

INTERNATIONAL MACROBIOTIC CONFERENCE

November 1st - 3rd 2016 Lisbon - Portugal

Inspiration, Counseling, Teaching

This year, the meeting was organized into two sections. The first part for the presentations of those that put forward their wish to present within the theme that was announced, and second, dedicated to the discussions based on the presentations that we thought more relevant. We didn't all agree many times, but still we managed to cover many subjects, within Inspiration, Counseling and Teaching.

PRESENTATIONS

TIME SPACE AND THE LO SHUI by Simon Brown

Simon gave presentation on the origins of yin and yang and the five elements. He showed how they later formed the *ba gua* and *lo shu*. This provided a clock, calendar and map marrying time and space into model we can use to get new insights into life. The *lo shu* creates a means to provide holistic solutions to life issues.

http://www.macrobioticsinternational.com/site/assets/files/1069/macint_lo_shu.pdf

CREATING A MACROBIOTIC FOOD ETHIC by Bill Tara

Bill presented a case for developing a macrobiotic food ethic that promotes an animal free diet for personal, social and environmental health toward the development of a vegan/macrobiotic dietary approach.

http://www.macrobioticsinternational.com/site/assets/files/1069/macint_macro_ethics.pdf

EARTH, WIND, FIRE, WATER, IMAGINATION by Anna Mackenzie

Anna explained how we influence the world through our choices. She explored consumerism and how to develop a awareness and consciousness on our choices.

HUMAN AGRICULTURE by Rik Vermuyten

Rik talked about the importance of the gut micro biome and how the gut micro biome and the micro biome of the earth. The internal micro biome influences the enteric nervous system ultimately influencing our decision making. He explained how fungi operates similarly in our intestines as in the soil. Rik suggested there are dietary factors that can rebuild the intestinal wall and these include kudzu and soaked flax seeds.

MINIMUM TRAINING STANDARDS AND ACCREDITATION by Oliver Cowmeadow

Oliver recommend that macrobiotic schools consider adopting similar minimum standards for education and also set up an independent accrediting body with more rigorous professional standards. We also discussed the possibility of being better able to exchange students. Oliver suggested finding ways to prepare students to make a career out of macrobotics. Oliver will chair a committee to explore this further and present at the meeting.

TIME AND BEING by Greg Johnson

Greg introduced the idea that we exist in domain where think we know, we identify what we don't know and unaware of what don't know what we don't know. The importance lies in what we don't know we don't know. He talked about how we create a box out of what we think we know and that limits our life. We search through what we know we don't know looking for answers we can put into building a bigger box. Greg looked at being in the present and challenged the mental construct of past and future.

4 BASIC PILLARS OF AN OPTIMAL LIFE FOR PEOPLE, PLANTS AND PLANET

by Kristiane Ravn Frost

Kristiane shared her concept of 4 pillars that can be applied to macrobotics. She suggested this could help identify strengths weaknesses in macrobotics. We split up into groups to get greater insights into our movement.

http://www.macroboticsinternational.com/site/assets/files/1069/macint_4_pillars.pdf

YOUTHFUL FOLLY by Lourenco Azevedo

Lourenco presented a method of education based on his Chi Kung training in China. Here the teacher would be corrected by his or her students and as well as helping the students. He showed how an acupuncture teacher would base readings on discussion with his students. This form education incorporated trial and error, with discussion and debate. He showed how the Hexigrams from the I Ching showed the progression of learning, creative, receptive, difficulty at the beginning, youthful folly and patience.

http://www.macroboticsinternational.com/site/assets/files/1069/macint_youthful_folly.pdf

CONNECTION TO NATURE by Melanie Waxman

Melanie proposed we are nature and there is no separation. Nature is unconditional love in action. In the global community every member knows it is very important, naturally attractive, loved and included. We are part of nature's intelligent and sustaining ways. Our inner nature is as important, not more, as any other part of the natural universe. Every 5-7 years every molecule in our body becomes part of the environment and is replaced by a similar molecule from the environment. We become it and it becomes us. All trees are like a family, connected via an advance underground web of roots and the threads of fungi known as mycelium. We practiced connecting to plants in the room and we discussed our responses. Melanie shared ways to cultivate deeper relationships with trees, plants and creatures. She asserted that this was a way to enjoy happier emotions. We need to move and walking through nature is important to do and recommend.

http://www.macroboticsinternational.com/site/assets/files/1069/macint_53_senses.pdf

HERE BE DRAGONS by Maria Afonso

Maria created an artistic and emotional atmosphere through a series of images and provocative ideas.

http://www.macroboticsinternational.com/site/assets/files/1069/macint_daqui_para_a_frente_so_h_a_drago_es.pdf

KI, KUSHI ESTATE, IMAGINE THE FUTURE OF MACROBIOTICS TOGETHER

by Angelica Kushi

Angelica presented the current organisation of the Kushi Institute and invited us to create a new vision for the future of macrobotics.

