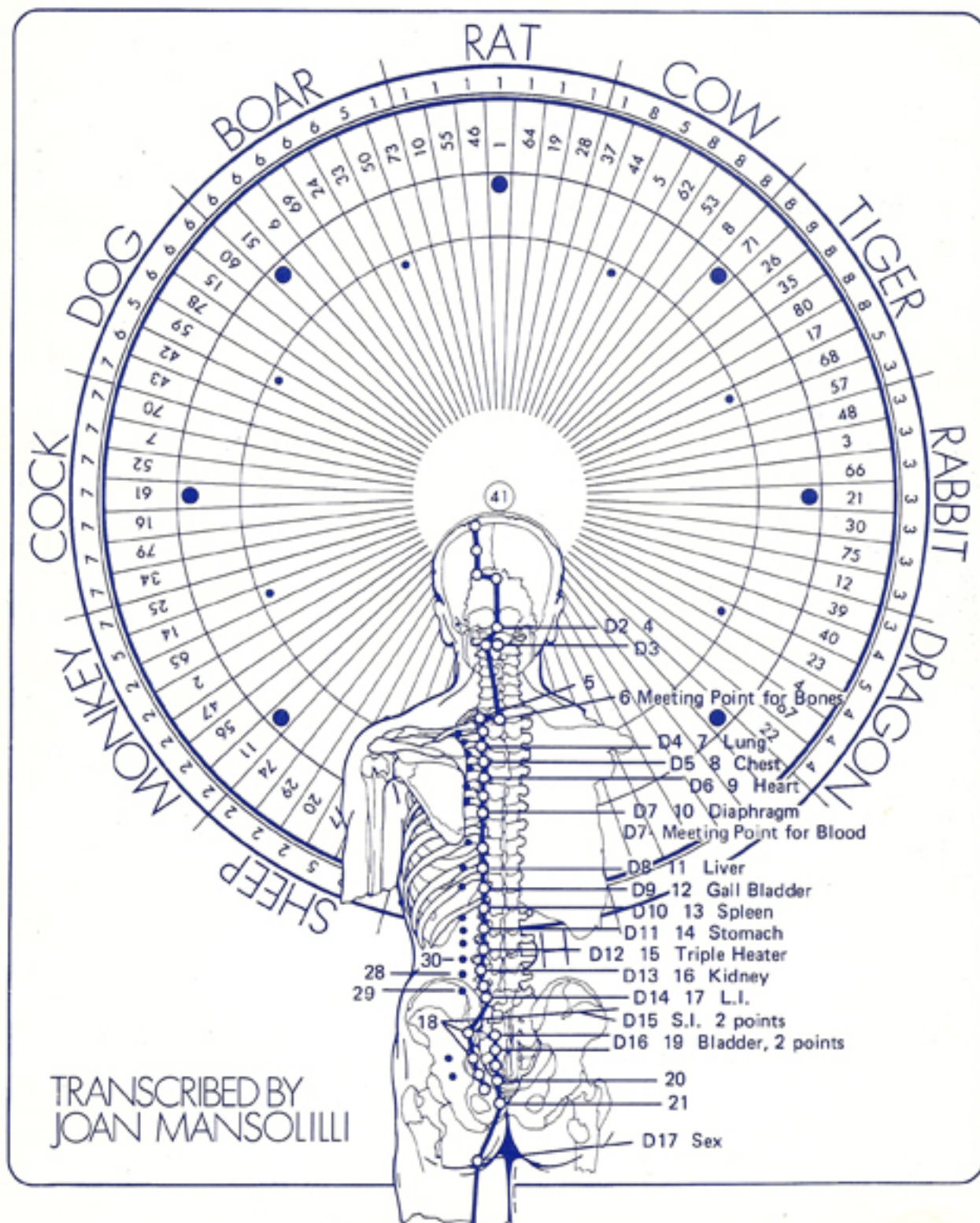


# MACROBIOTIC SEMINARS OF MICHIO KUSHI

## acupuncture, ANCIENT AND FUTURE WORLDS



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MACROBIOTIC SEMINARS OF  
**MICHIO KUSHI**  
acupuncture,  
ANCIENT AND FUTURE  
WORLDS

TRANSCRIBED BY JOAN MANSOLILLI  
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Mon., Jan. 15, 1973

## WINTER SEMINAR

### ACUPUNCTURE

In the Orient, acupuncture is only one application of treatment using meridians and points. There is also moxabation and massage.

