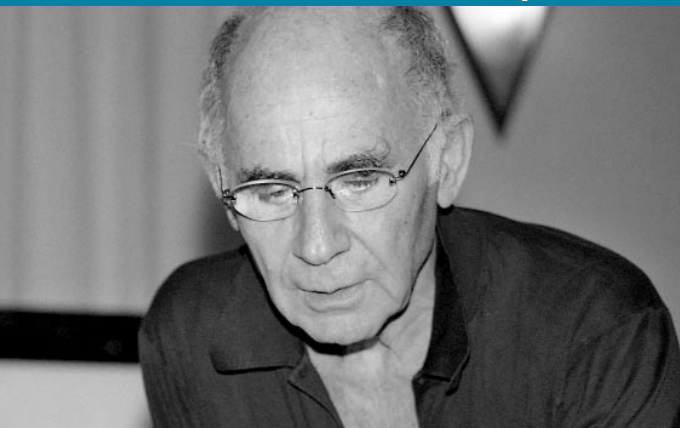


## OneLife Programme 2006/2007



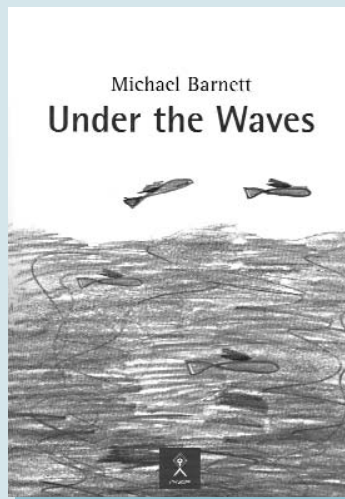
## The New Online Shop



Visit the new MB OneLife  
Shop in the Internet:  
[www.michaelbarnett.net](http://www.michaelbarnett.net)

In our Online Catalogue you will find all the published books and meditations from Michael Barnett and the music of some of his disciples. Have fun exploring and finding keys for a deeper understanding.

Your OneLife Team



## The New Book

Michael's work with and 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.

His new book, *Under the Waves*, is a sharp and personal selection of the best of his talks given in 2004.

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 ...

Order from the new Online Shop ([www.michaelbarnett.net](http://www.michaelbarnett.net))  
or directly at MB OneLife.

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## Hullo Dear Aspirants

I read a lot. **Novels** (currently, The History of Love by Nicole Krauss: brilliant; Black Swan Green by David Mitchell – a joy), **Krimis** (currently, Through a Glass Darkly by Donna Leon, one of the top dogs), **Essays** (currently, The Singer on the Shore – Gabriel Josipovici, great at his job!), **Spiritual Books** (currently, A.H.Almaas' Brilliancy, and Chogyal Norbu's Dzogchen Teachings – always something surprising from him), **Psychology** (only with a spiritual bent, currently, Mark Epstein's Open to Desire), **Diaries** (earlier, Simon Gray's, The Year of the Jouncer – the most brilliantly funny writer around – my perfect day would include 10 pages from this guy; and A Woman in Berlin, Anonymous, theme Berlin 1945, with the Russians), **Biography** (recently, Leonardo da Vinci by Charles Nicholl), **Cities** (recently, Bombay by Suketa Meta, Istanbul by Ornnan Pamuk), **Classics** (recently, The Great Gatsby by Scott Fitzgerald, Henry James – The Spoils of Poynton), **Philosophy** ( Kierkegaard's Either/Or), **War** (Assault Division, Norman Scarfe), **Science** (recently, The Hidden Connections, Fritjof Capra), **Kids' Books** (with the kids, The Book of Everything by Guus Kuijer), **Earth** (currently, The Revenge of Gaia by James Lovelock), **Poetry** (Woods, etc- Alice Oswald, Danger on Peaks – Gary Snyder, and for the hundredth time, The Four Quartets by T.S.Eliot – parts of which make me weep), **Art, Film, Sport, Travel, Cosmology**, to mention just some categories. Somehow I find the time.

All these worlds are real to me. But they are not the Reality, the outstanding, sure, blissful and perfect reality. This comes not from reading but from being, especially when I'm with **you**. Then as in last Thursday's Resonance Evening, and also often, I can say to myself, 'For this have I lived'.

I know that many people who join me in my seminars and courses want too to be with that reality – or if they sometimes are, then to convert that sometimes to often – or even – for the most ambitious! – to always.

That Reality is always available. Everywhere available. But so are many things we can't so easily access. In the OneLife seminars it is not only available but accessible. At least, more accessible than almost anywhere else. I'm the lucky one. I go to them all! **So in the seminars this Reality turns into myself.**

It can happen at any seminar. In some places we go it happens more often, and for longer. But of course it's not just a question of finding it, finding oneself in it, it's a question too of finding out what are the obstacles to its access at any ordinary moment.

