



# Macro Discovery Program

Session 1. Harmonizing with Nature

# Macro Discovery Program

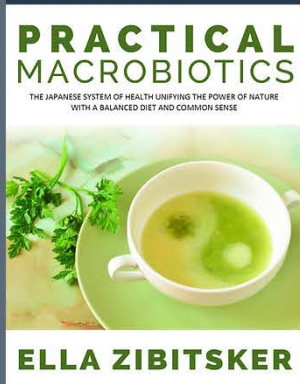
- Session 1. Harmonizing with Nature.....Feb 20
- Session 2. Wisdom of Life Energy.....Feb 27
- Session 3. Getting Started.....Mar 6
- Session 4. Practical Macrobiotics.....Mar 13
- Session 5. Acid and Alkaline.....Mar 20
- Session 6. Immune and Digestive Systems.....Mar 27
- Session 7. 5-Element Theory.....Apr 3
- Session 8. Oriental Diagnoses.....Apr 10



*"Knowledge and achievements make life purposeful.  
Following and sharing your passion makes life  
meaningful."*



Read the Book



Start Macrobiotics



Celebrate Life



Let's Discuss It



# Zen Story: A Cup of Tea

by Tam Das

<https://tomdas.com/2017/09/06/zen-story-a-cup-of-tea/>



Nan-in, a Japanese master during the Meiji era (1868-1912), received a university professor who came to inquire about Zen.

Nan-in served tea. He poured his visitor's cup full, and then kept on pouring.

The professor watched the overflow until he no longer could restrain himself. 'It is overfull. No more will go in!'

'Like this cup,' Nan-in said, 'you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?'

# physical health



**regular  
physical  
activity**



**good  
nutrition**



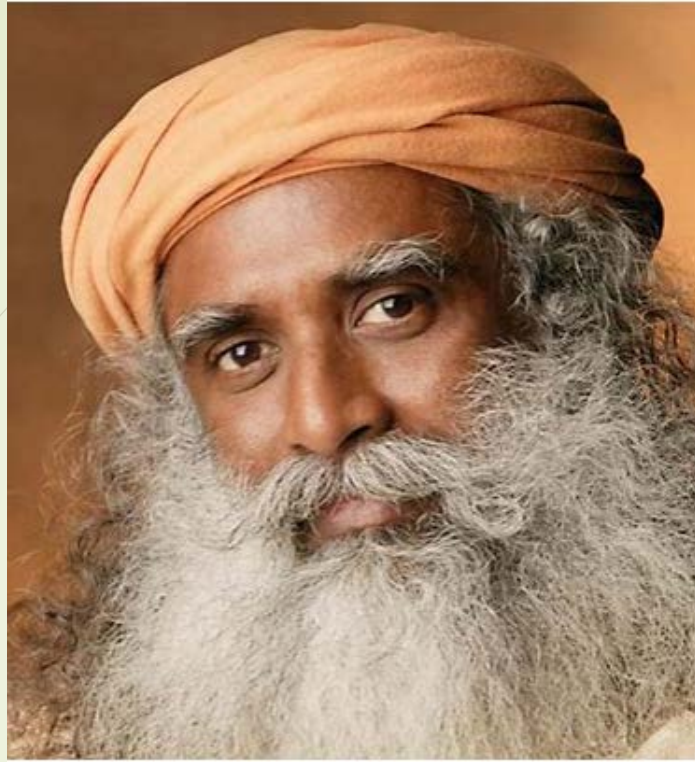
**adequate  
rest**

A healthy lifestyle not only changes your body, it changes your mind, your attitude, and your mood.

# Harmony with Nature

Man, as a part of nature, needs to live in harmony and co-operation with it. This includes lifestyle and eating habits.





**Jaggi Vasudev**

Self-Help Author

Jaggi Vasudev, known publicly as Sadhguru, is an Indian yogi and author. Vasudev earned a bachelor's degree in English from the University of Mysore and has been teaching yoga in southern India since 1982. In 1992, he established Isha Foundation near Coimbatore, which runs an ashram, hosts a yoga centre, and has been involved in various activities in spirituality, education, and the environment.

**In Sync**

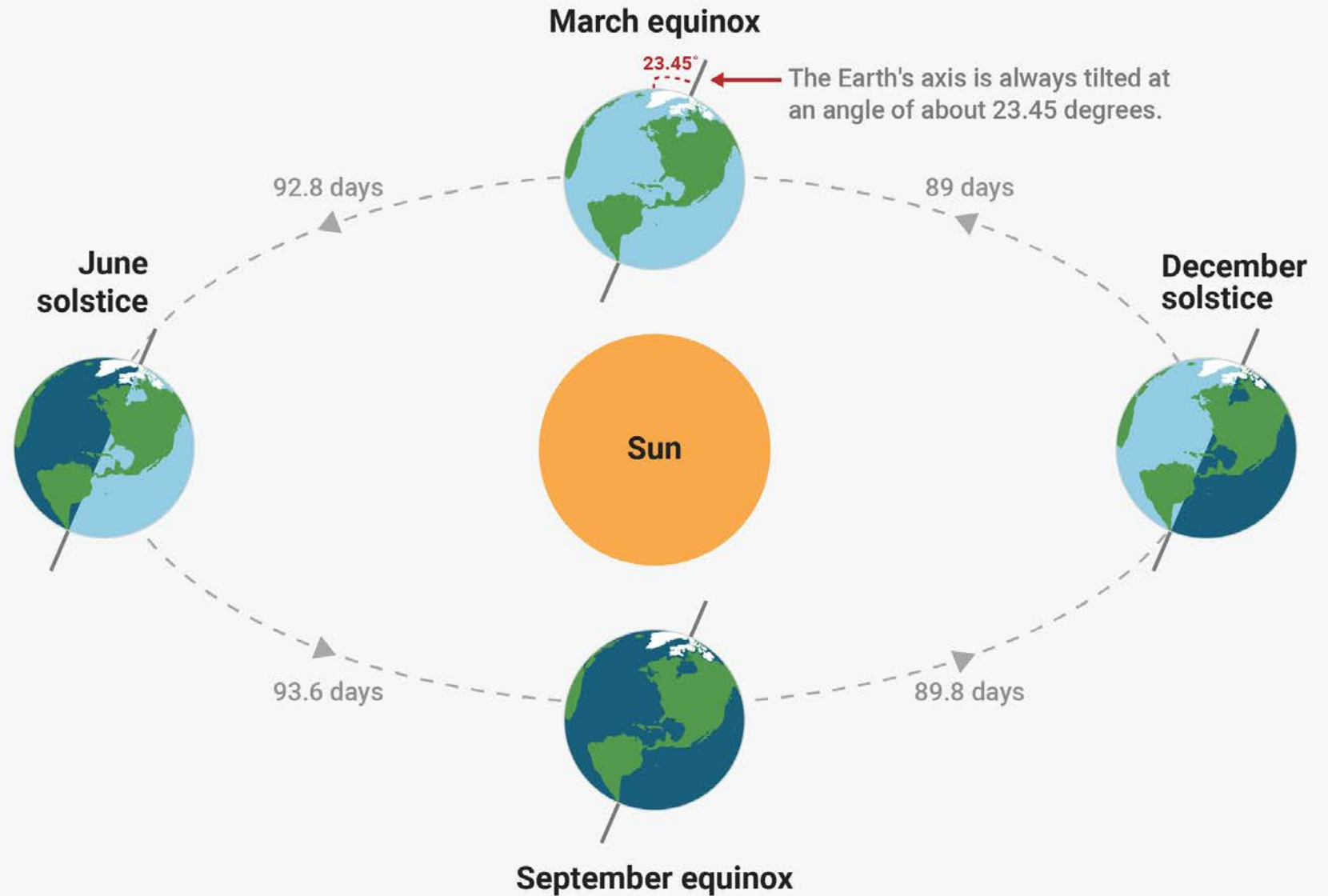
- In yoga, we evolved a whole system of practices as to how to stay in sync with the solar system so that your physical health, your mental balance and your spiritual wellbeing is not even an issue. It is something that naturally gets handled once you fall in sync with the whole system. Today we ignore everything and try to live. You can't be well that way.
- We have strived to produce societies and world with all kinds of conveniences. But we have not invested enough on the inner wellbeing of a human being. We need infrastructure which delivers inner possibilities without fanciful belief systems; an infrastructure where a human being can turn inward and explore himself. I am talking about inner exploration as an experience, not a psychological analysis. If that doesn't happen, becoming ecologically sensitive is going to be just a fashionable or a freaky thing.