#### IN CHINA:

NORTH  
(developed moxabation)

WEST  
(developed medicine)

CENTRAL  
(developed massage)

EAST  
(developed surgery)

SOUTH  
(developed acupuncture)

People in the WEST developed medicine. This is the mountain region where natural herbs and various minerals are available. People in the EAST developed surgery. People in the EAST live on sea coast and are eating more animal food including shellfish. They tend to develop tumors and cysts easily, so surgical techniques developed there.

They classified by yin and yang. They (in the WEST) would mix herbs together and make a yang medicine or a yin medicine.

To make a yang medicine, the herbs used were called:

LORD (yang)  
RETAINER (yin)  
ASSISTANT (yang)  
SERVANT (yin).

Mu tea was the traditional medicine for women's diseases like menstruation problems or cramps. It should be made very thick. It is a yang drink, but various yin herbs are in it, like ginger.

To make yourself yang, you take yang food, but also with a small quantity of yin. If you take yin, it should be with a small quantity of yang. If you like watermelon (yin), if you put a little salt on it, you get the yin purpose accomplished, but you are not tired.

Moxabation, massage and acupuncture all use meridians and points. Acupuncture uses needles; moxabation uses burning method; massage uses fingers.

NORTH - cold climate - use yang method of fire (moxabation)

CENTRAL - in between climate - use fingers (massage)

SOUTH - hot climate - use yin method (acupuncture)

Using the needles, you should not feel any pain, only a sensation.

#### IN JAPAN:

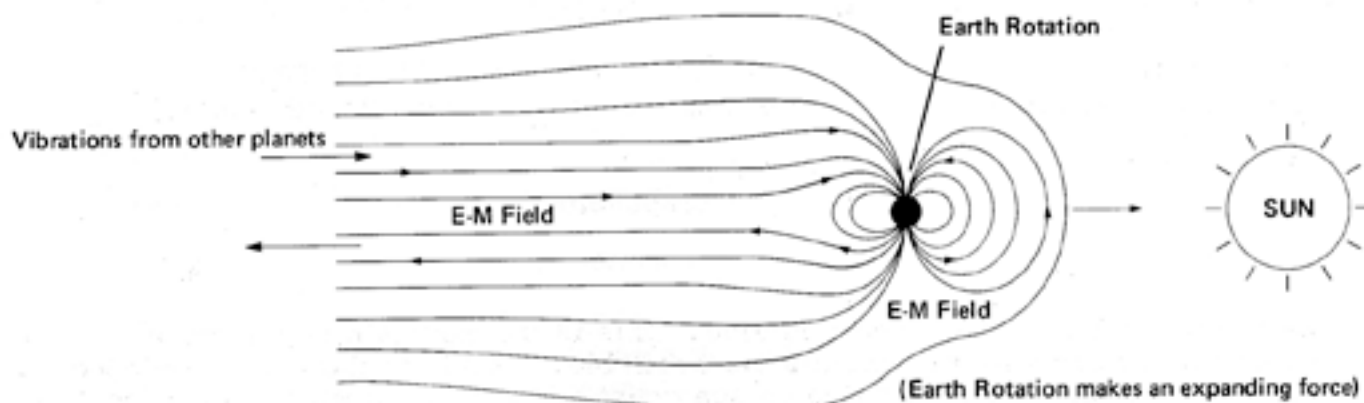
Their method was more simple. Diet and praying, also palm healing. They seldom used surgery or China's methods. As we go west, medicine becomes more and more complicated and more technical knowledge is required.

In China, acupuncture was practiced by a technician, not by the family members. But moxibustion and massage was used by every family. For thousands of years, the number of doctors was very few.

### Meridians

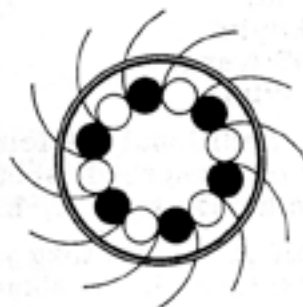
To understand meridians and points, you can better understand the origin of man as he appears in present form on earth.

The earth is rotating receiving vibrations from the sun. From the other side the earth is receiving vibrations from Pluto, Jupiter, etc. This creates an electro-magnetic field. This form is like the form of man.



Original man appeared on earth like a ghost. This form was vibration or what we call astral body. In order for man to take this form, he started from a single cell which divided more and more and became an embryo. This embryo rotates. The inside is energized. Around the embryo a belt is energized. By this motion a spiral is formed. There are 12 channels. These are formed by the influence of the vibrations from the 12 constellations.

- 12 constellations
- 12 year cycle of Jupiter
- 12 year cycle solar spot
- 12 months
- 12 hours in a day



If the force is yang (meaning fast), it creates an yin organ. If the force is yin (meaning slow), it creates a yang organ. Therefore, yang currents create yin organs and yin currents create yang organs.