This needs looking into. When we're in it, as often most of us are when we are together, to at least some extent, we have to consider this too, not only to bathe in the cosmic oneness energy, but look to see how we can be in it not only now but tomorrow...

This can only happen when you let go all projects, not just the action but even the very thought of them, the presence of them within. Then you are at the base of your being, relaxed and waiting. You are left just as you really are. Not only that, when you let go the projects, present and planned, then all the energy caught up in them falls to your base, your essential presence in the cosmic reality, and then the response to life from there is active each moment in one way or another. Even stillness then is an involvement with the life you are in, not separate from it.

One of the best seminars on the schedule to discover this was always DEMA. It's perhaps the toughest too, but then, naturally, it is likely to bring the greatest rewards - something it consistently did for me. After a great start to these Dynamic Emptiness Moving Around explorations, in Austria (following on many fine Music & Silence events), its popularity tailed off. I think people became afraid of it. But for true aspirants I believe some work like this, going deep in one-self, yet supported by the energyfield, is more or less essential. It may be tough to face, which it even is a bit for me, but I have been always happy to do so, knowing full well the rewards that are going to indubitably come. As so they always have. So I may have finished offering DEMA. But now in its place the offer is for **TOBAL**, a course for not only looking within, a search for not only the personal source, but the Tao itself, as it moves through all. You can find out about this in the magazine.

Beginning August 2007 there will be commencing, as usual, a new **Energy Training**. Over 22 years now this has been seen as the way to incorporate the Energy Work in the seminars into one's own Being. And pretty successful at that it has always been. We intend to introduce some days of other Teachings within the programme, but the general education into the Energy Work itself will continue as hitherto, under the instruction of Varuni and myself. All aspiring Energy People should seriously consider joining this course, so that the experiences you may have had on the seminars can become part of your daily life.

My trip to Chile in November is off. Too far - and too distant! The energy circles do not yet reach them over there. So in its place we are offering something new, called **The Royal Weekend**. Over a weekend, participants will get a joint evening introduction with me, then over the next 2 days each person will get a massage session with Suchata, a water session (sensational!) with Mishka, and a full hour individual session with myself. Course limited to 8 people. More of this inside.

The new **X-Run 3** is launched and will run till 2008. We had a great start in Italy, laying the grounds for some penetrating work in the coming happenings. Full of aspiring people - even if some of them aspire to something different from what I have in mind. But maybe that's because they haven't been hit full in the face by it yet. But they will. Then we see.

I hope to see many of you again in Italy for the **Winter Festival**. This is always a great time - for depth, power and fun. When the beautiful energy we access fills the body, then we have The Body of Delight. And being together with Energy Flyers seems to me a great way to end one year and start another.

As for the top dogs, there's the next **Enlightenment Circle** coming up, in a new venue in Belgium, which I hear good things about. I hope all of you who come will be very happy about it!

Also we want to revive the great **Bali Event**. Now next in November, in 2007. Always magic. So for the many Bali fans, past and future, put it amongst your future projects!

As I write, nature is turning, a different face will be shown, which may be already there when you read this. We too turn through the years, but something in us, like the sun only even more so, stays exactly the same, something no time will dim, no event will distort - and that's the true nature. The basic energy of life that is your basic energy too. That's indestructible.

LoveToYouAll,



Those on the Energy Retreat in Austria were the first to experience the new 'X' Work - whether they knew it or not!

# Special Groups

## Enlightenment Circle (EC)

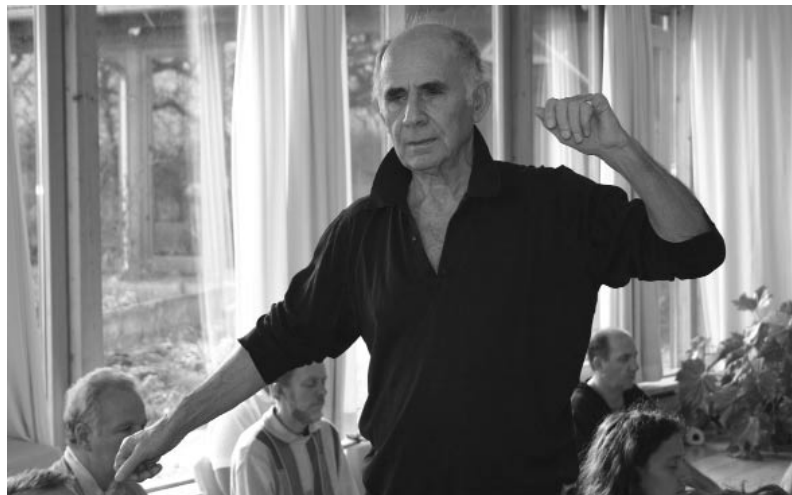
At the last one in March, in Dole, many participants wrote to Michael about extraordinary states they experienced, both in the seminar and afterwards. There were, too, a number of satoris. This is more likely to happen when the company is already well on its way. The depth is there at once, so we proceed from there, breaking new ground. The demand for another was general, so here it comes, later this month, in a new venue in Belgium, which I hear is quite beautiful, and surrounded by countryside. All past X-Runners are invited, but also those who have involved themselves in the work deeply over a long period. So if you're not sure if you are eligible, contact us and find out!

