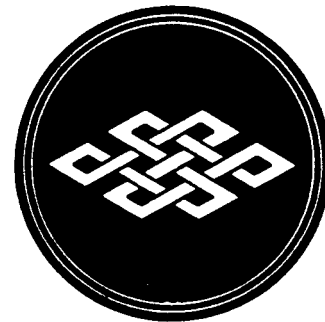


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The Most Important Concept George Ohsawa Taught

by Herman Aihara

To most people, George Ohsawa is the founder of the macrobiotic diet which is based on whole grains. Twenty years have passed since he first lectured on macrobiotics in this country. His diet has been condemned as the most dangerous diet, "public enemy number one," by some medical doctors. Under such condemnation the macrobiotic diet has been supported all these years by many followers until, finally, scientific nutritional thinking gradually changed. Recent trends in nutrition or diets for health (the U.S. Dietary Goals, the Pritikin Diet) are very similar to the macrobiotic approach. In my opinion, as science develops, the macrobiotic diet will prove its superiority as a human health diet.

This is one of Ohsawa's great contributions to the world. However, he made many more important contributions. That is to say, his explanation and concept of the mind memory, thinking, and the mechanism of thinking is far more important than diet. In my opinion, his concept of these is much clearer than that of Buddha, Christ, Confucius, and even Lao Tzu.

However, I couldn't find his writings on this concept except in Japanese. I checked *Zen Macrobiotics*, *The Uniques Principle*, *The Book of Judgement*, and *The Atomic Age* in vain to find these explanations in part. Yet, he discussed and explained these things in his lectures all the time. In fact, he rarely spoke of diet. One of my friends, an American lawyer, expressed one day after attending several of his lectures, "This (concept) is extraordinary."

Therefore, one who did not attend his lectures will have missed one of the most important concepts one can have. I feel it is my very duty to give out this concept to Americans and others who did not attend his lectures.

What is the most important concept George Ohsawa taught?

In the *Book of Judgement* he wrote, "Man is a radio, receiver, and the infinite is the transmitter. This receiver works with millions and billions of vacuum microtubes. It is here that individual differences originate. The quality of these tubes depends upon their material and also upon the quality

of the technique of their manufacture. The material of the food, and the technique is the selection and preparation of food and the manner in which it is consumed. . . That is why one can think of and understand the infinite and all that lies in it. That is why we can have infinitely numerous memories. That is why we can understand each other; our infinite brain is unique, yet common to the whole of humanity. That is why one can learn any language. That is why one perceives things that do not live within our sight but thousands of miles away, whether we are asleep or awake. And one can see what will happen, in the future if his thinking is infinite, omnipresent, omnipotent, and omniscient. . . Herein lies the possibility of miracles. Memory, or heart, or the head that thinks and judges does not dwell in this little box called head; on the contrary, we are in the infinite which is called Head."

Also in *The Book of Judgement* Ohsawa wrote on the origin of man: vegetal, element, pre-atomic, energy, yin yang polarity, and finally oneness. "We now come to the

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conclusion that yin and yang are the left and right hands of the infinite-creator, destroyer, and reproducer of everything that exists." He called this yin and yang alternating concept of the world "the order of the universe," and symbolized it by a logarithmic spiral. However, he didn't explain here where spirit or mind fit in this spiral. He explained it, in another book, first published in 1940, his *The Order of the Universe*, never translated into English. A rough translation of part of it follows:

"Let us clarify spirit. First of all, spirit has no weight, size, time, life-length, and cannot be sensed by our sensory organs. It never ages. My spirit has always been the same, since childhood. Spirit has no physical power. Spirit cannot lift even one pound of stone. I am 49 years old now; my knowledge has increased but my spirit is the same as when I was 17 or 18.

"Then where is this spirit? Some believe it is in the brain, some believe it is in the heart. However, nobody has found the spirit by autopsy."

"In order to locate the spirit, there is one key—that is to say, thinking. Thinking is a function of spirit. Even though we don't know how our body is made, it is clear to us that we are able to think. What happens to this thinking ability when we are sleeping?

Does it disappear? No. We have thinking ability even when we are sleeping. However, it appears in a different form. We call it a 'dream'."

"There are two kinds of dreams. One is unreasonable, unrealistic—the so-called 'dreamy' dream. Another is the true dream, by which one can see what is happening a thousand miles away, or see scenery one will encounter later. I often experienced such dreams after starting the macrobiotic diet, and have confirmed thousands of people who also experienced such true dreams.

"In any case, dreaming and thinking are mysterious things. I had a dream when I was a child of being a novelist. When my mother died, I dreamed of finding a way to prevent mothers from dying and leaving her small children behind. I had a dream to go to France and learn French. All my dreams have been miraculously realized. I don't know whether my life is a dream or the dream is my life."

"Dreams have several distinct characteristics. First of all, a dream has no limit. We can dream anything, anytime, anywhere. Secondly, there is no physical pain or suffering. The world of dreaming is infinite. These characteristics are the same as those of the spiritual world. Therefore 'dream' and 'spirit' are the same. When we are dreaming we are in an infinite and free world; by the same token, we are free and eternal when we are in the spiritual world."

"The world of spirit is infinite and free, with no worry and with equality to all. This world could be called infinity, God, the universe, or the absolute world. This infinite world produced the finite, relative, yin and yang world. This creation happened not only billions of years ago but is happening now. In fact, this spirit or God is the creator of our world, our civilizations—the materialistic, unfree, and ephemeral world."

"There are many books which taught this, such as the *Maka Hannya Hara Mitta Shin Gyo*, the *Tao Te Ching*, the *I Ching*, the *Upanishads*, the *Bible*, etc. However, scholars have distorted the real meaning and modern people have lost the true meaning of spirit, thinking, and God's relation to the relative world. Due to this distortion this world is full of unhappiness, fighting and disagreement. In order to clarify the understanding of spirit (world of thinking or infinity), I wrote this small booklet and the diagram of the spiral. One who is suffering from unhappiness, please contemplate on my spiralic diagram of the order of the universe. There you will find the way to happiness."

Mr. Aihara is among the longest time macrobiotic teachers in America. We are grateful to him for contributing this article. He will be speaking in D.C. for the first time on May 29, 1982. His lecture will be "The Macrobiotic Review of America's Economic Problems." To register, please contact the Center.