



A Summary of the Macrobiotic International Conference 30 Oct ~1 Nov, 2018

Thank you to all who attended from near, far and wide. Thank you to the chefs for superb cooking, the excellent video technician, and to each person at IMP for such happy, dedicated work for the conference.

Permission has now been given by most participants to put the Summary, information, presentations and pictures onto the website.

A vote was unanimous in favour of reducing the minimum attendance of the conference from 2 years to 1 year, to be able to join the on line community and participate in and contribute to the website. It is 250 Euro's for life membership.

The focus for next year's conference will be on 1 or 2 themes only and go into more depth in the discussions.

Over the days together the atmosphere was warm, creative and optimistic.

Bill Tara spoke on the Challenge of Judgment, having not one but many aspects to be considered: <http://www.macrobioticsinternational.com/films/the-challenge-of-judgement-by-bill-tara/>

Macrobiotic Principles & Values and the Definition had been honed into shape by Denny, Simon, Anna and Isabel and agreement for their use was given by all:

PAPER: <http://www.macrobioticsinternational.com/macrobiotics/macrobiotic-principles/>

FILM: <http://www.macrobioticsinternational.com/films/macrobiotic-principles-definition-2018/>

Rik Vermuyten gave a lucid description of the world of vibration, waves, chaos, order and light entitled Quantum Physics:

<http://www.macrobioticsinternational.com/films/quantum-physics-implication-by-rik-vermuyten/>

Melanie Waxman on Global Macrobiotics, taking a deeper and fascinating look at how all cultures have traditionally met many macrobiotic criteria:

<http://www.macrobioticsinternational.com/films/global-macrobiotics-by-melanie-brown-waxman/>

Patricia Restrepo led a fine meditation:

<http://www.macrobioticsinternational.com/films/meditation-and-mindfulness/>

Simon, Ken and Rik had crafted a paper on Harmony in Teaching Yin Yang, a way to teach both the Oriental and Macrobiotic view of Yin Yang in Macrobiotic Education:

<http://www.macrobioticsinternational.com/films/harmony-in-teaching-yinyang/>

Sandy Pukel advised aligning with like-minded groups and excelling in media communication: <http://www.macrobioticsinternational.com/films/creating-interest-in-macrobiotics/>

To assist the clients of Macrobiotic Coaching to achieve their health/lifestyle goals, Vera, Rosalina, Simon and Nuno want to create a Macrobiotic App that could be trialled for 3 months to see if it works before finding a willing investor. Ana Luisa Bolsa looked at Art and The Circle of Macrobiotics, the parallel in the expression of both as inclusive, universal and international - with the message - "follow your heart."

<http://www.macrobioticsinternational.com/films/art-and-the-circle-of-macrobiotics-by-ana-luisa-bolsa/>

In the discussion of the Accreditation System in Macrobiotics compiled by Kristiane, Ana Luisa, Anna (Florence, Oliver), the conclusion was with the suggestion from Denny, that it becomes a basic requirement for all schools and teachers to have the same Code of Conduct and Ethics, whilst they teach in their own way. Daniel Mayor demonstrated that there are various methods of counseling and life coaching to make an efficient consultation: <http://www.macrobioticsinternational.com/films/macrobiotic-coaching-by-daniel-maior/>

With Alan Oliver we followed a sequence of movements and life-force to open Energy Gates according to the method and experience of his Taoist Master. Kristiane Ravn Frost presented Mind Work, guided self-reflection as group practice:

<http://www.macrobioticsinternational.com/films/mindwork-from-micro-to-macro-by-kristiane-frost/>

Ana Torres, whom we thank for her diligent care of the website requested "the very active participation by IMC Members on the website to further the work and unity of this group."

With Anna Mackenzie we sent out the sound of SU for peace and light in every part of the world: <http://www.macrobioticsinternational.com/films/sound-in-5-transformations-by-anna-mackenzie/>

Greg Johnson led the sound of OM dedicated to Chico, followed by a talk with pictures of a pilgrimage to sacred places in Japan:

<http://www.macrobioticsinternational.com/films/a-pilgrimage-in-japan-by-greg-johnson/>

The question being "what has always attracted humans to what they identify as sacred places."

To access the written papers on the website, you may click on this link:

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

To access the presentations given in the past, you may click on this link:
<http://www.macrobioticsinternational.com/films/>

Barcelona, Zagreb and Valencia were offered as venues for 2019. Zagreb and Valencia were so close.

Hosting the Conference 29th 30th & 31st October 2019 is Valencia, Spain.

The final dinner and dance were magnificent.

See you next year!

2019 Organizing Committee: Patricia Restrepo, Simon Brown, Rik Vermuyten, Ana Torres, Ken Prange, Marta Varatojo, Sandy Pukel, Anna Mackenzie. Ana Luisa Bolsa.