**Venue:** Belgium, Geetbets (near Maastricht)

**Date:** 25-29 Oct 06

**Groupfee:** EUR 690,-

(Food and Accommodation not included)



## The Royal Weekend

We will meet Friday evening. We will have an introductory session with energy work, with Michael. Then during Saturday and Sunday each participant will receive 3 individual sessions: From Suchata, either a Hot Stone Massage or an Aromatherapy Massage, at your choice (1 hour and a half). From Mishka, a Water Wellness Session at a local Spa (1 hour 15 mins, plus travelling time). From Michael, a full hour session individually, to be utilized in whatever way you prefer.

Suchata's massage sessions are a delight. Mishka's water sessions (people say!) are sensational, and mirror the work in the

seminars. With Michael, it's up to you! But it's an hour just for you.

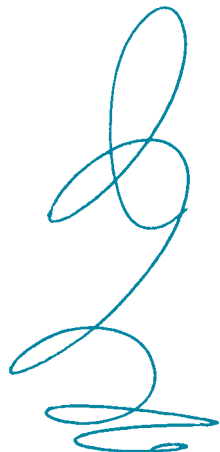
Participants limited to 8 people. It's probably important for participants to have their own space during this weekend. We can offer 4 such spaces in the house, to the first 4 to apply. For the others, there is the Krone Hotel just close by, or you can share our dormitory space if it suits you okay to do that.

**Venue:** Denzlingen, UNACHO

**Date:** 10-12 Nov 06

**Groupfee:** EUR 450,-

(Food and Accommodation not included)



## 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 Nov 06

**Groupfee:** EUR 250,-

(Food and Accommodation not included)

## One Blood

### Five days in Belgium

5 Days in our usual venue there, an old monastery. Always special, also for Michael, who says he more or less always has at least one special satori during these days, maybe picking up on all the prayer and meditation that has happened there over the centuries. Another great factor is the large lounge room where we spend our evenings, where also there is a chance to sit with Michael privately for some minutes, to ask about something, discuss something, or just sit quietly together with him. **'A Celebration of each and every and the All'.**

**Venue:** Belgium, Vaalbeek, La Foresta

**Date:** 22-26 Nov 06

**Groupfee:** EUR 430,-

(Food and Accommodation included)

## TOBAL

### The Tao Of Being And Living

The successor to the famous DEMA, which itself was a successor to Music & Silence. Michael feels, as he has said in his letter in this Newsletter, that these groups are almost indispensable for the serious and committed seeker and student. Exploring oneself, but in a powerful energyfield which contributes to the power and depth of the exploration, plus Michael there, each moment, getting you to resonate more and more strongly with the ultimate basis of your life, your very own 'X' Reality.

**"It is not easy to find the Tao, but we can find how the Tao is working in us, both within and without. This is Meditation through Energy Levels with Cosmic Awareness. Not Zazen, nor Vipassana, but opening to the Waves of What Truly Is." MB**

**Venue:** to be announced

**Dates:** 24-28 Jan / 2-6 May / 21-25 Sep

**Groupfee:** 1 seminar EUR 450,- /

2 seminars EUR 850,- / all 3 sem. EUR 1200,-

# Winter Festival 2006/2007



## The Body of Delight

**Venue:** Italy, Pettenasco  
**Date:** 27 Dec 06 -1 Jan 07  
**Groupfee:** EUR 380,-

If we can bring that beautiful cosmic energy to the body, then the bliss turns to delight.

As the famous artist, poet, philosopher and mystic William Blake long ago said:

*"Energy is Delight, and is of the Body.  
Energy is Eternal Delight"*

When the cosmic energy invades the body then every action is a pleasure: every look, every breath, every step - a pleasure. A rush of natural delight. Hard to beat!

