

Ohsawa's Order of the Universe

Stages of Life	Orbit	Beginning of	Antagonisms and Complementaries
Infinite Expansion	7. Infinity, God Oneness	The world that has no beginning or end	There is no specialization: all analytical, mechanical, and statistical science is invalid in the infinite world.
Inorganic World	6. Polarization	The foundation of the relative world	The polarization of the Infinite into yin (expansion) and yang (contraction)—the origin of magnetism.
	5. Vibration	The production of energy and origin of electricity	Visible and invisible radiation, hot and cold rays, dynamic and stimulating rays (yellow, orange, red) and static and calming rays (green, blue, indigo, violet), infrared and ultra-violet radiation.
	4. Pre-atomic particles	Electrons, protons, and all sub-atomic particles	Centrifugal and centripetal force, solid and gaseous.
Organic World	3. Elements	Atoms, stars, and millions of solar systems	Mountain and river, land and sea, air and earth, polar and tropical regions, hot and cold, day and night, surface and center of Earth.
	2. Vegetable	Viruses, bacteria, and all plants	Grass and tree, trunk and branch, branch and leaf, flower and seed (or fruit), cell and organ, germ and soma cells.
	1. Animal	All animals, including human beings	White and red corpuscles, bone and flesh, man and woman, governors and governed, worker and capitalist, work and rest, love and hate, war and peace, sickness and health, life and death.

Excerpted and adapted from George Ohsawa's *Essential Ohsawa* by Carl Ferré; www.ohsawamacrobotics.com.

Ohsawa's Seven Stages Of Judgment

Stages	Learning	Love	Profession	Eating and Drinking
1. Physical or Mechanical	Instinctive or unconscious reflexes	Instinctive, appetite, hunger	One who sells one's life (working slave, salaried employee)	Guided only by hunger or thirst
2. Sensorial	Dance, gymnastics, conditioned reflexes	Erotic, seeking physical comfort and sensual pleasure	Wholesaler of pleasure: actor, merchant, novelist, prostitute	Gourmand (greedy eater)
3. Sentimental	Literature	Emotionally universal	Wholesaler of emotions	Gourmet (connoisseur)
4. Intellectual	Science, arts	Understanding, scientific, systematic, calculating	Wholesaler of knowledge and techniques	Eating according to a theory of nutrition
5. Social	Economy, morality	Social	Organizer	Conformist—like everyone else
6. Ideological	Philosophy, religion, dialectics	Spiritual	Thinker, originator of theories	Follows dietetic or religious principle
7. Supreme, Infinite	Self-realization, illumination, tao satori	All-embracing	Happy person, fulfills all dreams throughout life	Eats and drinks anything with great pleasure

Excerpted and adapted from George Ohsawa's *Essential Ohsawa* by Carl Ferré; www.ohsawamacrobotics.com.

The Twelve Theorems of the Unique Principle

1. Yin-Yang are two poles which enter into play when the infinite expansion manifests itself at the point of bifurcation.
2. Yin-Yang are produced continually by the transcendental expansion.
3. Yin is centrifugal. Yang is centripetal. Yin and Yang produce energy.
4. Yin attracts Yang. Yang attracts Yin.
5. Yin and Yang combined in variable proportion produce all phenomena.
6. All phenomena are ephemeral, being of infinitely complex constitutions and constantly changing Yin and Yang components. Everything is without rest.
7. Nothing is totally Yin or totally Yang, even in the most apparently simple phenomenon. Everything contains a polarity at every stage of its composition.
8. Nothing is neutral. Yin or Yang is in excess in every case.
9. The force of attraction is proportional to the difference of the Yin and Yang components.
10. Yin repels Yin and Yang repels Yang. The repulsion is inversely proportional to the difference of the Yin and Yang forces.
11. With time and space, Yin produces Yang, and Yang produces Yin.
12. Every physical body is Yang at its center and Yin toward surface.

The twelve theorems of the unique principle from the 1962 French edition of *The Atomic Era and the Philosophy of the Far East* as translated by Michael and Maria Chen.

