

# Judgment, Balance, and Change

## from *Online Macrobiotic Dictionary*, Part 2

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**W**ork on the upcoming Online Macrobiotic Dictionary continues in this issue with the seven levels of judgment, balance and change, and other entries on macrobiotic principles not covered in the Spring 2018 issue. As always, we look forward to your comments and suggestions.

**Balance:** A theoretical state of equal amounts of yin and yang energies. This state is not possible because nothing is ever neutral—there is always yin or yang in excess. Still, being as close to centered as possible is viewed as desirable. Adjectives often used with balance include: dynamic, delicate, healthy, good, and normal human.

**Cause-and-Effect (Karma):** Acknowledgment that actions are at least partially determined by prior actions. The aim is to discover and alter the underlying cause to yield a better result (effect) in the future. See also Change.

**Centrifugal:** Moving or directed outward from the center (opposed to centripetal). “Centrifugal yin pro-



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duces: cold (slackening of the components' movement); dilation; expansion; lightness (thus, the tendency to go upward); enlargement; tall, thin, vertical forms.” (*Essential Ohsawa* 107)

**Centrifugal-Centripetal:** Another way to describe yin-yang. The interplay between the centrifugal and centripetal forces generates energy.

**Centripetal:** Directed toward the center (opposed to centrifugal). “Centripetal yang produces the following phenomena: heat (for example, the activity of molecules); constriction; density; heaviness (thus, the tendency to go downward); flattened, low, horizontal forms.” (*Essential Ohsawa* 107-108)

**Change:** Something that occurs differently in the future than if no action is taken in the present. There are four types of change: stepped, linear, spiralic, and cyclic. “In the stepped pattern there are no changes for a time, and then there is a sudden change. In the linear pattern, some changes happen every day in a certain proportion; a graph will be closer to a straight line or curve, but not the zigzag line of a stepped change... Another path for change is the spiralic way of change. There are two aspects of spiralic change. One is centrifugal and the other is centripetal... The last pattern of change is a cyclic one. These changes are manifested in natural rhythmic cycles. Our daily activity, hunger, bowel movement, sugar metabolism, etc., are changing by daily or hourly cycles. Then there are

the monthly cycles, like menstruation or ovulation.” (*Kaleidoscope* 246-247) See also Everything Changes.

**Complementary Antagonism:** The reality that all apparent antagonisms complete each other and thus are not separate. It is the definitive characteristic of the relative world of incessant change as the antagonisms compete with each other. See also Order of the Universe.

**Consciousness:** The state of being aware of one’s own existence, senses, thoughts, surroundings, and so on. Individual consciousness is a manifestation of universal consciousness. Like all things in the universe, consciousness develops in an orderly way. All beings are part of the same infinite and thus are connected in this way. One’s consciousness creates one’s reality, which depends on one’s thinking, which in turn depends on the foods one eats, the books one reads, the conversations one has, the qualities one is born with, and so on.

**Consciousness, Perfect:** Buddhist concept that the human soul inhabits the infinite world of Oneness before duality while at the same time the human body inhabits the visible world of apparent opposites. “Understanding, God, instinct, intuition, large self, Daiva, or Nirvana are nothing but a partial expression of Perfect Consciousness.” (*Unique Principle* 41) See also Order of the Universe.

**Continuation:** This principle added by Herman Aihara seems to contradict the principle that everything changes. Things that one begins often end before one would like. Continuing something promised or planned for a longer period of time reflects the highest consciousness that does

not change. See also Truth.

**Contractive:** The tendency to contract as in becoming smaller or shrinking; used in macrobiotics to describe the yang side of the yin-yang pair.

**Creation:** The origin and manner of the bringing into existence of all things. “One, the Infinite, beginning without beginning, produces two poles—yin and yang—eternal antagonists that are strongly attracted to one another because they are antagonistic. Wherever they meet, a desperate struggle ensues and, from this encounter, a third antagonist is born. It is in this manner that all phenomena (visible and invisible) are created. All consequent creations are necessarily more and more complicated and differentiated.” (*Cancer and the Philosophy of the Far East* 34)

**Dualism:** The view that two substances (matter and spirit for example) are completely separate from each other. This idea is exclusive, egocentric analytical, and destructive. Dualism opposes monism—that all apparent opposites are antagonistic and complementary, and thus inclusive, generous, supportive, and accepting.

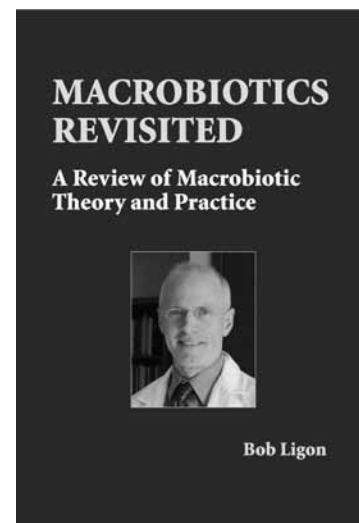
**Earth’s Force:** Strength or power that comes upward and outward from the earth (opposite of heaven’s force). In macrobiotic understanding, this is a yin, expanding energy.

