

MACROBIOTIC MEETING IN VALENCIA 2012

I have just flown back from another wonderful time with my macrobiotic colleagues in Valencia. The experience was inspiring, recharging and warming.

Patricia and Emilio Restrepo hosted the event and we ate delicious food at their new macrobiotic restaurant Kimpira. David Norris facilitated the event with skill, perception and focus.

The theme was to create a set of simple steps to help someone begin macrobiotics. At the same time we used this project to find new ways to work together. We explored listening to each other, awareness of each other's intentions and looking for alignment, rather than needing to agree. Agreement was defined for us as having a common goal, whereas alignment means coming from the same place, ie having a common platform. With that in mind we searched for a common mind and cohesive communication.

The result was that we wrote statements that included everyone's energy in the process of their creation. The journey included working through challenges, laughter and feeling closer to each other. By the end our group felt connected, harmonious and purposeful. When you read the statements see if you can sense the intention behind the words we used and feel the collective energy that went into their creation.

ONE PEACEFUL WORLD

With a love for life, our education in the art of living empowers individual and planetary health.

Here are 7 easy steps to begin macrobiotics.

Acknowledge that you are the one who is responsible for your own life and wellbeing. This will empower and allow you to realise your full potential.

Introduce whole grains, vegetables and beans into your daily diet. Avoid meat, sugar and dairy. An organic, plant based, whole food diet leads to optimal health. Local, seasonal foods, free from artificial additives are the preferred choice.

Engage in daily physical activity. To increase flexibility, vitality and agility take up any form of body movement according to your needs and ability.

Keep a diary of everything you eat for at least 2 weeks, including how your body reacts to each meal. This is to establish a relationship between what you do and how you feel.

Educate yourself in the basic principles of macrobiotics, so that you have a depth of understanding of the journey you have begun. Your study can include: books, cooking classes, personal coaching, online research, learning from different teachers, lectures and seminars.

Nourish your life by reconnecting with nature. For example cultivate a garden, swim in the sea, walk in the park or woods. Bring nature into your home by growing indoor plants.

Join or create a group with whom you can share your developing consciousness and growing sense of health. Find what brings you joy and celebrate with family and friends.

Chew well!

PROJECTS

To run a large scale public event for the Macrobiotic community as well as the wider public that are interested in individual and planetary health. The event theme is currently being developed and may cover such topics as food and cooking, physical health and the cost of illness, bodywork and movement, the environment, emotional wellbeing, spirituality, social connections, etc. The event is expected to run immediately after the Macrobiotic Teachers/Practitioners Meeting at the end of October 2013 in a European location.

- If you are interested in contributing towards the development and/or organisation of the event, please contact EmmaCunis@hotmail.com
- If you are interested in speaking at the event, please contact Sandy on oakfeed1@aol.com
- If you are interested in attending the event and would like further information when it is available, please contact NickyClinch@gmail.com
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Event team: Emma Cunis, Bill Tara, Sandy Pukel, Nicky Clinch and Anna Mackenzie

To organise our next meeting.

Nicky Clinch and Kristiane Ravn Frost.

To create online and in person courses.

Simon Brown, Greg Johnson and Sandy Pukel.

To create a structure for our organisation.

Patricia Restrepo Botero

To run a children's camp.

Virginia Harper and Liliana Pallares.

NEXT YEAR

We agreed that next year the theme for our meeting is; Bringing Macrobiotics into the Level of the Heart. Exploring the different approaches we all use to work with emotions, psychology, art and spirituality.

Please keep a space open at the end of October, beginning of November for our next meeting and look out for more news on the location and exact dates soon.

We hope you can join us.

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Please feel free to put this review on your website or share it with friends through social media. We also encourage you to use the 7 steps in your writing, classes and consultations.

Written by Simon Brown on behalf of the members of this meeting.