The Seven Laws of the Order of the Universe

1. What has a beginning has an end.
2. What has a front has a back.
3. There is nothing identical.
4. The bigger the front, the bigger the back.
5. Every antagonism is complementary.
6. Yin and Yang are the classifications of all polarization. They are antagonistic and complementary.
7. Yin and Yang are the two arms of One (Infinite).

The seven laws of the order of the universe from the 1962 French edition of *The Atomic Era and the Philosophy of the Far East* as translated by Michael and Maria Chen.

Ohsawa's Seven Conditions of Health

- 1. No Fatigue:** "Fatigue is the real foundation of all diseases. You can cure it without any medicine if you understand and practice the macrobiotic way to longevity and rejuvenation."
- 2. Good Appetite:** "A good appetite for food and sex is health itself." Eating "...the simplest food with joy, pleasure, and deep gratitude to God the Creator indicates a good appetite."
- 3. Deep and Good Sleep:** "If you cannot fall asleep within three or four minutes after putting your head on the pillow, under any circumstance, at any time, your mind is not free from some fear."
- 4. Good Memory:** Memory is the single most important factor in our lives, the foundation of our personality, the compass of our being. Without a strong memory...we are nothing but machines."
- 5. Good Humor:** "A man of good health is free from anger, fear, or suffering and is cheerful and pleasant under all circumstances. The more difficulties and enemies he has, the more happy, brave, and enthusiastic he becomes."
- 6. Clarity in Thinking and Doing:** "Promptness is the expression of freedom. Those who are prompt, quick, precise, and ready to answer any challenge or necessity are healthy..." and have "...the ability to establish order everywhere."
- 7. The Mood of Justice:** "The mood of justice is revealed by your tendency to live in accordance with the natural Order of the Universe, by your inclination to recognize yin and yang in every phenomenon..."

Quotations from *Essential Ohsawa* by George Ohsawa; www.ohsawamacrobotics.com.

Ohsawa's Seven Stages of Sickness

- 1. Fatigue:** "caused by a disorderly life (undisciplined, mean, ungrateful) or a chaotic family or parents." "The root of the disease tree is a disordered, weak, and ungrateful life..."
- 2. Pain and suffering:** "caused by low judgment (capricious, sensorial, sentimental, conceptual, exclusive) and psychosomatic illness." The trunk of disease tree represents low judging ability.
- 3. Chronic symptoms:** "caused by an excess of yin or yang in food (through love or hate of certain foods), leading to headache, painful chest, diarrhea, vomiting, ulcer, trachoma, leukemia (all skin and blood diseases)."
- 4. Sympatheticotonic or vagotonic disorders:** "The sickness has ascended to the autonomic nervous system." These disorders and chronic symptoms are the branches of the disease.
- 5. Organ disorders:** "Functional and structural change in the organs themselves." These are the flowers of the disease.
- 6. Psychological or emotional problems:** "schizophrenia, neurasthenia, hysteria, cardiac dilation, etc."
- 7. Spiritual disease:** "This afflicts those of such good physical constitution that they bypass the first six stages. They suffer unconsciously from their arrogance and intolerance, and despite the appearance of success are without faith, hope, joy, or love, and their lives always end tragically." "The fruits of the disease are stages 6 and 7."

Adapted from *Essential Ohsawa* by George Ohsawa; www.ohsawamacrobotics.com.

Macrobiotic Yin-Yang Classifications of Food Categories

more yang

sea salt
soy sauce
miso
eggs
red meat
poultry
salted cheese
fish
whole grains
refined grains

less yang

more yin

sweeteners
beverages
dairy
oil
fruit
nuts
seeds
beans
sea vegetables
vegetables

less yin

Yin and Yang Qualities of Food

Composition

more yang

rich in sodium
more dry (less watery)
high in complex carbs

more yin

rich in potassium
more watery (less dry)
high in fat

Color and taste

more yang

red, brown, orange, yellow
darker shades of color
bitter, salty

more yin

white, green, blue, violet
lighter shades of color
sweet, sour, spicy

Growth

more yang

more downward or inward
force
vertical below ground
horizontal above ground
slower growth

more yin

more upward or outward
force
vertical above ground
horizontal below ground
faster growth