**Education, Macrobiotic:** Education that is aimed at reaching highest judgment through understanding the Order of the Universe—both material and spiritual discovery. The goal is for each individual to learn to think for himself or herself, including learning from one’s mistakes. It seeks

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to avoid creating imitators and conformists who repeat memorized facts.

**Essence, Macrobiotic:** There are two sides to macrobiotic essence. The yin side is spirit—you can't see, touch, feel, or eat it. The yang side is substance/matter—you can see, touch, and feel it. Both are important and essential but the unification of the two (see also Oneness) is most important. The essence of the essence is change. See also Change.

**Everything Changes:** A shortened version of the sixth theorem of the Unifying Principle and used in some writings for the fifth law of the seven laws of the Order of the Universe. "In this world, all is subject to change; everything changes. Only the Order of the Universe remains unchanged. It's only natural that the finite world obeys this order of the Universe because the former arises from the latter. This order is extremely simple; yet, it explains everything in the phenomenal world that can be understood in terms of yin and yang." (*Order of the Universe* 42)

**Expansive:** The tendency to expand as in becoming larger or increasing; used in macrobiotics to describe the yin side of the yin-yang pair.

**God:** Refers to God as universal creator and not to a personal God of any religion. See also Order of the Universe, especially the Infinite World.

**Gravity:** Rather than a force of attraction, Ohsawa viewed gravity as a manifestation of the infinite expansion that pushes everything on the earth's surface towards its center. "What we think of as gravity is actually centripetal force pushing into the center of the solar system, result-

ing from the tremendous centrifugal force of an expanding universe propelled by Infinity. In the same way, the constituents of atoms are 'pushed together' by this awesome force, leading to the building blocks of all creation, both inorganic and organic." (*Order of the Universe* 95-96)

**Heaven's Force:** Strength or power that comes downward and inward from the heavens (opposite of earth's force). In macrobiotic understanding, this is a yang, contracting energy.

**Instinct-Intuition:** Another name for Oneness or perfect consciousness. Instinct is a natural spontaneity or quality that leads to adaptability. Intuition is innate supreme judgment leading to an automatic inner knowing or feeling.

**Judgment, Stages of:** Seven definable stages or aspects of judgment (judging ability): physical, sensorial, sentimental, intellectual, social, ideological, and Supreme. Often referred to as "levels" with the higher ones (four through seven) being more valued than the lower ones (one through three). In reality all judging abilities are equally important for personal development.

1. Physical: Decisions based on instinctive unconditioned reflexes and guided by hunger and thirst. This stage of judgment comes a few hours after birth and is also called instinctual, mechanical, or blind.

2. Sensorial: Decisions based on what is pleasant or unpleasant, comfortable or uncomfortable. This judgment begins when one perceives differences such as cold and warmth. Eventually one can distinguish what is agreeable or disagreeable.

3. Sentimental (Emotional): Decisions based on what is desirable

and undesirable. This judgment first develops some months after birth as one learns what is helpful versus what frightens.

4. Intellectual: Decisions based on conceptual, scientific thinking leading to knowledge, abstraction, and synthesis of concepts. In this stage one develops an ability to distinguish what is good or evil, useful or useless.

5. Social: Decisions motivated by the desire for companionship with others and by the desire for approval from others. This stage includes two types of judgment: moral and economic.

6. Ideological: Decisions based on a dialectical principle, religious thinking, or on the basis of justice and injustice. This judging ability is often used by an originator of ideas or other deep thinker. One's choices in eating and drinking are based on following dietetic or religious principles.

7. Supreme: Decisions based on the Order of the Universe, realizing the connection between all persons and things and thus embracing all phenomena, situations, and people in order to establish unification with Oneness.

**Justice, Social:** The quality of being just by following the rules of society based on human-made laws. "If you have confidence only in man-made contrivances such as laws, power, knowledge, science, money, drugs, and medicines, you have faith only in relativity, not in Infinity. Since all relative judgment is transitory and of little value, you should learn the structure of Infinity: the eternal creator." (*Essential Ohsawa* 199) See also Justice, Absolute.

**Ki:** Life force or energy that perme-

ates the universe, including one's body. This energy can be enhanced by following the Order of the Universe.

**Life:** The power of adaptation to the environment through internal changes. "Life is a passage by which living beings are liberated from the finite world to enter into the Infinite World." (*Essential Ohsawa* 142)

**Limitations, Physical:** A concept presented by Herman Aihara: "Macrobiotics amounts to finding the limitations and trying to live within them. And when we are living within our physical limitations, then our spirituality is free. Macrobiotics seeks freedom in spirit. For that we have to first understand the physical limitations. If we act in an unlimited way physically, then our spirituality is limited." (*Kaleidoscope* 306)

**Logic, Aristotelian:** The foundation of Western scientific thinking "... based on the law of identity (A is A), the law of contradiction (A is not non-A), and the law of the excluded middle (X cannot be A and non-A at the same time).... This logic is negated by the Order of the Universe.... Without deep thinking, the statement 'A is A' is valid. But from the careful observation of the world and our experiences, it is obvious that there is no A in existence identical to another A. In other words, 'A is A' is imaginary thinking, not realistic, because A is always changing. A is no more A at the next second. Such thinking is paradoxical thinking well expressed by the teachings of Lao Tsu, Buddha, and other Oriental wise men. George Ohsawa called this paradoxical thinking 'supreme judgment.' In his seven stages of judgment, it can be seen as the last, or the first." (*Kaleidoscope*

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206) See also Instinct-Intuition.