# Earth's equinoxes and solstices





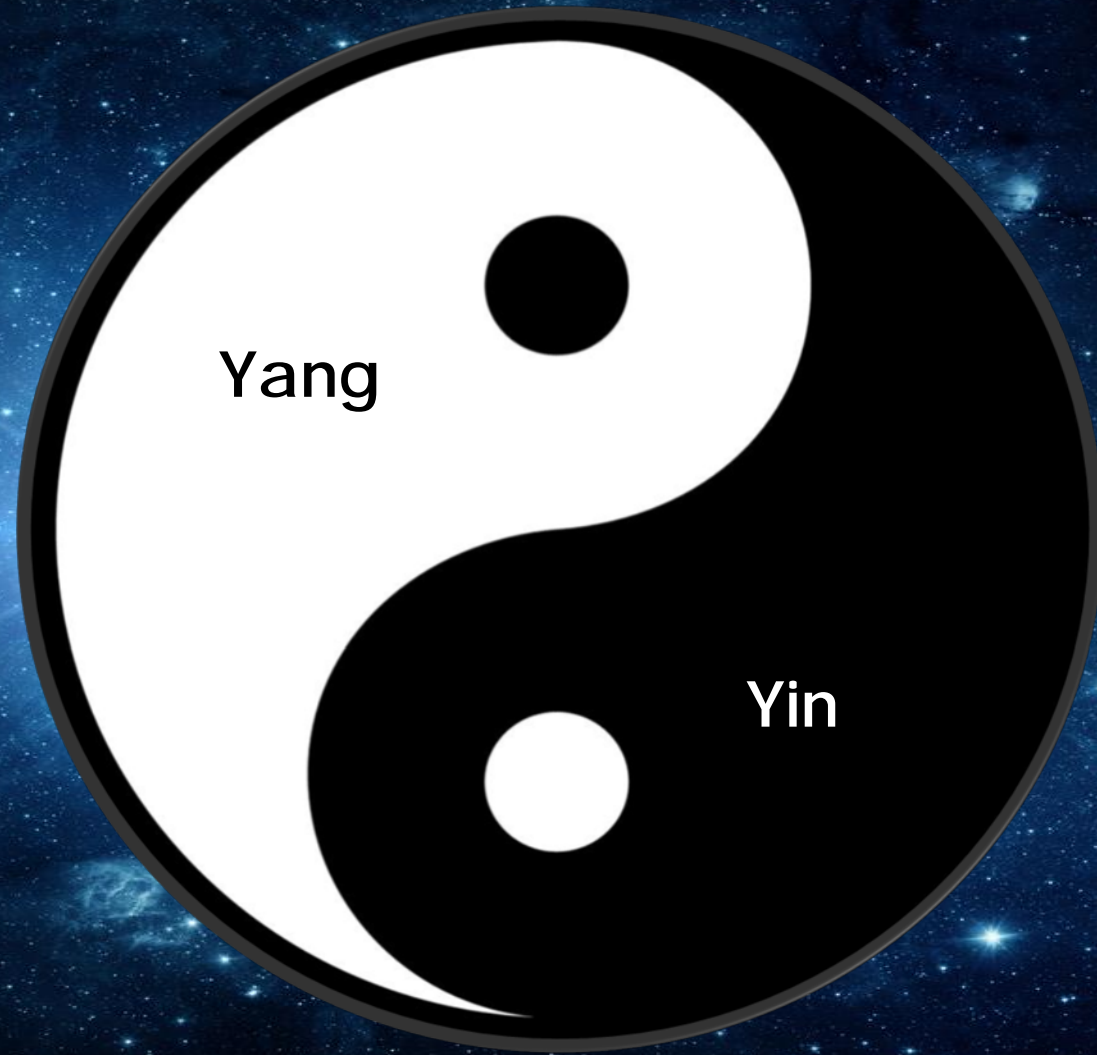
<https://www.youtube.com/watch?v=ezmR9Attpyc>

[https://www.youtube.com/watch?v=6gIMVxFen\\_A](https://www.youtube.com/watch?v=6gIMVxFen_A)



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Yang

Yin



## Natural Laws of Life and Change

*Yin-Yang is the ancient symbol of harmony. It tells us that life is a balance of opposite forces that are in constant flux.*

Yin and Yang was first conceived through patient observation of the forces of nature. The Taoists who developed the system of traditional Chinese medicine saw the universe as a unified field, constantly moving and changing while maintaining its oneness.

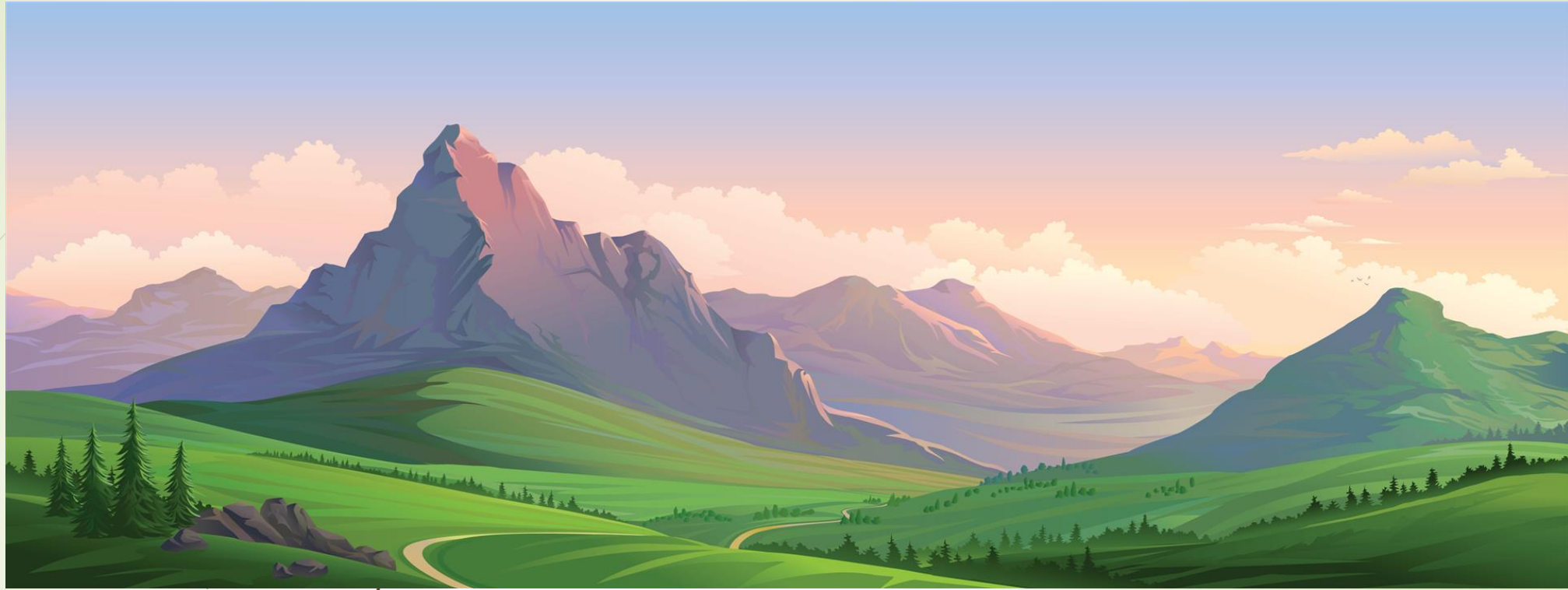
This constant state of change was explained through the theory of yin and yang, which appeared in written form around 700 B.C. in the *I Ching* ("Book of Changes"). According to the theory, nature expresses itself in an endless cycle of polar opposites such as day and night, moisture and dryness, heat and cold, and activity and rest.

Yin phenomena are those that exhibit the nurturing qualities of darkness, rest, moisture, cold, and structure. Its Chinese character depicts the shady side of a hill.

Yang phenomena have qualities of energy such as light, activity, dryness, heat, and function. Its Chinese character represents the sunny side of a hill.

Everything in nature exhibits varying combinations of both yin and yang. For example, the morning fog (yin) is dissipated by the heat of the sun (yang); the forest fire (yang) is extinguished by the rainstorm (yin); the darkness of night (yin) is replaced by the light of day (yang). Any phenomenon within nature can be understood in relation to another; one will always be yin or yang in comparison with the other.

