

**Macrobiotics:
An Invitation to
Health and
Happiness**

George Ohsawa

Edited and Appended by Herman Aihara

George Ohsawa Macrobiotic Foundation
Chico, California

Other books by George Ohsawa in English include: *The Art of Peace*; *Cancer and the Philosophy of the Far East*; *Essential Ohsawa*; *Gandhi, the Eternal Youth*; *Jack and Mitie*; *Macrobiotic Guidebook for Living*; *Order of the Universe*; *Philosophy of Oriental Medicine*; *The Unique Principle*; *You Are All Sanpaku*; and *Zen Macrobiotics*. Contact the publisher at the address below for a complete list of available titles.

Cover design by Carl Campbell
Text layout and design by Carl Ferré
Keyboarding by Alice Salinero

First Edition 1971

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George Ohsawa Macrobiotic Foundation
PO Box 3998, Chico, California 95927-3998
530-566-9765; fax 530-566-9768; gomf@earthlink.net

ISBN 978-0-918860-02-6

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Preface

Oriental science and philosophy are practical and useful. The latter is Macrobiotics, which I am going to introduce to you in this book. The former is physiognomy of which I will teach you so that you can grasp what Oriental science is. Oriental science includes medicine based on the observation of phenomena. Deduction of the theory, however, is based on a principle of life or the Order of the Universe: Yin and Yang. By using the Yin-Yang principle, each science or philosophy can relate to practical daily life, and will not lose their way into analytical sectionalism and academic knowledge.

Western science has also tried to start establishing happiness in Man. Due to the lack of the fundamental life principle, however, it has reached confusion in trying to solve many problems—cancer, heart diseases, mental diseases, diabetes, drug use, abortion, birth control, allergy, crime, social disorders, pollution, over-population, poverty, etc.

Whatever problems we want to solve, we should start with ourselves. This is the Oriental approach. A happy society must be built on happy individuals. Everyone's happiness depends on his health. One's health is his physical constitution and condition which are manifested in his face, eyes, nose, ears, hair, etc.

Oriental physiognomy is based on biology, physiology, and embryology. It is useful and amazing. It tells one's fate by his face and bone structure. Macrobiotics teaches the mechanism of such physical formations. Therefore, one can create physical happiness as well as change poor health to good.

Man is a free animal who can change his fate. Macrobiotics is

a teaching of the way of this change. He who doesn't know how to change must remain a slave to money, to a job; a man who lives life monotonously and mechanically, and depend solely on fame and status. If you want to be free from such dependency, you must be healthy first. This book is for people whose aim is health and happiness, by and for himself.

For such people, the Oriental physiognomy is useful. Here is its "short-cut" secret:

I. Ears

One whose ear lobe is large will have a happier life. One whose ear lobe is clear cut from his face will have good luck, longevity, and security in life. One who doesn't have an ear lobe will be unhappy. Happiness is one who has ears which are flat against the side of his face so that they can rarely be seen from the front. Unhappiness is one whose ears are wide like a rabbit.

2. Eyes

A man becomes happier when he has small and thin eyes (like a slit). A woman becomes happier when she has small but round eyes and brightly opened. Extruding eyes are a symptom of a weak heart. Such eyes are a sign of irregular menstruation in women. They foretell a difficult life for either man or woman.

3. Sanpaku Eyes

Observation of the eye is the first step of Oriental physiognomy.

- a.  This eye is the sign of great vitality of the rising sun. He who has this eye doesn't know fear or insecurity. All babies are like this.
- b.  This is a normal eye. He who has this eye can be healthy and happy.

c.  This is the beginning of Sanpaku because white starts to appear between the lower side of the iris and the lower lid. One who has this eye starts to show sluggishness.

d.  Complete Sanpaku. One who has this eye is suspicious, fearful, insecure, quick to misunderstand, and passive. His heart, sexual organs, liver, kidney, and lungs are very sick. He cannot keep promises, wastes time, has a bad memory, is prone to accidents and a miserable death. Lincoln, J.F. Kennedy, Hitler, Lenin, Stalin, Tyrone Power, Marilyn Monroe were all Sanpaku. Most political leaders have such eyes. This is the main cause of the world crises and struggles that exist today. The persons on wanted posters in post offices in the United States have such Sanpaku eyes. Most of the criminals, thieves, suicides, and other persons wanted by the F.B.I. are Sanpaku.

e.  When one dies the black part goes way up. This is the sign of death.

If a taxi driver is Sanpaku, it is better to avoid a ride in his car. Watch your opponent with whom you discuss or negotiate because he is tricky. The final winner is always he who is not Sanpaku.

One who has Sanpaku eyes must cure it as soon as possible. Watch your better half's eyes. If he or she is Sanpaku, you must change it. Otherwise, your marriage will be unhappy.

Man's Sanpaku - Impotence

Woman's Sanpaku - Irregularity in ovaries, irregularity of menstruation, malformation of the womb, dislike of sex, inability to conceive.

I

What is Happiness

It seems to me that man's ultimate desire is happiness. I rarely find a person, however, whose life is really happy. Many live in complaint, discontent, fear, and despair. Even a happy person rarely can continue to be happy more than a year or two, without having a car accident, a divorce, a separation, heart attack, or cancer. If he is happy for about ten years, he must be kept in a museum because such a person has become extinct in our society.

Were we born in this world to suffer and to spend miserable, unhappy lives for seventy or eighty years? How miserable we are, if we spend even a short time of life in fear and insecurity, agony and sadness!

Here I introduce to you a simple and practical diet which will lead you to a joyous, happy, and wonderful life. This diet was a basic principle of major Oriental religions until the intellectuality of Western man discarded such practical teaching and the development of science and technology overshadowed its usefulness.

