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The Official View of Macrobiotics

by Michael Rossoff

Over ten years of lecturing and counseling people on macrobiotics, I have been frequently asked questions which are based, consciously or not, on the presumption that macrobiotic teaching has specific, even absolute, answers to everything. The questioner presumes that there is an "official" macrobiotic view or rule for every question. These can range from the mundane (When is it best to go to sleep?) to the profound (What is the correct role of man and woman in marriage?). Usually the person asking just wants the 'correct' answer. Yet, even if there is a factual answer, this is not the point. The real matter is how we can discover the answer for ourselves.

There is no "official" view for a macrobiotic life. Rather macrobiotic philosophy offers a simple, clear and balanced way to make your own best decisions. This tool is called the Unique Principle. Underlying the meaning of it stands the spirit of non-credo, do not believe (see MacroMUSE, Number 4, *Non-Credo & the Unique Principle*). With this attitude of non-credo, you can become free from endless dualities such as right/wrong, good/bad, purity/sin. The Unique Principle is the most concise expression of the orderly movement of nature, to which we are intimately connected. Fathoming and then applying this understanding in your life requires your active participation on every level--body, mind and spirit. The outcome is a transformation from using macrobiotics solely for better personal health, to wanting to embrace entirely new vistas of awareness, wholeness, freedom and responsibility. This is why George Ohawa nicknamed the Unique Principle, the Magic Spectacles.

Our entire culture engrains us with dogma. The right way to do things; the acceptable stages of growth; the approved methods of health care; the winner is the greatest; the status of money and fame; and so on. We automatically see all approaches to life only as more dogma. So when we began macrobiotics, it was easy to view it as yet another dogma: these foods are "good," while others are "bad." We wanted that expression. Even when it is not communicated that way, we still translated those terms in a twisted fashion. Likewise, when asking about social order, spiritual development, etc., the same mental mechanism asserts a distorted interpretation. Gradually, by a willingness to listen with an open mind, to experience with an open heart, and to sense with a free spirit, we begin to recognize that there is a new meaning to macrobiotics. Now we are at the threshold of great change. Our delusions and dogmas vanish, our consciousness sparkles with insights and wonder. This is the gateway to a renewal of life.

There may be teachers of macrobiotics who are dogmatic in their expression, and therefore dualistic in their own lives. They are attached to their limited egos, which insulate them from discovering their greater human potentials. Eventually they will change, or you will someday become their teacher.

Macrobiotics is the greatest step toward a sane, even enlightened, health. Yet this reward challenges each of us, everyday, to pursue our highest potentials using the desire and will of our entire being.

Below are the Principles and Theorems of the Unique Principle. Read them closely. Think of at least 10 examples confirming each one. Can you disprove any? Is there any aspect of life, from the microscopic to the macroscopic, which cannot be understood by these? Do these help you recognize the connectedness of all things, animate or inanimate?

For those readers who are more familiar with the Unique Principle, please write about how it has affected your life, your views, awareness, etc. Or perhaps you would like to write about an experience or personal study that was enhanced when you understood it by the Unique Principle. In future issues of the MacroMUSE there will be a special series of articles on the diverse and far-reaching meaning and applications of the Unique Principle.

SEVEN PRINCIPLES OF THE ORDER OF THE UNIVERSE

1. Everything is a differentiation of one Infinity.
2. Everything changes.
3. All antagonisms are complementary.
4. There is nothing identical.
5. What has a front has a back.
6. The bigger the front, the bigger the back.
7. What has a beginning has an end.

TWELVE THEOREMS OF THE UNIFYING PRINCIPLE

1. One Infinity manifests itself into complementary and antagonistic tendencies, yin and yang, in its endless change.
2. Yin and yang are manifested continuously from the eternal movement of one infinite universe.
3. Yin represents centrifugality. Yang represents centripetality. Yin and yang together produce energy and all phenomena.
4. Yin attracts yang. Yang attracts yin.
5. Yin repels yin. Yang repels yang.
6. Yin and yang combined in varying proportions produce different phenomena. The attraction and repulsion among phenomena is proportional to the difference of the yin and yang forces.
7. All phenomena are ephemeral, constantly changing their constitution of yin and yang forces; yin changes into yang, yang changes into yin.
8. Nothing is solely yin or solely yang. Everything is composed of both tendencies in varying degrees.
9. There is nothing neuter. Either yin or yang is in excess in every occurrence.
10. Large yin attracts small yin. Large yang attracts small yang.
11. Extreme yin produces yang, and extreme yang produces yin.
12. All physical forms and objects are yang at the center and yin at the surface.

With this attitude of non-credo, you can become free from endless dualities such as right/wrong, good/bad, purity/sin.

By a willingness to listen with an open mind, to experience with an open heart, and to sense with a free spirit, we begin to recognize that there is a new meaning to macrobiotics.

Our delusions and dogmas vanish, our consciousness sparkles with insights and wonder.

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