<https://health.howstuffworks.com/wellness/natural-medicine/chinese/yin-and-yang.htm>



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Summer



Late  
Summer



Spring



Winter



Autumn







Noon



Afternoon



Morning



Night



Evening

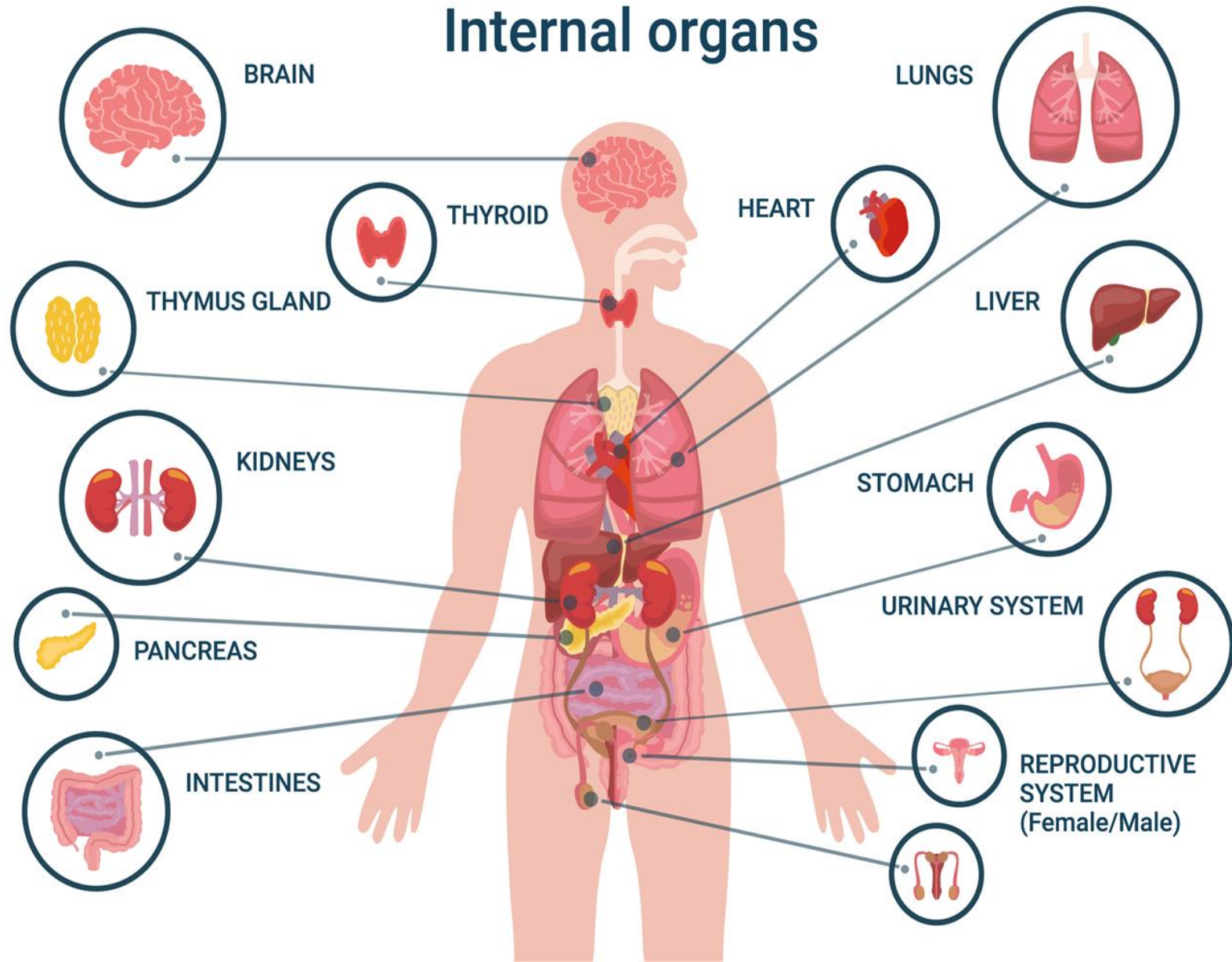




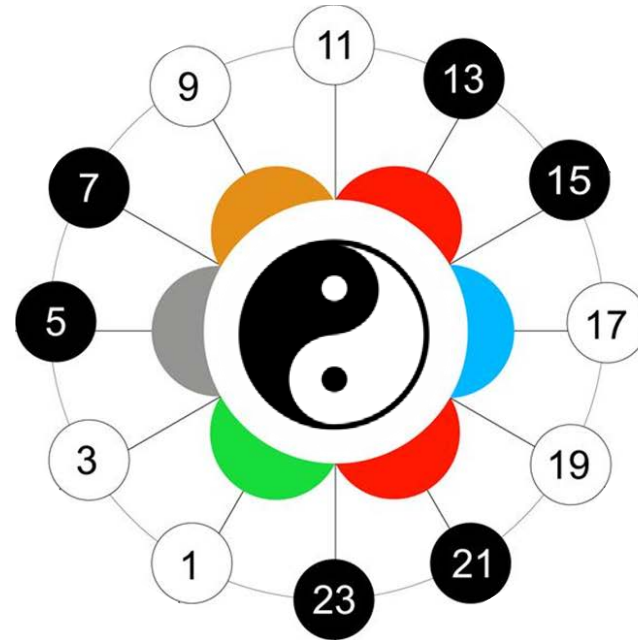


# THE HUMAN BODY

## Internal organs

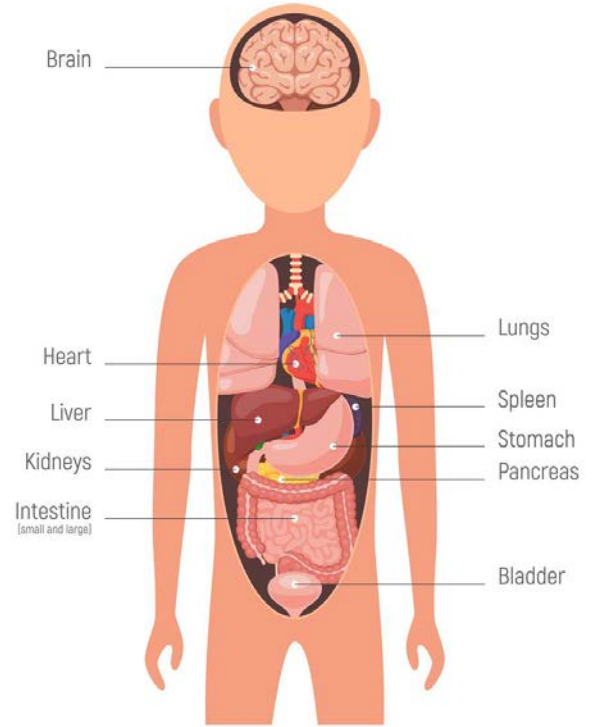
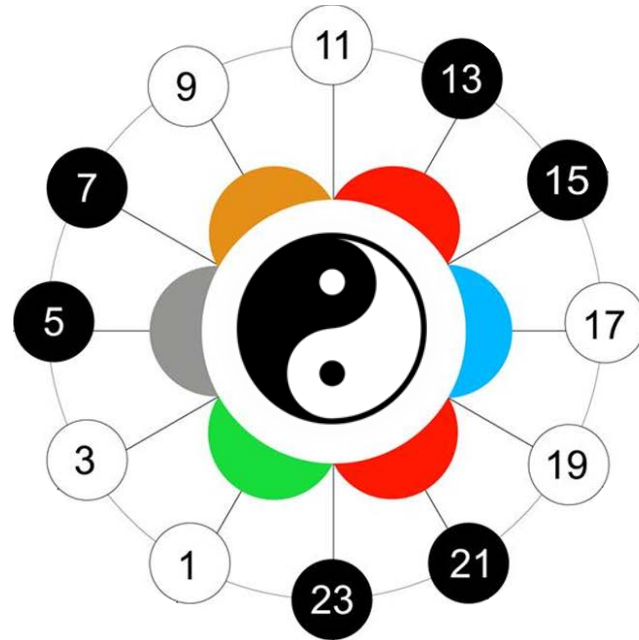


## 24-Hour Circadian Clock



According to Traditional Chinese Medicine (and other ancient healing traditions in Asia) vital energy flows through the twelve organs and completes one cycle every twenty-four hours. The Chinese Organ Clock shows the circadian flow of the vital energy (Qi – pronounced "Chi") through various organ systems in relation to the time of day. Each organ has maximum energy for two hours. The organ has minimum energy (or lowest flow of Qi) 12 hours later.