My aim in writing this small booklet is to introduce you to the way of eating and selection of foods which will eventually lead you to true, eternal happiness.

First of all we need to learn only one thing—nothing else: happiness. Everyone is seeking happiness. What is the definition of happiness?

There are various Occidental definitions of happiness (from the *Syntopicon*). According to Kant, "The principle of private happiness is the direct opposite of the principle of morality." He understood happiness to consist in "the satisfaction of all our desires." Hence,

there is no universal solution to the problem of how to be happy.

According to Locke, “Though all men’s desires tend to happiness, yet they are not moved by the same object. Men may choose different things, and yet all choose right.” The ancient philosophers with whom Locke disagrees insist that a science of ethics depends on a first principle which is self-evident in the same way to all men. Happiness is not that principle if the content of happiness is what each man thinks it to be; for no universally applicable definition of happiness can be given. With their conception of what constitutes happiness, one man may be as right as another. Then the fact that all men agree upon giving the name “happiness” to what they ultimately want amounts to no more than a nominal agreement. Such nominal agreement, in the opinion of Aristotle and Aquinas, does not suffice to establish a science of ethics, with rules for the pursuit of happiness which shall apply universally to all men. The most obvious mark of the happy man according to Aristotle is that he wants nothing, or he has everything. The happy life leaves nothing to be desired. Aquinas defined happiness the same as Aristotle.

According to Plotinus, happiness is one with justice because justice, or virtue in general, is “the health and beauty and well-being of the soul.” This association of happiness with health—the one, a harmony in the soul as the other, a harmony in the body—appears also in Freud’s consideration of human well-being. For Freud, the ideal of health—not merely bodily health, but the health of the whole man—seems to identify happiness with peace of mind. “Anyone who is born with an especially unfavorable instinctual constitution,” he writes, “and whose libido-components do not go through the transformation and modification necessary for successful achievement in later life, will find it hard to obtain happiness.” Freud is right to think that achievement of happiness depends on the physical condition. However, he doesn’t define this happiness.

Mill considered achievement of happiness from the point of economics and politics. Since happiness of man is limited by political states and economical conditions, Mill’s view is that happiness is an illusory goal. Such a conclusion on happiness brings up the theo-

logical consideration of happiness. According to theologians, perfect happiness belongs to the eternal life of the immortal soul which is at rest in the vision of God and unites the infinite good.

According to Occidental definitions, therefore, happiness is very unhappy. They are all too conceptual, philosophical, or stoic. There are so many different answers and in the end, they say that true peace of soul can be found only by rare individuals and that happiness is an illusory goal. It seems to me that no one clearly defines what happiness is. It is obvious why so much tragedy has been produced in the Western world. Do you agree with the conceptions of the West or the “Light from the East”?

There were hundreds of great philosophers in China some thousands of years ago. They collaborated to coin the Chinese definition of happiness:

1. To live in interesting, amusing, joyful longevity without knowing old age.
2. Not to be worried about money.
3. To have calmness, tranquility of mind. Not to get angry or emotionally upset by any accidents, tragedies, or difficulties. Lack of such calmness may cause premature death.
4. To have much gratitude and to love to put everything in order. To be a good organizer and generous giver.
5. Not to be the first, who will later be the last. (It is said in the Bible, “The first will become the last and the last will become the first. But be the last who will be the first in the end and forever.”) To have humility, to be a very modest and moderate person.

What do you think of this Chinese definition of happiness? For me, this is too complicated, too scholarly, too intellectual, too philosophical and metaphysical.

The Indian people coined another definition of happiness that is “Maka Hannya Haramitta Sutra” (or “Maka Prajuna Haramitta Shingyo,” see *The Supreme Judgment Taught by Buddha* published

by the George Ohsawa Macrobiotic Foundation). It consists of only 262 words. It is very difficult to understand this Sutra. This is the essence of Buddha's teaching. According to Buddha, we have eight types of sufferings:

- A. Biological and Physiological sufferings.
 - 1. Pain and suffering from living.
 - 2. Sickness.
 - 3. Suffering and old age.
 - 4. Pain and suffering of death.

- B. Psychological sufferings.
 - 1. Suffering from the separation from one's loved one sooner or later.
 - 2. Suffering from hatred.
 - 3. Desires that attract all temptations in this world. (Man's temptations such as seeking beautiful women, delicious foods, delicious drink, comfortable house and luxurious car, etc. cause anxiety, worry and unsatisfied agony in him.)
 - 4. Suffering from incapacity and frustration of not getting what one wants.

To abolish all these eight sufferings of man, Buddha invented a new teaching called "Buddhism" which teaches us to attain happiness through eight righteous ways. In Buddhism, happiness is defined as "Satori" or "Nirvana."

My own definition of happiness is to do anything one wants and enjoy it day and night up to the end of his life, realizing all his dreams and being loved by all during life and even after death. Such life is happiness itself.

If you agree, I will give you a key to enter such a happy land. It seems impossible to have such a life. Mr. Eastman of Kodak committed suicide. Even Thomas Edison was very sad toward the end of his life. He was desperate. He said after 80 years, "I devoted all my

life inventing 6,000 inventions. All were made to promote happiness for people, but now I see the world is no happier than it was 80 years ago.” Gandhi fought all his life without weapons against the British Empire, and he conquered. He is like a God in India and the world. But even he died desperately. He realized the liberation of all Indians, but India was divided and separated. He wished to be killed as soon as possible. There are many examples like this unhappiness. But I guarantee you your happiness. Its way is Macrobiotics. In America, there are hundreds of people who have completely renewed their life and begun a new one.