

Basic Alchemy

Macrobiotics & Oriental Healing

with Michael Rossoff, L.Ac.

Taught At Concord Institute

London, England

8-10 May, 2009

Macrobiotics and Oriental Healing

This intensive workshop is both educational and interactive. The goal is to bring new clarity to each person's understanding of health and healing. By exploring new ways of seeing the true harmony of the body, mind and spirit we can uncover subtle ways to tune in and continue on a committed path of conscious self healing. We will go beyond the popular fear-based views of disease and sickness and beyond the escapist ideas of thinking your way to wellness or merely hoping that medical science will create a magic bullet cure for our modern diseases. This programme will take you from curiosity to knowledge by combining Western understanding of the body with Oriental medicine's profound energetic insights of body/mind.

Basic Alchemy

Health is our birthright. Our culture's view of disease, disability, depression, decline and death is not a necessary reality. We can change our personal destiny and embrace life's changes. This course will explore ways to embrace life's changes, how sickness can lead to greater health and where confusion can lead to greater clarity.

This programme is a gateway for personal change through an understanding of the essentials of Oriental medicine and macrobiotic principles. These insights are easily understood and usable by everyone.

Oriental Medicine

This intensive 3-day study programme, led by Michael Rossoff L.Ac., is designed for everyone interested in being more self-confident in caring for themselves or others.

Oriental healing is over 3,000 years old. Tested and refined through the ages, it now offers the West insights and new paradigms for healing.

We will combine essential teachings from Oriental philosophy and healing along with vital macrobiotic teachings updated for a contemporary western interpretation. The material is easy to learn and will open new doors of personal understanding.

Modern Western medical beliefs and “science” have indoctrinated us at a deep level. We will examine our views of the body, sickness, healing and health. We will challenge popular assumptions such as inheriting disease, and the belief that aging brings only decline, dementia and death by disease.

Further, we will explore the body-mind-spirit connection in ways that expand our understanding and give direct tools for experiencing their unity.

Blueprint for Health & Remaking of the self

- **Way of Perception I: Yin Yang Principles (Duality, Harmony, Paradox)**
Yin-yang way of thinking is a dynamic way of perceiving the world that takes us beyond dualism of good-bad and into the world of harmony and paradox
Way of Perception II: Five Phase Energetics (Dynamics of Life)
- **Way of Perception II: Five Phase Energetics (Dynamics of Life)**
The Five Phases is an ancient tool for seeing the interplay of the forces of nature. This can be a profound way of seeing the interconnections of body, mind and spirit, and how foods can be used in healing
Outline of the Energy Body: Meridians, Points
- **Constitution: Ancestors, Parents, Prenatal Origins, Birth, & Babyhood**
Our constitution is the foundation for our life. This is a power stored within the body, called Jing (Essence) in Chinese medicine. What comprises this power, how to assess its strengths and how do we use and misuse it?
- **Outline of the Energy Body: Meridians, Points**
The meridians are the energy maps of the body. They, along with the points located on them, represent the pathways of our everyday energies. They are the main, external means we have for influencing our internal energies and functions. We will learn these main pathways and meanings of key power points on these meridians.
- **Blood & Ki (Qi): Wellspring of Physical & Energy Life**
The sustaining of life requires both Blood and Qi (energy). We will explore their intertwined relationships and see how we create more of each.
- **Energetics of Food**
All food has nutrients and even more importantly, all food has specific energy natures. We will explore this concept by Yin-Yang, the Five Elements which include assessment by color, taste and seasons, as well as where and how individual foods grow.
- **Power of Digestion**
We will examine digestion and assimilation—from an energetic and nutritional standpoint. We will study digestive problems such as acid reflux, nausea, bloating, constipation and diarrhea. Using yin-yang, we will explore which foods weaken or strengthen digestion. This power is primal for creating blood and maintaining immunity.
- **Power of the Mind in Health & Healing**
An exploration into the connections between mind-body and spirit-body natures. The mind can be a healer and the spirit can be a savior.
- **Diagnosis 101: Body Messages**
This is an introduction into Oriental diagnosis. Why do things appear as they do? Why does someone have one shoulder higher than another? Why are some fingernails brittle? Why does someone's voice have a groaning sound? And much more.
- **Sickness & Disease: Understanding Cause, Approaches for Healing**
True healing can only come from a clear understanding of causative factors.
- **Food for Daily Wellbeing--Food for Healing**
We will discuss the best ways for selecting and preparing foods for overall wellness. This will involve more vegetable than animal and more cooked than raw and more seasonal and local. In order to use foods for healing specific conditions, we will analyze various major health problems look at key foods that can perpetuate or heal these conditions.
- **Methods for Tension Release**
Physical and mental tensions go together. By learning simple ways for releasing physical tensions, our mind can relax and calm down. We will learn simple massage techniques, acupressure points, qigong and breathing practices that can create deep change.

- **Acupressure Points: Key Points for Wellness**
We will study the 20 most powerful acupressure points, how to locate and stimulate them properly, as well as why and when to use them.
- **Special Way for Creating Emotional & Spiritual Balance**
We all seek emotional calm and spiritual clarity. There are many appropriate methods towards achieving these goals. We will look at some simple, yet profound ways that can benefit everyone.
- **Power of Mind & Spirit in Healing**
Thoughts and actions must be in accord for natural health. Learn how to use our mental capacities as a tool rather than a hindrance for our spiritual healing.
- **Breath Work & Qigong**
The power of breathing and special movement exercises and enhance everyone's wellbeing.

Course details

Fee: £325 (deposit: £100, non-refundable)
A wholefood lunch will be provided each day

2009 dates

May 8, 9, 10, 2009
Friday, Saturday & Sunday: from 10am to 7pm

What previous participants have said about Basic Alchemy

"I still had concerns that I might just be presented with a lot of old, irrelevant and outmoded ideas, a bit like learning Latin at school, interesting to see where things had come from but of little present value. However, once the programme started it was clear that the ideas that Michael was putting forward were highly relevant to our modern lifestyles and opened up a completely different way of looking at accessing health compared to that of our western high tech paradigm. Michael stressed that western medicine does have its place and is extremely good at what it does, but it is curative rather than preventative - it's a last resort." - Tim Crowther

"There is something about this teaching/wealth of knowledge which makes it directly available to anyone who wants to engage - you do not have to have a degree in science, there is a lot of common sense. That fact that it is accessible makes it even more exciting because you feel that you can really own this approach. Michael also has a very good sense of humour!" - Francoise Auvray