# 24-Hour Circadian Clock



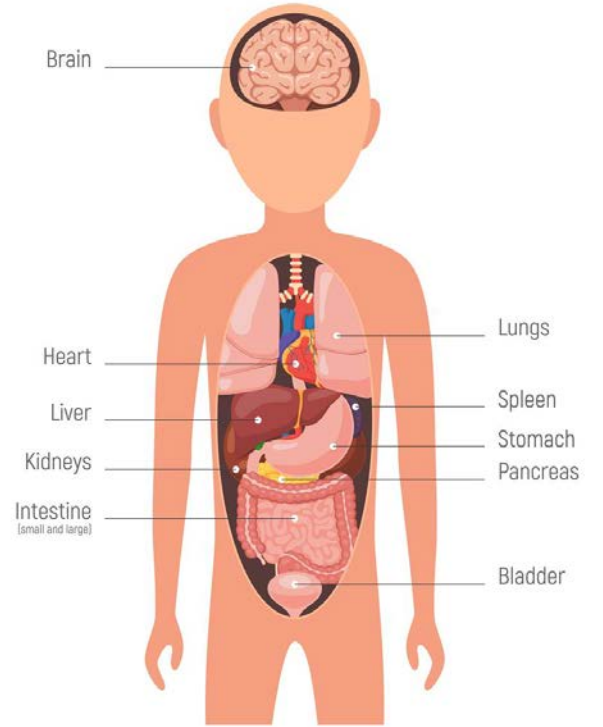
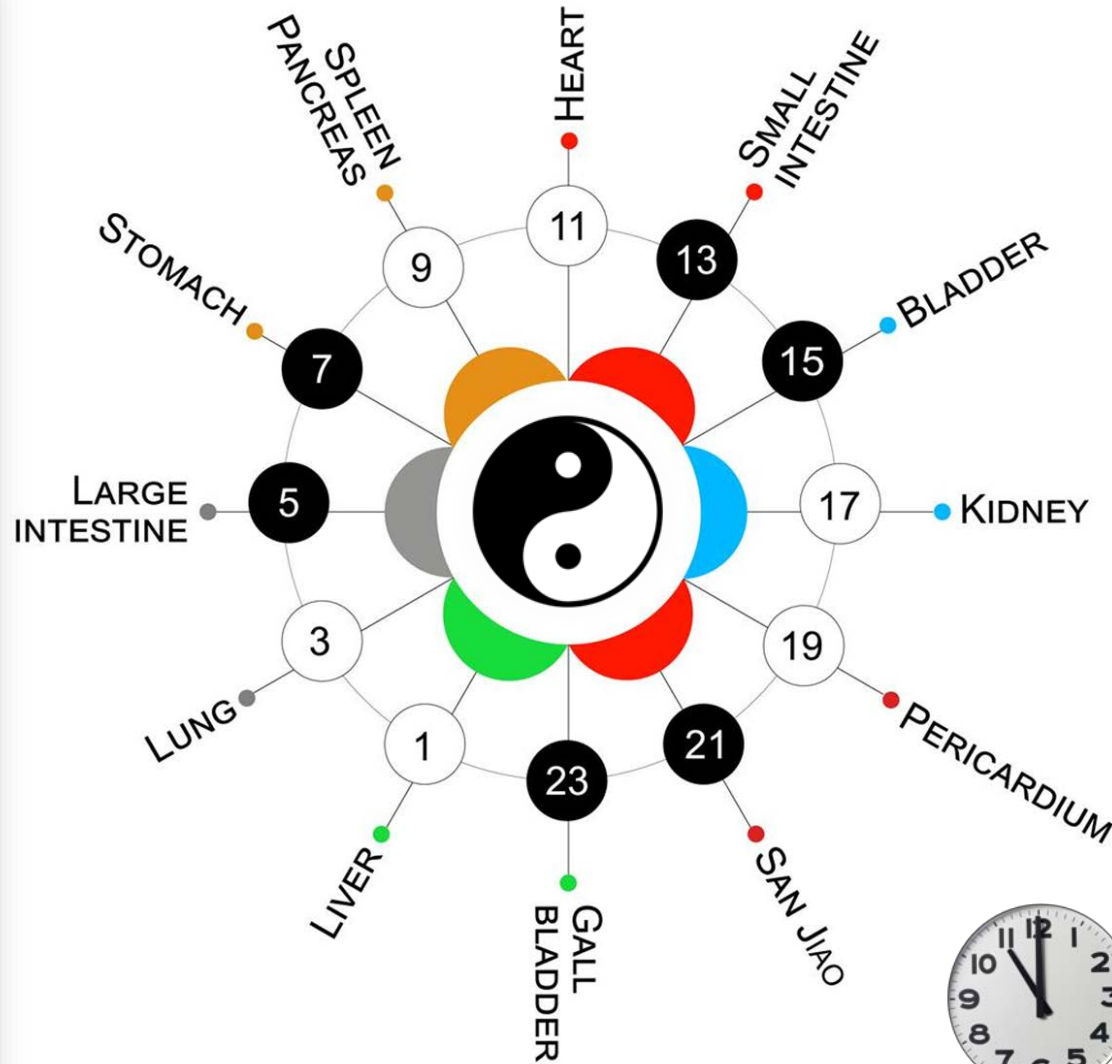
## Organs

Liver/Gallbladder  
Lung/Large Intestine  
Spleen/Stomach  
Heart/Small Intestine  
Kidney/Bladder

## Major Functions

distribute energy  
excretion and inhalation  
storage  
quality of the blood  
purifying

# 24-Hour Circadian Clock



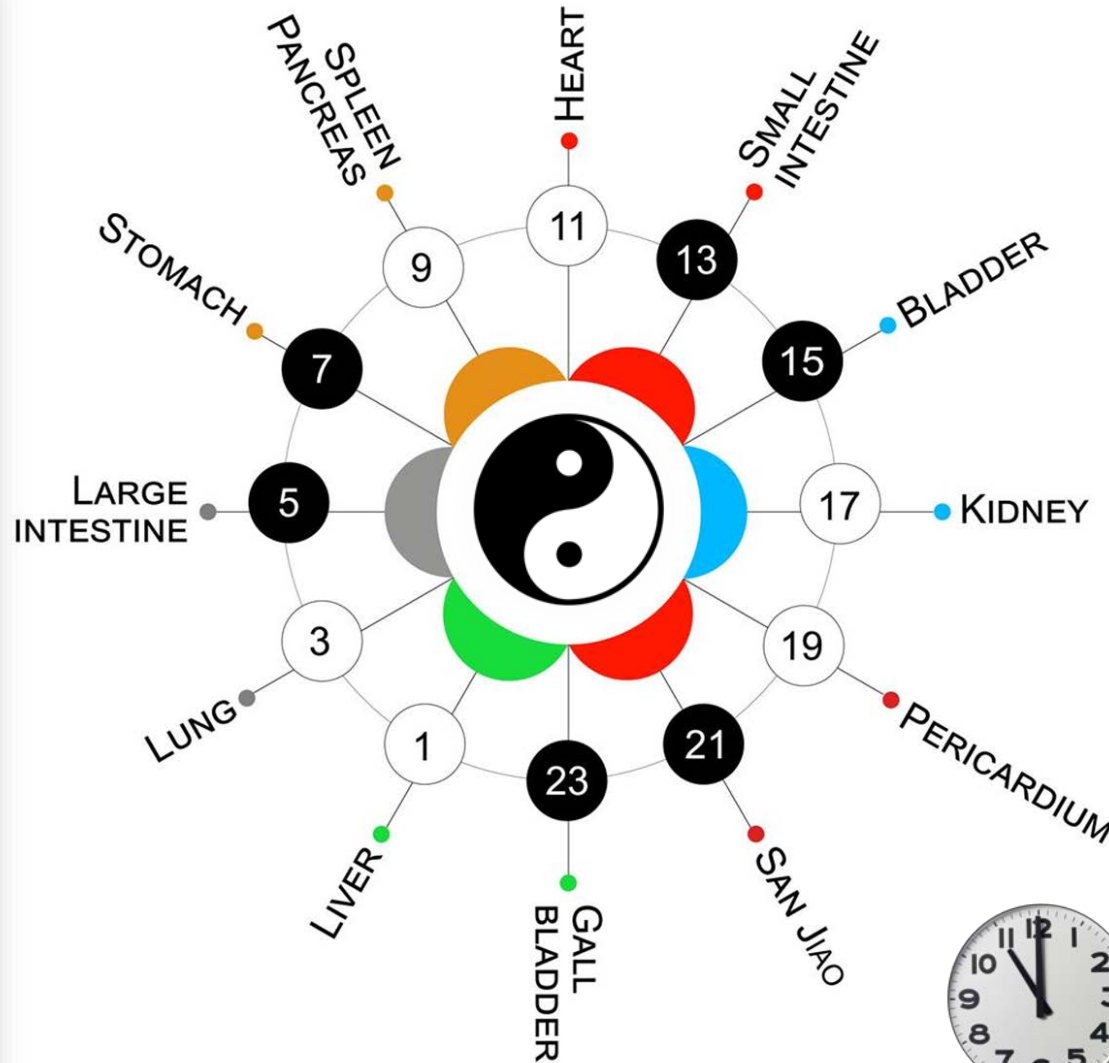
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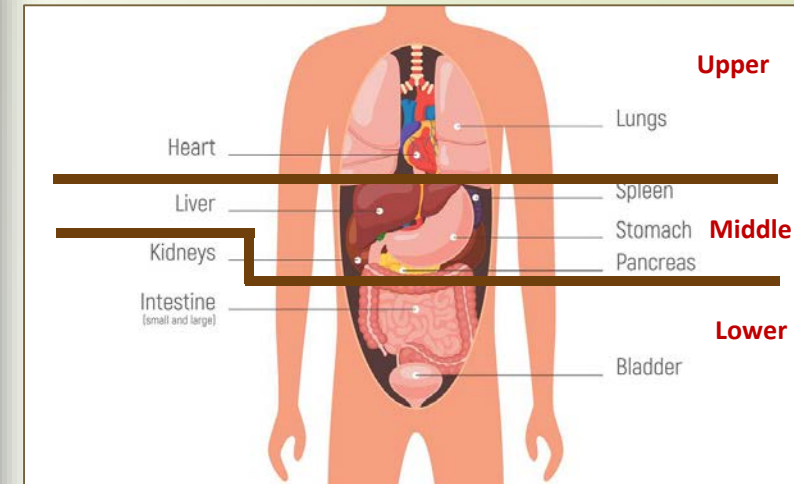
## Major Functions

distribute energy  
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# 24-Hour Circadian Clock