And we will celebrate this End-of-the-Year Time, and the Entry of 2007 (top WG number, this) at one of our regular places by Lago d'Orta, where we first went 17 years ago, and for many other times since. So both hotels are a home from home. This year we go to the newly renovated L'Approdo. There, the lake twinkles just by the side, there are walks to be had around the lake, and at the end, on New Year's Eve, a trip can be taken, also by boat, to Orta on the other side of the lake, really an unspoilt beauty spot, full of ancient buildings, and cafes overlooking the water. A time too to renew old bonds and make new ones as people come from all over to meet here at this time.

## Energy Training 2007/08 'Building the Cuckoo's Nest'

At the seminars, for most new people and some others, the wonderful energy spaces fly in like cuckoos in your nest, and then the bird-at-home pushes them out again.

The Energy Training is about creating a nest for our Energy Cuckoo, so it can live in you and be present in all you do. (But don't fly over it!)

Everything we do in the Training is designed to establish in you a home for the Universal Energyspace, so that, thereafter, there you can rest, and also from where you can act and interact in the world but now acclimatized to the universal movement of energy - which brings you a sensitivity to all that is Not-You. So much so that a great empathy for all of life develops.

The first Training took place in 1985, in Zurich. Since then there's been one every year, and sometimes two.

It's a real Energy Graduation Course, this.

The Energy Training will be conducted by Michael and Varuni.

In addition we will introduce, for a little variety, some sessions of another kind, relevant to the development of the participants.

## Training

**Venue:** UNACHO and various places

**Programme Dates:**

1. Summer Festival 24-29 Jul 07 (Holland)
2. Core Training Part I  
31Jul-6 Aug 07 (UNACHO)
3. Core Training Part II with Varuni  
12-14 Oct 07 (UNACHO)
4. Winter Festival 27 Dec-1 Jan 07/08 (Italy)
5. Core Training Part III  
5 days in Feb 08 (UNACHO)
6. Core Training Part IV  
7 days in July 08 (UNACHO)

**Groupfee:** EUR 2800,-

(Food and Accommodation not included)

**Leaders:** Michael and Varuni

**Booking & Information:** OneLife





## Resonance Evening

For an hour on Tuesdays and Thursdays, between 7 and 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 and 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.

## 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 for that, where you get a chance to be confronted on those levels through daily work and participation in life in Michael's Energyfield.

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.

## Diamond Yoga

### DY with a trained DY Teacher

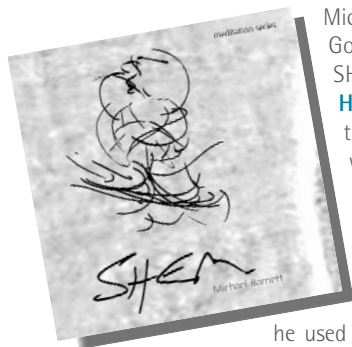
Every Thursday before Resonance Evening  
from 17.45 till 18.30 h

Price: EUR 4,-

# UNACHO



## 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 energy-field 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 and 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 receives regular 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".*

From 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."*

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).

Order from the Online Shop [www.michaelbarnett.net](http://www.michaelbarnett.net) or directly at MB OneLife.

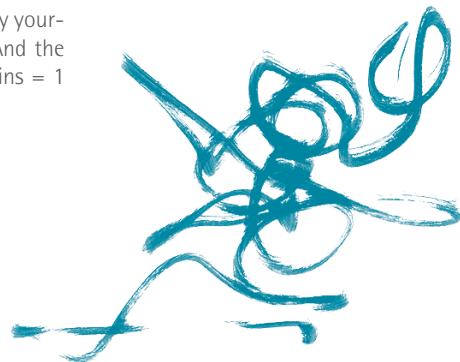
## Transcribing

Although we have gained some help - new and old - for the transcription and editing of Michael's talks, since our appeal in the last NL, at the time of writing it is still not functioning satisfactorily, so again we send out a request for help on this. We hardly need to add that this job is not only a help to us, and Michael, but a gift to those involved in the work.

## Books in German

We now have 3 different people working on translating three of the recent books into German.

But it will be still a while until that converts into actual publications...



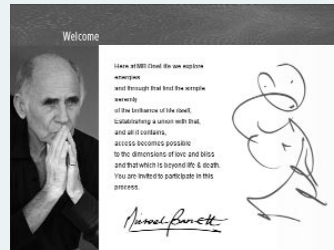
## Discount Scheme

*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 Energy Training, X-Run, EC, Royal Weekend, ECHT, TOBAL, the Bali Event, and the One-Day Happenings. The discount scheme of 2006 will end with the Winter Festival. After that a new discount scheme for 2007 starts.*

## 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 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](http://www.michaelbarnett.net)



## 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 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.

For news and latest updates always check our homepage: [www.michaelbarnett.net](http://www.michaelbarnett.net)

