



## 2019 INTERNATIONAL MACROBIOTIC CONFERENCE 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup> OCT VALENCIA - SPAIN

### INTERNATIONAL MACROBIOTIC CONFERENCE 2019 SUMMARY

All the talks and presentations mentioned here will be available on the website:

<https://www.macrobioticsinternational.com/papers/>

# HOW TO ADAPT & PRESERVE THE SPIRIT OF MACROBIOTICS

The sun was out and we came together from many places in the world. Patricia introduced the splendid team of Instituto Macrobiótico España and explained the centre, the restaurant and the camerawoman. Everyone introduced themselves in one minute. It was a great gathering. Patricia then led a meditation, as she would do each morning. Then we had the first break with fruit and delicious Gluten free pasties Valencia style. Repeated in each break. Throughout most people were very prompt and the talking stick mostly a fine focus instrument.

**Day 1** Environment and climate change.

**Day 2** Spirit and consciousness

**Day 3** Professional ethics, debate, voting.

This year the discussions came directly after every talk; with all delegates present for each subject, and it was a successful process. Arguably, more integrated than having to split up to discuss a talk heard hours earlier as the conference has done before. There was participation and fine contributions that were mostly “solution led,” from everyone in each session.

## Day 1

Simon Brown spoke on Macrobiotics and the Environment; this was well researched and Inspiring. One response was from Rosa / Majorca:- “Talk to your local farmers and share how important organic growing is. A farmer is growing a bean that was almost extinct because I am using it in my cooking classes and he will be able to sell it”. Lunch was a refreshing 10 minute walk through Valencia to the Institutes new cooking school / restaurant. Head chef was the renowned Angela Agrati Prange with assistant Hassim cooking superb food. After we walked back chatting with new friends and old ones. Melanie Waxman and Anna Mackenzie presented Global Foods for Macrobiotics which prompted some encouraging responses. Movement and a break before rounding off the day and contrary to plan many people eating in different places. It was good finding our way around busy Valencia streets and often coming across another friend from the conference. At the end of each day was a forum with the speakers answering questions.

Macrobiotics and the Environment

<https://www.macrobioticsinternational.com/papers/macrobiotics-and-the-environment/>

Global Foods for Macrobiotics

<https://www.macrobioticsinternational.com/papers/global-food-and-macrobiotics/>

## Day 2

Anna Mackenzie gave a talk on how to Nourish Courage and Develop Consciousness, advocating story telling, deep human history, and the arts, as guiding reference. Ken gave Do-In exercises before the break and after this, Filipa Silva gave her talk A Macrobiotic Approach to Destiny, questioning aspects of decision making, freedom, choice and Ohsawa on intuition. Lunch was followed by Rik Vermuyten describing The Brain and Consciousness with a profound explanation of the waves, receivers, focus, soul memory, creating consciousness and can be seen in the video. Followed by a forum. That evening most people went to eat in a fabulous restaurant that Patricia had booked for everyone.

## Day 3

The Code of Conduct & Ethics is a guide for Macro’ practitioners everywhere. It was read by Anna Mackenzie and had been prepared by her together with Ana Luisa. It was well received and many would like to use it but shorter and simplified. This will be done as requested. After movement and break Ken, Rik and Simon answered questions on the Yin – Yang Paper of last year (2018) because queries have come from students who are using it. This opened up the subject and proved useful.

After lunch Ana Kraus, professional flautist, gave a talk and presentation on Fasting in the traditional Serbian way. She followed this with deep breathing exercises. After the break Marta led us in a great song before the final discussion.

The Code of Conduct & Ethics

<https://www.macrobioticsinternational.com/papers/code-of-conduct-and-ethics/>

Fasting in the traditional Serbian way

<https://www.macrobioticsinternational.com/papers/fasting-a-simple-healthy-diet/>

The closing session was on changing and confirming IMC rules/regulations and voting for next year. This had lots of participation and many ideas, great!

A quick paper questionnaire was circulated by Sandy to review our Conference purpose. "Select one of the following as your reason to attend. 1) Social. 2) Education. 3) Moving Mb forward". The results were in this precise order: 1) Social. 2) Education. 3) Moving Mb forward"

\* It was agreed by everyone to finalize a "Statement on Mb's and the Environment" that had been written in note form by Simon and revised by Ken, Filipa and Bob with further contributions. Voted YES.

\* The organising committee. The new host is always a member of the committee themselves and will appoint three members or more from the last committee. Voted YES.

\* **Financial transparency.** For every Conference a typical Income/Expenses account of the financial transactions for hosting it, must be kept at all times, and go to organising committee and website at the finish. Voted YES

\* **Conference price.** To be reduced from 275 € to 250 € per person. Voted YES.

\* Special Conference price for 5 students with Level 3 is 175 € per person. Voted YES.

\* **Conference Hosting prerequisite.** The host must attend the year before to offer the hosting in person for the following year and must have attended at least 1 other year in the previous 2 years before. Voted YES.

\* Discussed - cheaper price for a partner (with Level 3 criteria). Voted YES.

\* **Payment for website**, the domain renewal, other expenses and the management fee. For all these the host country pays 500 € each year the host country puts 500 € aside to pay the Voted YES

\* **The organising committee** will attend the conference for free. Voted YES.

\* **Criteria for Attendance.** Keep to the regulation of having taken Level 3 or achieved the equivalent experience in many different ways as expressed on the website. Voted YES.

We closed with thanks to everyone including the organising committee. Everyone went to change clothes whilst the room was transformed for dining. We dined gloriously, beautifully. There was traditional accordion music and Iggy played the guitar without stopping. We danced, sang, talked and laughed and went to our respective hotels in warm night air. Next day many left early and others stayed for sauna, for the cathedral, walking through the modernist park and relaxing.

Thank you so much everyone in Instituto Macrobiótico España from our hearts. Truly.

See you next year (2020) in Lisbon, Portugal