## San Jiao = Triple Heater = Triple Burner

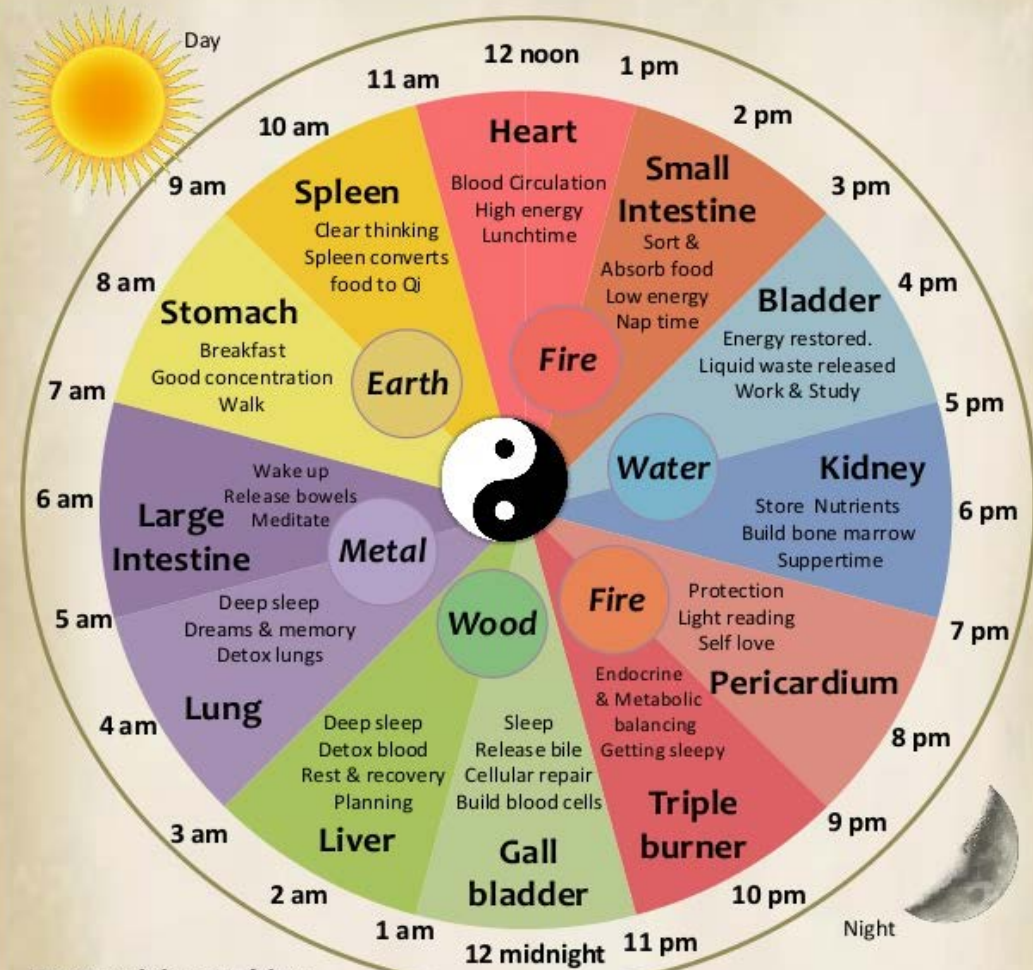


## The TCM Pericardium Functions

- Protector of the TCM Heart: if the pathogen Heat/Fire invade the mind, the Pericardium function is to stop it from entering the TCM heart.
- Protects the Mind.
- Provides blood circulation to the heart.
- In charge of our relationships to others. PC 7 is the best point to use for emotional issues due the breaking of a relationship (healing a broken heart).
- Connects to the Ming Men Fire (Gate of Vitality) and it's ability to help us keep an open mind.



# Chinese Medicine 24-Hour Circadian Clock

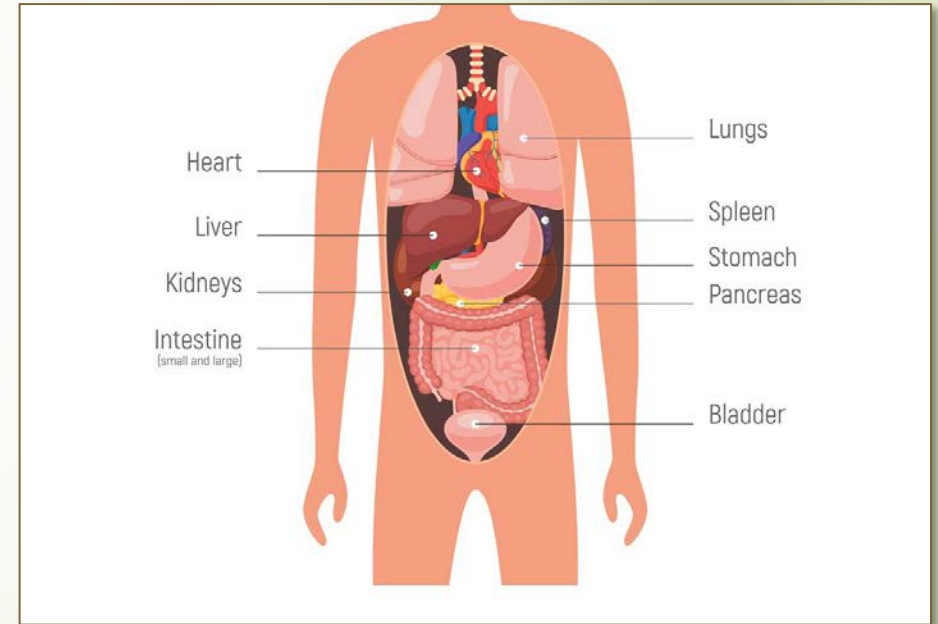


## Harmonizing Habits:

5-7 am – Wake up, Move bowels, Meditate  
 7-9 am – Sex, Breakfast, Walk, Digest  
 9-11 am – Work, Best concentration  
 11-1 pm – Eat main meal of day, Walk  
 1-3 pm – Absorb food, Short nap, Work  
 3-5 pm – Work or Study

5-7 pm – Exercise, Light dinner  
 7-9 pm – Light reading, massage feet  
 9-11 pm – Calm Socializing, Flirting, Sex  
 11-1 am – Go to sleep, Cellular repair  
 1-3 am – Deep sleep, Detox liver & blood  
 3-5 am – Deep sleep, Detox lungs

Pie Chart by Jane Barthelmy



## Organs

Liver/Gallbladder  
 Lung/Large Intestine  
 Spleen/Stomach  
 Heart/Small Intestine  
 Kidney/Bladder

## Major Functions

distribute energy  
 excretion and inhalation  
 storage  
 quality of the blood  
 purifying



# Tea Time





# Natural Law

Based Upon  
Principles & Truth  
(Inherent To Creation)

# Man's law

Based Upon  
Dogmatic Beliefs  
(Constructs Of Mind)

# Natural Law

Based Upon  
Principles & Truth  
(Inherent To Creation)

Harmonized with, due to  
Knowledge & Understanding

# Man's law

Based Upon  
Dogmatic Beliefs  
(Constructs Of Mind)

Complied with, due to  
Fear of Punishment

# Natural Law

Based Upon  
Principles & Truth  
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Harmonized with, due to  
Knowledge & Understanding

Universal; exists and applies  
anywhere in the Universe  
regardless of location

# Man's law

Based Upon  
Dogmatic Beliefs  
(Constructs Of Mind)

Complied with, due to  
Fear of Punishment

Differs with location based  
upon the whim of legislators  
(Moral Relativism)

# Natural Law

Based Upon  
Principles & Truth  
(Inherent To Creation)

Harmonized with, due to  
Knowledge & Understanding

Universal; exists and applies  
anywhere in the Universe  
regardless of location

Eternal and Immutable; exists and  
applies for as long as the Universe  
exists, and cannot be changed

# Man's law

Based Upon  
Dogmatic Beliefs  
(Constructs Of Mind)

Complied with, due to  
Fear of Punishment

Differs with location based  
upon the whim of legislators  
(Moral Relativism)

Changes with time based  
upon the whim of legislators  
(Moral Relativism)