Season and climate in the Northern Hemisphere

more yang

grown more in winter
grown in colder climates
(grows bigger or more
abundantly in the North)

more yin

grown more in summer
grown in warmer climates
(grows bigger or more
abundantly in the South)

Manner of production or processing

more yang

organically grown

needs longer cooking time
whole food

more yin

grown with chemical
fertilizers

needs shorter cooking time
refined food

Size, weight, and hardness

more yang

smaller, shorter
heavier, harder

more yin

bigger, taller
lighter, softer

All macrobiotic food charts are useful as general guidelines. Ideally, individuals would create their own charts.

Macrobiotic Yin-Yang Classifications of Opposites

more yang

contractive
inward
fire
hot
heaviness
inner
active
drier
summer
day
brighter
descending
time

more yin

expansive
outward
water
cold
lightness
outer
passive
wetter
winter
night
darker
ascending
space

Yin and Yang of the Body

Physical condition

more yang

strong pulse
red face, pink face
drier (less watery)
smaller, shorter
heavier, harder, stronger

more yin

weak pulse
yellow face, pale face
(less dry) wetter
bigger, taller
lighter, softer, weaker

Emotional condition

more yang

laughing, over joyous
anger, complaining
overconfidence, arrogance
stubborn, screaming

more yin

sadness, crying
worry, whining
inferiority, doubt or fear
complacency, silence

Psychological condition

more yang

extrovert, aggressive
optimist, positive thinker
focused
talker

more yin

passive, introvert
negative thinker, pessimist
spaciness
listener

Mental condition

more yang

specific thinker
dealing with the past
materialistic

more yin

universal thinker
dealing with the future
spiritual

Activity

more yang

physical, social
jogging, dancing
disco, rock and roll music
talking

more yin

mental, emotional
meditative, sleeping
blues, religious music
writing

Yin and yang have meaning only when used to describe and compare things. We need both yin and yang to enjoy a happy and healthy life. Excerpted and adapted from *Pocket Guide to Macrobiotics* by Carl Ferré; www.ohsawamacrobiotics.com.

Seven Natural Principles of Ohsawa

Natural origin—“Since man is a natural product of a natural environment, he must live as close to nature as possible; to be healthy and happy he must eat natural foods...those that are traditionally eaten, locally grown, and seasonal in that particular location.”

Adaptability—“Civilized man has lost his dynamic adaptability, his key to infinite freedom. He has unknowingly replaced it with the finite and conditional liberty that is also known as sensory satisfaction.”

Natural medicine—“All disease, unhappiness, crime, and punishment result from behavior that violates the Order of the Universe. The cure is, therefore, infinitely simple. Merely stop violating that order and allow Nature to do her miraculous work.”

Principal food—“Only whole grains are meant to be used as principal foods...they form the foundation of a macrobiotic way of eating because they are a combination of both seed and fruit, are abundant on the Earth, and are a most economical, ecological, and nutritious food.”

Natural therapy—“My therapy is very simple: Natural food, no medicine, no surgery, no inactivity... avoid animal protein as much as possible, and completely avoid refined sugar.”

Natural immunity—“Immunity is a characteristic of health...and what is health? It is the normal condition of all living beings. And what is life?...It is the materialization of the invisible infinite...and the lengthy return trip through dematerialization toward eternal spiritualization.”

Shin do fu ji—“The world of life is governed by the law of God: Shin do fu ji, meaning the body and the land are not two (separated or divided).”

Quotations excerpted and adapted from George Ohsawa's *Essential Ohsawa* by Carl Ferré; www.ohsawamacrobotics.com.

Seven Life Principles of Ohsawa

Activity—“Simply stated, transmutation occurs when one element is changed into another...In the process of biochemical transmutation, the most essential ingredient is activity, the by-products of which are oxygen and heat.”

Biological transmutations—“The process of transmutation goes on whenever there is life, no matter what sort of diet we follow. By understanding how it works, we can truly be the creators of ourselves and our existence.”

