

# Comprehensive Definition of Macrobiotics

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**W**e are currently endeavoring to create a comprehensive definition of macrobiotics that experienced practitioners can agree on. It is our hope that this definition is broad enough to encompass all of the practice, and allows everyone to expound on the definition with his/her particular expression, interpretation, and focus. Our goal is for anyone searching the web to find the same definition. This would be a major step towards a broader acceptance and understanding of macrobiotic practice.

## DEFINITION: WHAT IS MACROBIOTICS?

Macrobiotics is a philosophy of life that guides one's choices in diet, activity, and lifestyle. The principles and practices are used to nourish body, mind, and spirit. Literally, macrobiotics translates to Great Life or Life According to the Largest View.

## TENETS, PRINCIPLES, AND SHARED COMMONALITIES

The role macrobiotics is to aid the development of consciousness throughout life. Health is the basis for having the physical and men-



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tal flexibility and vitality to live a great life. Through the application of macrobiotic principles described below, one creates a strong physical, mental, and spiritual vitality and adaptability. This leads to self-discovery and increases the ability to independently guide one's life in a creative, productive, adventurous, and meaningful way.

The dietary aspect of macrobiotics is part of an overall approach to life.

A macrobiotic diet emphasizes the selection, preparation, and combination of meals based around whole grains and fresh vegetables. For the most part, a macrobiotic diet minimizes or avoids meat, dairy foods, and processed foods. The goal is to provide the body with abundant essential nutrients so that it can function efficiently without loading it with toxins or excesses that must be eliminated or stored. And because the body is always adjusting to changes in the environment, activity, and in its own aging process, its needs will always change as well. While each person determines the best foods for him or her, the macrobiotic way of eating is based on the traditional eating pattern of the world's long-standing civilizations that reflect each culture's adaptation to its environment.

Spiritual health is an important aspect of macrobiotic practice because the cultivation, experience, and expression of endless appreciation for all life is a central principle. The expression of spiritual health is to live life to its fullest capacity and longevity. The image of spiritual health is "One Grain, Ten-Thousand Grains" that is based on Nature's model of providing and giving back

endlessly. Furthermore, macrobiotic practice realizes that the daily events and choices of one's life deeply affect people, society, and the planet.

The main universal principles upon which macrobiotic philosophy is based reveal the uniqueness of every person and situation, the way things change, and the connectedness of all things. Here are the three major principles that guide a macrobiotic practice and lifestyle.

**The Spiral of Life (Order of the Universe)** describes how all things manifest from the Infinite and are continually nourished by it. We are one with, a reflection of, and inseparable

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from Nature, the environment, and each other. It follows that the more kind and loving we are to ourselves through our dietary and lifestyle choices, our thoughts and our actions, the more we benefit society and the environment. Conversely, the more we disrespect and pollute the environment, each other, and animals, the more we all suffer as a consequence.

**The Unifying Principle (Unique Principle)** is a set of seven principles and twelve laws of change that guides all life. These principles and laws provide an endless ability to create balance, harmony, and change in all domains of life, such as the ability to change sickness into health, unhappiness to happiness, and so on. The Unifying Principle is the essence, guiding light, and life-blood of macrobiotic practice. The macrobiotic approach maintains that what works for one person will not necessarily work for

another, and our individual needs are changing throughout the course of life. The Unifying Principle gives one the endless ability to grow, adapt, and refine individual practice. Therefore, using macrobiotic principles means to determine the actions and foods best suited to an individual based on one's current condition and purpose. The use of the Unifying Principle distinguishes macrobiotic practitioners from persons following set diets.

**The Seven Aspects of Consciousness (Stages of Judgment)** provide a roadmap for realizing one's connection with the Infinite. These stages provide a method for measuring one's manner of consciousness in daily actions and progress in a never-ending unfolding of development. Dietary and lifestyle practices provide a beginning of this process. Working on one's feelings, thinking, interactions, and spirit are equally important leading to greater clarity to one's union with all people and things. Full realization leads to real freedom and endless joy.

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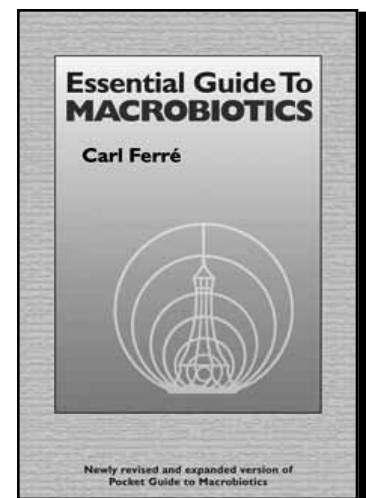
*Denny Waxman is an internationally recognized teacher, counselor, and writer on health, natural healing, and macrobiotics. Through the Strengthening Health Institute and his counseling practice, many thousands of clients have been empowered with the ability to overcome a variety of health issues using a macrobiotic diet and lifestyle. His counseling practice now concentrates primarily on the major issues that dominate our society today. You can contact Denny at dennywaxman@dennywaxman.com or 215-271-1858.*

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*Carl Ferré is author of Essential Guide to Macrobiotics and Acid Alkaline Companion, and editor of Macrobiotics Today. For more, see [www.OhsawaMacrobiotics.com](http://www.OhsawaMacrobiotics.com).*

**This is one of the best introductory books on macrobiotic philosophy and diet uniting the three major expressions of macrobiotic teachings: George Ohsawa, Herman Aihara, and Michio Kushi.**

## GETTING STARTED



**\$14.95 plus \$2.50 shipping  
= \$17.45**

**Essential Guide to Macrobiotics** is filled with useful and practical information. A revised and expanded version of *Pocket Guide to Macrobiotics*.

### A Must Buy!

**George Ohsawa  
Macrobiotic Foundation**



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