# Seven Natural Principles of Ohsawa

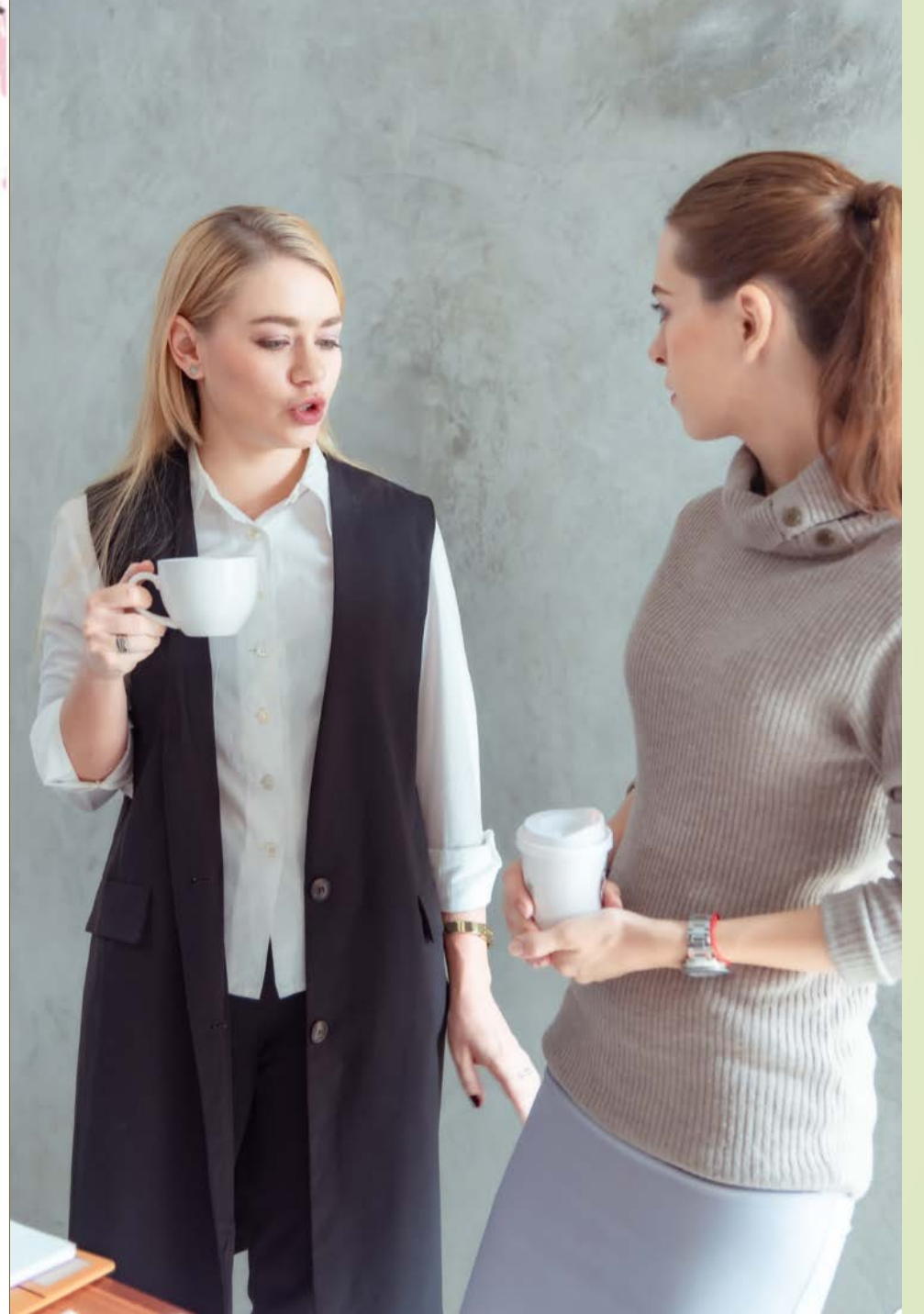
1. Natural origin: “Since man is a natural product of a natural environment, he must live as close to nature as possible; to be healthy and happy he must eat natural foods... those that are traditionally eaten, locally grown, and seasonal in that particular location.”
2. Adaptability: “Civilized man has lost his dynamic adaptability, his key to infinite freedom. He has unknowingly replaced it with the finite and conditional liberty that is also known as sensory satisfaction.”
3. Natural medicine: “All disease, unhappiness, crime, and punishment result from behavior that violates the Order of the Universe. The cure is, therefore, infinitely simple. Merely stop violating that order and allow Nature to do her miraculous work.”
4. Principal food: “Only whole grains are meant to be used as principal foods... they form the foundation of a macrobiotic way of eating because they are a combination of both seed and fruit, are abundant on the Earth, and are a most economical, ecological, and nutritious food.”
5. Natural therapy: “My therapy is very simple: Natural food, no medicine, no surgery, no inactivity... avoid animal protein as much as possible, and completely avoid refined sugar.”
6. Natural immunity: “Immunity is a characteristic of health... and what is health? It is the normal condition of all living beings. And what is life?... It is the materialization of the invisible infinite... and the lengthy return trip through dematerialization toward eternal spiritualization.”
7. Shin do fu ji: “The world of life is governed by the law of God: Shin do fu ji, meaning the body and the land are not two (separated or divided).”

► Quotations excerpted and adapted from George Ohsawa’s Essential Ohsawa by Carl Ferré;  
[www.ohsawamacrobiotics.com](http://www.ohsawamacrobiotics.com).

# A Balanced Life

- ▶ Macrobiotics includes a whole way of living, including physical exercise, the diagnosis and natural healing of unbalanced physical conditions, a good balance in ecology and the environment, art, recreation and spirituality. For instance, one of its most important principles is **appreciation or gratitude**, which brings freedom and happiness.
- ▶ Macrobiotics encourages appreciating absolutely everything, including pain and disease. Why? Because **experiences are our real teachers** and they help us to see our weaknesses, so that we can take corrective action to get back into harmony with nature.
- ▶ Faith is another principle of macrobiotics. It is not a superficial belief or superstition, but a clear understanding on our Oneness in this cosmos and the laws of nature. We understand that when changing to a healthier diet, especially after the first 3 months, our condition may temporarily seem to get worse. This is either due to your body expelling toxins and/or your cells resistance to a new intercellular fluid, or your inaccurate application of macrobiotics. With faith you **will not give up but trust the process**. And if the condition keeps getting worse, it will not make you rigid or stubborn in your misapplication of macrobiotics but guide you to seek proper help.
- ▶ Another principle of macrobiotics is Do-o-Raku. It means to live in the enjoyment/appreciation (Raku) of the Tao (the order of nature or Do-o in Japanese). Do-o-Raku also means hobby, so it is **living life as an enjoyable activity**. According to Herman Aihara in *7 Basic Macrobiotic Principles*, those who live in perpetual ecstatic delight are called Do-o Raku-Mono. “If you are a Do-o Raku-Mono, you are macrobiotic, whatever you eat ...”





# Macrobiotics

- ▶ Macrobiotics is a healthy, holistic way of living a balanced lifestyle. It is a vast subject, and not just a diet. It basically comes down to the fact that the world (the earth and all thereon) is a constantly changing holistic system that is ever striving for balance. It not only covers diet, but balance in body, soul and spirit, which is the main theme of this class. Many people in the West do not truly understand the Macrobiotic diet. Some think it is mainly grains and tofu. Others think it is just rice and vegetables.
- ▶ The actual word macro-biotic originates from the Greek and means "great or large life". It is based on "The Yellow Emperor's Classic of Internal Medicine", the oldest-known book of Chinese medicine. It is attributed to Huang-ti, the legendary Yellow Emperor (born c. 2704 BC), but was probably not written down until about 500 BC. The Yellow Emperor is believed to have ruled China during a golden age and is considered the ancestor of all Chinese people. It was developed and made popular in the West by people like George Ohsawa, Michio Kushi and Herman Aihara.

We all have come from infinity,  
We all live within infinity,  
We all shall return to infinity,  
We are all manifestation of  
    one infinity,  
We are all brothers and sisters of  
    one infinite universe,  
Let us love each other,  
Let us help each other,  
Let us encourage each other,  
Let us all together continue to realize  
The endless dream of  
    one peaceful world,  
We are always one forever.

- Michio Kushi



Michio Kushi

May 17, 1926 - December 28, 2014

# 4 phases of macrobiotics

Start wherever you like and gradually explore each phase to fully experience macrobiotics

➔ **philosophy**, developing ethics and principles around ecology, social justice, freedom, self development, curiosity and a love for life

↓  
**diet**, experiencing health with natural foods, cooking skills, and macrobiotic recipes

↓  
**education**, learning about health through acid/alkaline, chi, yin/yang, 5 elements, and nutrition

➔ **consciousness**, using meditation, awareness, self-reflection, spiritual practices and experience, to feel what is best for us

A hand is shown on the left, pulling a silver door handle to open a dark wood door. The door is swung open to the right, revealing a scenic mountain landscape. In the background, a prominent, snow-capped mountain peak rises against a blue sky with light clouds. Below the mountains, a lush green valley unfolds, featuring a winding river, a small pond, and dense forests. The lighting suggests a bright, sunny day.