BACK TO BASICS by Francisco Varatojo

Francisco challenged us on whether we still teach the basics that he felt George Ohsawa used to define macrobotics. He suggested we did not put value on these fundamental principles. He also questioned whether students learn the basic macrobotic recipes. Francisco recommended we focus on our strengths with chi, yin and yang, five elements, meridians, rather than be pseudo scientists.

http://www.macroboticsinternational.com/site/assets/files/1069/macint_back_to_the_basics.pdf

CONCLUSIONS

During the meeting we talked about the rules for joining the Macrobiotics International Website. Our discussion led to the following conclusions:

- Pay a 250€ fee.
- To have attended the meetings, two times, in the last five years – Since 2012 inclusive.
- Be Likeminded,

ORGANIZING COMITEE FOR 2017

- Francisco Varatojo
- Anna Mackenzie
- Ana Torres
- Nereia Zorokiain
- Michal Ostajewski
- Simon Brown
- Emanuel Romão
- Ana Luísa Bolsa

ACREDITATION COMITEE – As discussed by Oliver before

- Oliver Cowmeadow
- Isabel Moreno
- Kristiane Ravn Frost
- Maria Casal
- Angelica Kushi

WEBSITE GROUP - To help the website forward, creating content and new ideas.

- Stavros Karagilanis
- Maud Cornet
- Hans Schmit
- Emanuel Romão

PICKLE LESSON GROUP – to create a lesson/class that we all may apply in making pickles as suggested by Marco Fonseca.

- Marco Fonseca and others

NEXT MEETING

BERLIN, GERMANY 31st October, 1st and 2nd November
Host: Hans Schmit

PARTICIPANTS IN 2016 LISBON MEETING

Ana Luísa Bolsa	4elementos.alb@gmail.com	Portugal
Ana Torres	azuki@azuki.pt	Portugal
Angelica Kushi	amkushi@gmail.com	USA
Anna Mackenzie	anna@annamackenzie.co.uk	England
Bill Tara	wwtara@msn.com	Ireland
Bob Carr	rncjr@apk.net	Czech Republic
Daniela Koenen	maisonsanssouci@web.de	Germany
Emanuel Romão	emanuelromao@gmail.com	Portugal
Francisco Varatojo	fvaratojo@gmail.com	Portugal
Geninha Varatojo	genavaratojo@gmail.com	Portugal
Gerdy de Pipere	gerdy.depypere@skynet.be	Portugal
Greg Johnson	concordus@bellsouth.net	England
Hans Schmidt	natural.mente@t-online.de	Germany
Isabel Estanislau	isabel.estanislau3@gmail.com	Portugal
Isabel Moreno	macais@telefonica.net	Spain
Jan Vervecken	info@issshiatsu.be	Belgium
Jana Matrasova	jana.matrasova1805@gmail.com	Czech Republic
John Hollman	john@path2vitality.com	USA
Kostas Tzallilas	ktzallilas@gmail.com	Greece
Kristiane Ravne Frost	kristiane@aima.dk	USA
Lourenço Azevedo	lourenco.azevedo@regenerar.pt	Portugal
Marco Fonseca	markobencis@hotmail.com	Portugal
Maria Afonso Sancho	mas100878@gmail.com	Portugal
Maria Casal	maria@escueladevida.es	Spain
Maria Jesus Pirallo	mariajemacro@gmail.com	Spain
Marta Ribeiro	msofiarib@gmail.com	Portugal
Maud Cornet	maudc999@hotmail.com	France
Melanie Waxman	me1528@earthlink.net	Spain
Michal Ostajewski	michal.ostajewski@yahoo.com	Poland
Miryam Restrepo	miryamrestrepobot@gmail.com	Spain
Mutsuko Johnson	happycooking.8@gmail.com.	England
Nerea Zorokiain	nerea@nishime.org	Spain
Nuno Félix Teixeira	nunofxt@gmail.com	Portugal
Oliver Cowmeadow	oliver@macroschool.co.uk	England
Patricia Restrepo	cursos@patriciarestrepo.org	Spain
Paula Azevedo	p.narciso.azevedo@gmail.com	Portugal
Rik Vermuyten	rvermuyten@gmail.com	Belgium
Roland Schneider	maisonsanssouci@web.de	Germany
Rosalina Silva	rosalinatsilva@gmail.com	Portugal
Simon Brown	simon@chienergy.co.uk	England
Stavros Karagilanis	skaraghilanis@yahoo.gr	Greece
Tamara Dabic	tamara@makronova.com	Croatia
Tomoko Ogawa	tomoko.ogawa326@gmail.com	Norway
Translator (Roland and Daniela) - Martha	martha.van.den.bosh@skynet.be	Germany
Vittorio Calogero	vittocal@gmail.com	Italy