Vivere parvo—“Live by the principle of vivere parvo, which means: be detached from all that is not absolutely and immediately necessary.”

Quantity kills quantity—“Eat and drink only the absolute minimum, remembering that quantity changes quality—and that individual needs are different.”

Individual responsibility—“The drive to cure only symptoms or to have control of one's health without accepting responsibility is comparable to the notion on the part of an individual that he can step in front of a moving train and not be struck down.”

Mea culpa—“Many a man wishes to be cured by others or by some mechanical device, all the while bypassing his own involvement and personal responsibility, the cause of his disease: mea culpa... my fault. There can be no cure unless we recognize our own faults, our own ignorance, and above all, the Order of the Universe—the key to our health, freedom, and justice.”

Happiness—“Everyone is born happy. If an individual does not continue to be happy, it is his own fault; through ignorance, he has violated the Order of the Universe through improper eating and drinking.”

Quotations excerpted and adapted from George Ohsawa's *Essential Ohsawa* by Carl Ferré; www.ohsawamacrobotics.com.

Seven Conceptual Principles of Ohsawa

Adaptability—"I cannot over-emphasize the point that macrobiotic living is not rigid adherence to a set of rules. The maintenance of a healthy balance in our daily lives demands from each individual an adaptability and an awareness of the constantly changing influences of many factors."

Nature—"Man in his search for pleasure and comfort finds only weakness and disease. To forsake artificial civilization and return to nature is to find the macrobiotic way of life."

No enemy—"Since we are heirs to the entire infinite universe (life, which includes life and death), we need never kill—not even in 'self-defense.' There truly is no enemy anywhere in the infinite universe."

Primitive mentality—"The fundamental philosophy of the non-civilized primitive peoples is very simple: Accept everything gratefully and without the slightest protest...without such understanding, no human being can attain awareness of the true self (oneness)."

No exclusivity—"Exclusivity is both the most difficult disease in the world to cure and the origin of all unhappiness. One must become the sort of person who cannot possibly dislike any other human being."

Gratitude—"Accept everything with unlimited joy and gratitude, even if it be extremely humiliating, painful, or the cause of great inconvenience... Maintain yourself in such a condition that from morning until evening the words flowing out of your mouth reflect infinite gratitude."

Oneness—"The meaning of oneness [is] to experience the fact that the soul is one, that all things in this world are indivisible despite the fact that human beings are apparently separate...Here is the meaning of unity...the unification of the entire world."

Quotations excerpted and adapted from George Ohsawa's *Essential Ohsawa* by Carl Ferré.

Seven Spiritual Principles of Ohsawa

Humility—"Everything changes in business, politics, science, marriage, in all of life—there is always a new winner...The man of humility, he who has no fear of being last, therefore, knows a contentment that is the essence of happiness."

Thankfulness—"You will be freed from debt if you distribute infinite joyfulness and thankfulness to everyone you meet throughout your life...The Earth gives back ten thousand grains in return for each grain she has received. 'One grain, ten thousand grains' is the biological law of this world."

Freedom—"The one who is able to love all he meets, who can establish justice where he finds himself, and is always loved by the ones he knows, is really a free man, he is happy and honest."

Wisdom—"By nature, we possess a cloudless wisdom, given that we are born of that infinite, absolute world, which is of God. We are all children of God and citizens of an infinite, absolute world. Forgetting this truth is the cloud that causes us to be sick."

Peace—"Only those who see that the two sides of all phenomena, visible and invisible, are front and back or beginning and end of one reality can embrace any antagonistic situation, see its complementarity, and help others to do the same, thereby establishing peace and harmony."

Justice—"Absolute justice is the impartial law that applies to all that exists. It is the Order of the Universe, which creates, animates, and transmutes everything...Absolute justice is absolutely impartial, and he who knows this is also impartial."

Love—"To love is to give and not to take in return. The give-and-take system is a mere egoism, for to give and give more is to become a creator...to give, give, give is to deposit in the unlimited bank, the Bank of Infinity."

Quotations excerpted and adapted from George Ohsawa's *Essential Ohsawa* by Carl Ferré.