## The Four Macrobiotic Principles

1. Live in a tune with nature.
2. Balance the yin and yang in your diet and life and avoid extremes of either.
3. Eat locally and seasonally.
4. Eat the diet right for you, and understand the law of change.

# Seven Natural Principles of Ohsawa

1. **Natural origin:** “Since man is a natural product of a natural environment, he must live as close to nature as possible; to be healthy and happy he must eat natural foods... those that are traditionally eaten, locally grown, and seasonal in that particular location.”
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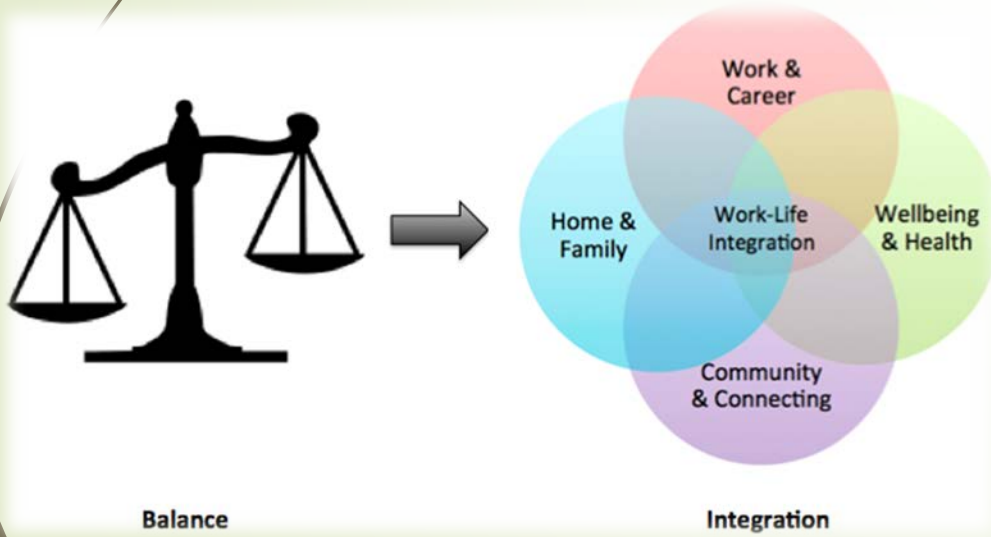
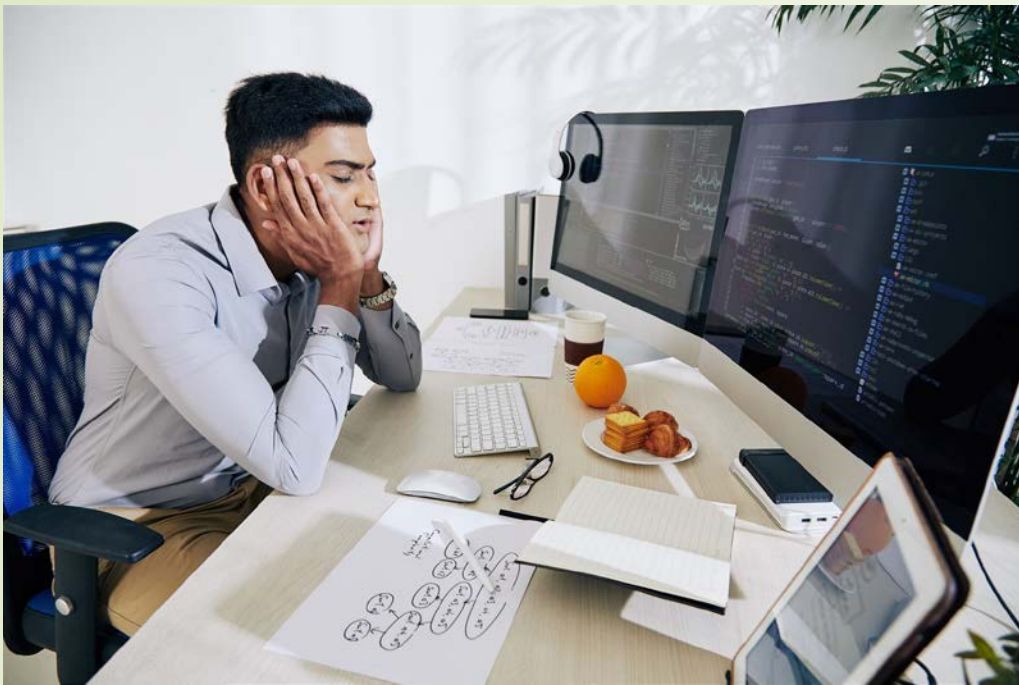
# 1. Live in tune with nature

- ▶ One of the deepest ways in which we connect with nature (or not) is via the foods we eat. The healthiest diet for each of us is the one that provides us with all the nutrients we need to thrive, and the minimum in the way of toxic wastes.
- ▶ At the heart of macrobiotic philosophy is the recognition that nourishing our bodies and minds with natural foods brings individual health and peace and also contributes to planetary health and peace – while consuming the standard processed diet does the very opposite. Processed foods create chaos in the body, and chaos in the body equals chaos in the mind. Living out of harmony with nature is the root of all physical, mental, emotional and spiritual dis-ease – and of many of our social ills, too.
- ▶ “It makes sense that eating foods created by nature helps us harmonize with natural rhythms, while eating foods made in a factory helps us harmonize with video games,” writes Jessica Porter in *The Hip Chick’s Guide to Macrobiotics*. “We can eat in ways that repress our life force, making us passive automatons within our culture. Or we can eat to be free, connected and responding to the natural world that created us. The more we eat natural foods and understand the laws of the universe, the more our spirits play freely within it. True freedom depends upon discovering one’s own inner compass and following it.”
- ▶ We will never find that compass as long as we are strung out on the synthetic foods and substances that make up the standard diet and lifestyle, so the first principle of macrobiotics is staying as close to nature as possible in all things. As far as diet goes, this means favoring unprocessed or minimally processed foods, and opting for organic wherever availability and budget allows.



## 2. Balance the yin and yang in your diet, and life, and avoid extremes of either

- ▶ Here macrobiotics builds on ancient Chinese medicine – a healing tradition dating back thousands of years. **Everything in the universe can be viewed through the lens of yin and yang.** Yin force creates expansion and outward movement, yang force creates contraction and inward movement, and according to this philosophy all things are created and held in balance by these two complementary forces.
- ▶ Yang is male, hard and logical while yin is female, soft and intuitive. But it's more complex than that because everything in the universe is a mixture of both yin and yang – the point is, **one of these always dominates.** The above applies to you and I and also to all the foods we might eat. In very general terms, foods that are denser, heavier and hotter (for example, meat) are considered yang, while foods that are lighter, softer and colder (for example, fruit) are considered yin. Meat and refined salt are classed as “extreme yang” while sugar, alcohol and other drugs are considered “extreme yin”.
- ▶ Crucially, **extreme yang and extreme yin do not balance each other out.** Instead they create a jarring state of imbalance in the body-mind – one that scatters our thoughts and drains our energy. When we eat like this every day, we will not have the “big life” that is our birthright. We can't possibly express our authentic nature when we are continually being pulled off center by these extremes.
- ▶ However, **extreme yang does attract extreme yin, and vice versa,** and the average person is continually swinging between these two extremes in their diet and lifestyle – for example, the stressed city lawyer who eats meat at every meal (extreme yang) and also smokes and has to have a beer after work (both vices being extreme yin). Sadly most children in our culture live in a similar state of imbalance, consuming extreme yang foods (meat, crisps and other salty foods) and extreme yin ones (dairy and white processed foods, including refined sugar) on a daily basis. According to macrobiotic philosophy – and common sense – we, and our children, will achieve a greater level of health and harmony by avoiding these unbalancing foods and substances.





FRESH PRODUCE

LOCALLY GROWN

100% ORGANIC

FARMER'S MARKET

ORGANIC EGG \$3.99 DOZEN

'LEMON' 99¢ EACH

FRESH RADISH \$3.10 LB

BEETROOT \$4.00 LB

FRESH TOMATO 1.00 LB  
RED CABBAGE 50¢ EACH

ORGANIC POTATO \$4.25 LB

100% ORGANIC

### 3. Eat locally and seasonally

- ▶ Our ancestors had no choice but to do this. Our bodies are designed to eat, and expect to eat, foods that grow close to where we live, and it has only been possible to do anything other than this for a very brief period of our evolutionary history.
- ▶ In macrobiotic thinking, the balance of yin and yang needed in our diet depends on the climate we live in. In cold climates, which are more yin, yang foods grow. In warm climates, which are more yang, yin foods grow. Therefore, the best way to adapt to our environment is to consume foods that grow in it – and not to consume imported foods, to favor those grown in areas with similar climates to our own.
- ▶ Tropical fruits are very yin and one attribute of this is that they are cooling in the body, to balance the extreme heat in the environment in which they grow. When someone living in the UK or North America consumes tropical fruits every day they will become weakened and find it much harder to adapt to the colder weather.
- ▶ As well as eating locally it's also important to eat seasonally. So those of us living in colder climates need to consume more cooked foods, especially during the colder months of the year. Those living in warmer climates will achieve greater balance on fewer cooked foods and more raw foods.