**Longevity:** A long or great duration of individual life and used in the subtitle of *Zen Macrobiotics: The Art of Longevity and Rejuvenation*. In macrobiotic thinking, the quality of one's life is emphasized over life extension.

**Macrobiotics:** 1. A way of life that guides one's choices in nutrition, activity, and lifestyle. 2. A system of wholistic principles and practices to benefit the body, mind, and planet. 3. An art of prolonging and perfecting life. 4. A philosophy of orderly change that seeks to unify all apparent opposites. – macrobiotic, adj., such as macrobiotic philosophy or macrobiotic thinking. Origin: from Ancient Greek: Macro (large or long)

and Bios (life or way of living).

**Magic Spectacles (new Aladdin's lamp):** Ohsawa's charming name for the unifying principle of yin-yang providing a method for making daily decisions and for realizing one's connection with Oneness (Infinity).

**Monism:** The theory that there is only one entity or principle that is the basis of reality. This Oneness produces all things through the interactions of connected yet opposing forces or tendencies. See also Nonduality.

**Nature:** The visible world of which the human body is a small part and to which it owes its existence. See also Order of the Universe.

**Nature, Essential:** Life before po-

larization which then manifests itself through yin-yang activities. “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...Forgetting this truth is the cloud that causes us to be sick.” (*Essential Ohsawa* 139)

**Oeness:** Another name for the Infinite World or Infinity. See Order of the Universe.

**Order of Nature:** Life that follows the Order of the Universe in that everything changes from yin dominance to yang dominance or from yang dominance to yin dominance always and forever. See also Natural Order.

**Prayer and Fasting:** Ohsawa’s shortcut to Oeness (the Infinite), borrowed from Christian Bible teachings; namely, contemplation on the Order of the Universe and eating and drinking only what is necessary, avoiding excesses.

**Quality:** Any substance or thing that is of high grade, superior, or excellent. Often used in macrobotics to denote organic foods that are free from chemicals and additives.

**Quantity:** Ohsawa teaches that quantity destroys quality. Eating too much quantity, even though it is of the finest quality, can be detrimental to one’s health. “Eat and drink only the absolute minimum, remembering that quantity changes quality—and that individual needs are different.” (*Essential Ohsawa* 54)

**Scale of Observation:** The idea that one’s views are based on the quality and scope of one’s instruments of observation. Many scientific “truths”

have been changed as instruments have improved (the splitting of the atom for example). The macrobotic approach is to view life from the largest perspective possible; that is, including beyond the scope of scientific instruments.

**Self, Small, versus Big or Universal:** The understanding that the small self (the ego or conscious mind that is temporal and short-lived) is only a receiver of commitments made by the universal (eternal) Self. “How clear you are in your understanding of the fact that you are but a part of the larger Self is the measure of your success or defeat. If your understanding is very clear you can overcome any difficulty. All difficulties, whether cancer or just an uncontrollable urge to eat ice cream, are rooted in one’s identifying with the small self and not the (big) Self.” (*Kaleidoscope* 212-213)

**Seventh Heaven:** Another name borrowed by Ohsawa for the Infinite, Infinity, or Oeness. See Order of the Universe.

**Shin Do Fu Ji:** Japanese term meaning that the body and the land are not two (separated or divided). What we do to the environment directly affects us. Ignoring this fact leads to sickness and degeneration due to the lack of adaptation to one’s surroundings.

**Sunnyata:** Buddhist term for Taikyoku, Ether-Universe, True Universe, or Tao. See Order of the Universe.

**Taikyoku:** Ancient Japanese term referring to the Chinese philosophical concept of Wuji that Ohsawa translated philosophically as “essential nature” or the “ether-universe before polarization” and thus the Infinite

World or Infinity. In other words, it is “that which precedes the creation of life and produces and comprises the entire universe (all things visible and invisible).” (*Unique Principle* 20)

**Taijitu:** A traditional Chinese symbol or diagram representing that there is yin within yang and yang within yin. Thus, yin and yang are both antagonistic and complementary to each other.

**Tao (Dō in Japanese pronunciation):** A term from Chinese philosophy that literally means “the path” or “the way.” It is the underlying principle of all things visible and invisible. See also the Order of the Universe.

**Universal Broadcasting:** Herman Aihara’s idea that the infinite universe is like a television company broadcasting all thoughts, memory, and imagination—the ones we pick up depend on the quality of our individual set (body and mind). The more clear and calm we become, the greater and more advanced our thinking becomes because we pick up higher quality thoughts.

**Universal Laws:** Another name for the Seven Laws of the Order of the Universe.

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