## 4. Eat the diet right for you, and understand the law of change

- ▶ Men and women have different dietary needs. So do parents and children, athletes and office workers, and of course those living in tropical regions and those living in temperate ones.
- ▶ Macrobiotic philosophy recognizes that diet is a very individual matter. We should eat according to our sex, stage of life, occupation, lifestyle, location, constitution and also current condition – as well as according to our personal preferences and cultural heritage.
- ▶ However, the diet and lifestyle that is best for us today won't necessarily be best tomorrow. Change is the one constant we can be sure of in life. Each of us is a dynamic system, continually interacting with, and being influenced by everything in our internal and external environments. Since the body is always adjusting to changes in these environments, its needs are constantly changing.
- ▶ So this is not about finding the diet and lifestyle that will work for you forever – a quest that's guaranteed to be futile – but about developing the awareness and intuition to continually adapt what you're doing to suit where you are (on all levels) at any given time, and where you're trying to get to.



## Nature is our greatest source of health and healing.

The ancient Chinese knew this well, actively studying and using the laws of Nature for the benefit of man. They did not seek to conquer, change, or exploit Nature but carefully explored its power, applying it to everyday life and medicinal practices. Building on the work of the ancients before us, we must also use the eternal and healing power of Nature to our advantage. To do so, we need to broaden our understanding of the laws affecting our lives and health.





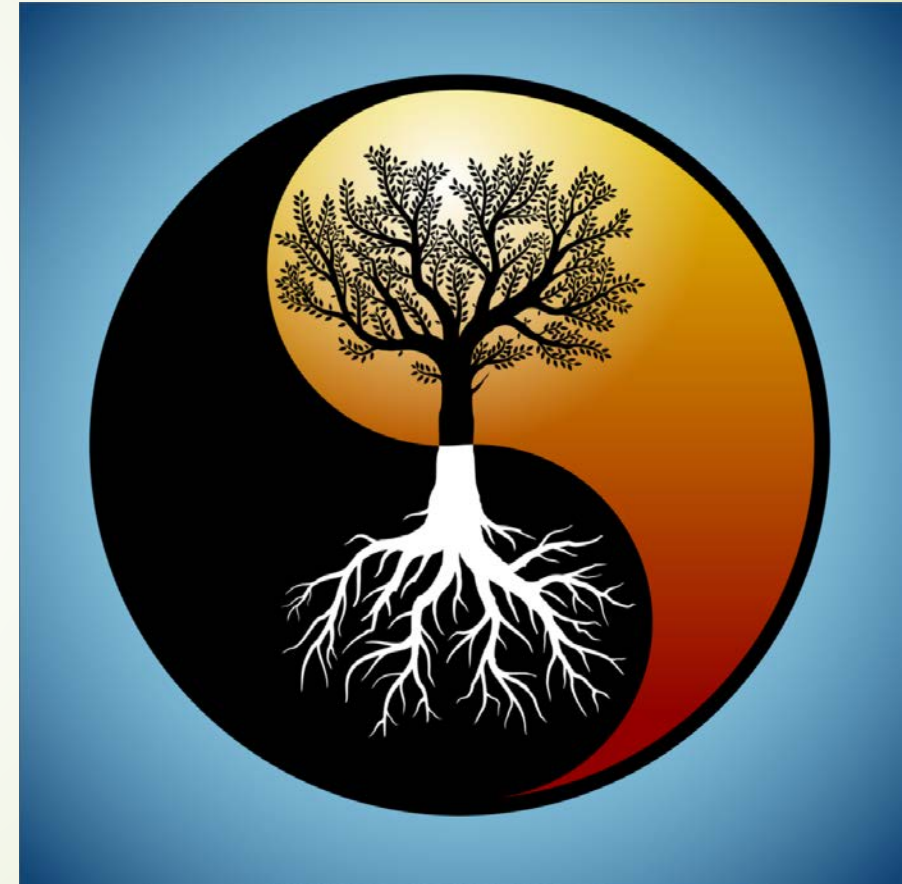
# Nature is our greatest source of health and healing.

Nature always works according to predetermined rhythms, and it's our task to adjust our daily routines to move with them. Here are just a few examples of the laws of Nature and the rhythms that occur within:

- ▶ **The Law of Rhythm.** Exactly as it sounds, everything in the Universe moves in rhythms, in patterns that ebb and flow continuously. See the following examples:
  - Sunrise and sunset.
  - The changing of seasons.
  - Moon phases.
  - Everything that has a beginning has an end (birth and death).
  - There are countless more that we could name – we'll see as we dive deeper into Macrobiotics how much this applies to us.

## Nature is our greatest source of health and healing.

- **The Law of Perpetual Transmutation of Energy.** Simply put, everything changes. Nothing stands still. Energy is always in a state of motion.
- **The Law of Polarity states that everything is dual.** Things that might appear to be opposites are actually two complementary parts whose existence is dependent on the other. In extreme situations, everything turns into its opposite (day turns to night, reaching its extreme state at noon, and then night turns into day, reaching its extreme state at midnight). When we truly understand polarity, we also see how opposites complement each other rather than fighting – see again how day and night exist together and in complete harmony.



# “In seed time learn, in harvest teach, in winter enjoy” – William Blake

So if you have a project, process, goal, or plan, use the words in the 4 step process below to be your guide.

1. **New beginnings, seeding**, awaken, renewal, birth, vision, inspiration, expect, explore, clarity, energy, intentions.
2. **Creativity, germination**, change, expand, growth, heal, nurture, fulfillment, recommit, shadows clearing.
3. **Harvest**, manifest, express, completion, balance, maturity, teach, harmony, values, space.
4. **Rest**, appreciate, rejuvenate, reflect, contemplation, stabilize, routines, transform, insights, integration, union, expert, explain, experience, explore, renew, purify.



1.Seed

2.Germinate

3.Harvest

4.Rest



# A Guide to the Macrobiotic Principles by Verne Varona

The payoff for learning these principles and being able to identify them, is the gift of living a great life (macro = great, bios = life).

1. Everything Changes
2. Nothing is Identical
3. What Has a Beginning, Has an End
4. Everything in the Extreme Changes to its Opposite
5. All Polarities Are Complementary, Yet Antagonistic
6. Opposites Attract; Like Repels Like
7. Every Front Has a Back
8. The Bigger the Front, the Bigger the Back
9. One Grain, Ten Thousand
10. Vivero Parvo - "Take the Minimum Required"
11. "Mea Culpa"
12. Growth is Spiral, Not Linear

1. Make Friends Everywhere
2. Healing Is a Body, Mind, and Spirit Paradigm
3. Respect Your Elders
4. Embody Active Gratitude
5. Ecology
6. Self-Challenge
7. Cultivate A Sense of Humor
8. Non-Credo (Do Not Believe)
9. Seek Significance
10. Cultivate Intuition

A vibrant display of fresh vegetables including purple cabbages, broccoli, bell peppers, and tomatoes. The background is a collage of various fresh produce, with a central white box containing text. The vegetables are arranged in a way that suggests a market or a farm stand. The colors are rich and varied, from deep purples and greens to bright reds and yellows.

## Macrobiotic Principles Relating to Food

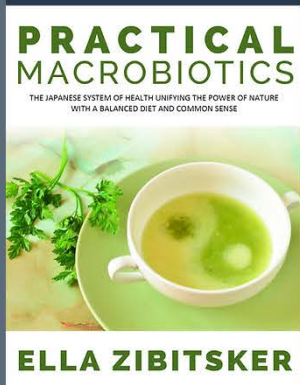
1. Select Local Foods
2. Categorize Foods into Principle, Secondary, & Pleasure
3. Digestion Begins in the Mouth
4. Be Mindful of Acid & Alkaline Properties in Food
5. Use the Five Tastes, Textures and Colors in Food Preparation
6. Avoid Late Night Eating
7. Quantity Changes Quality
8. Learn Food Preparation Fundamentals



*"Knowledge and achievements make life purposeful.  
Following and sharing your passion makes life  
meaningful."*



Read the Book



Start Macrobiotics



Celebrate Life



Let's Discuss It



# Project 1. Write Down Your Next Week's Major Activities.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8am							
9am							
10am							
11am							
12pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1pm							
2pm							
3pm							
4pm							
5pm							
6pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7pm							
8pm							
9pm							
10pm							
11pm							
12pm							



## Zen Story: Working Very Hard

A martial arts student went to his teacher and said earnestly, “I am devoted to studying your martial system. How long will it take me to master it.”

The teacher’s reply was casual, “Ten years.” Impatiently, the student answered, “But I want to master it faster than that. I will work very hard. I will practice every day, ten or more hours a day if I have to. How long will it take then?”

The teacher thought for a moment, “20 years.”



Discussion  
Time