The embryo in the womb was in a very humble position. Original 12 points were on periphery (the back of the person). Arms were also in a spiral position. Each section of the arm is 1/2 the length of the remaining section. For example, from shoulder to elbow is the 1st section. From elbow to wrist is the next section. From wrist to knuckles is the next section. Each section has points.

When organs were formed by vibration coming in and by the generation of energy from the center of the body, they were formed in an antagonistic/complementary manner.



### Antagonistic/Complimentary Relationships

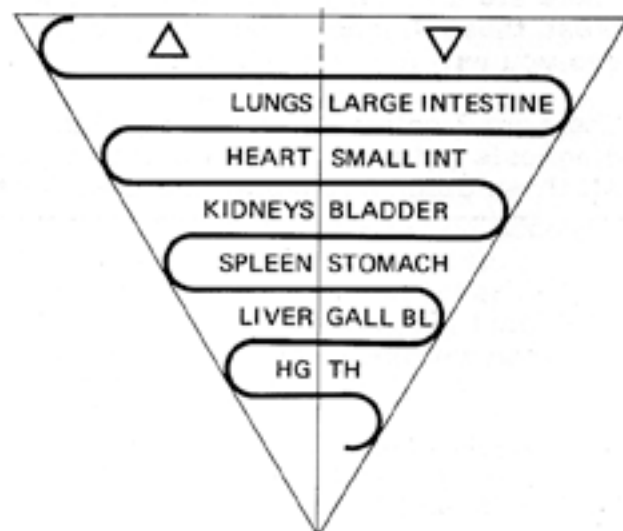
<u>Lungs</u> -----	<u>Large Intestine (LI)</u>
Located in upper region	Located in lower region
Compacted	Expanded
Taking in gas	Taking care of liquid

Therefore, when the LI is bad, the lung is bad also. When lung is bad, you know the LI is bad also.

<u>Heart</u> -----	<u>Small Intestine (SI)</u>
Distributes blood	Creates blood out of food
Structure is yang	Structure is yin
<u>Kidneys</u> -----	<u>Bladder</u>
Located back side of body	Located front side of body
Gathering and screening and sending out	Pooling liquid
Compacted	Expanded
<u>Spleen (incl. Pancreas)</u> -----	<u>Stomach</u>
Secretes hormones and digestive liquid	Taking in and digesting
<u>Liver</u> -----	<u>Gall Bladder</u>
Storage	Hollow
Creates some blood	Secretes different biles

When any organ in a pair of complimentary organs is bad, the other organ is bad also.

The above sets of antag/compl. organs are given in the order of most antag/compl. In other words, most antag/compl. set is lungs and large intestine. The next most antag/compl. set is heart and small intestine, etc. Therefore, this forms a spiral. At the bottom of this spiral are two functions called the Heart Governor and Three Heater. These are not organs, but are functions.



Heart Governor (HG) is called Shin Pō.

/       /  
Heart   Envelope

Three Heater (TH) is called San Shō.

/       /  
Three Roasting

### Three Heater

Upper Heater - from the diaphragm up. By respiratory function, heat is generated.

Middle Heater - covers the stomach-duodenum region. By digestive activity, heat is generated.

Lower Heater - covers the area of intestines. By digestion and absorption, heat is generated.

### Heart Governor

Heart activity is the center. So this means the circulation system and sexual activities.

There are 5 yang and 5 yin organs. There is 1 yang function and 1 yin function. This makes a total of 12. This equals the 12 meridians in the body.

Yang organs were created by yin (slow) energy.  
Yin organs were created by yang (active) energy.

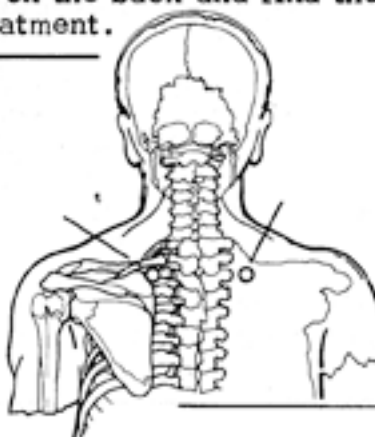
Yang meridians created yin organs.  
Yin meridians created yang organs.

Therefore, if the organ is yang (like the lungs), that meridian that created the lungs is yin, and we refer to it as the "yin lung meridian" even though you know that the lungs are yang. Same with all yang organs. We call the heart meridian "yin heart meridian", etc.

The L.I. meridian is a yang meridian. It is on the hard part of the arm (the outside). The lung meridian is an yin meridian. It is on the soft part of the arm (the inside of arm).

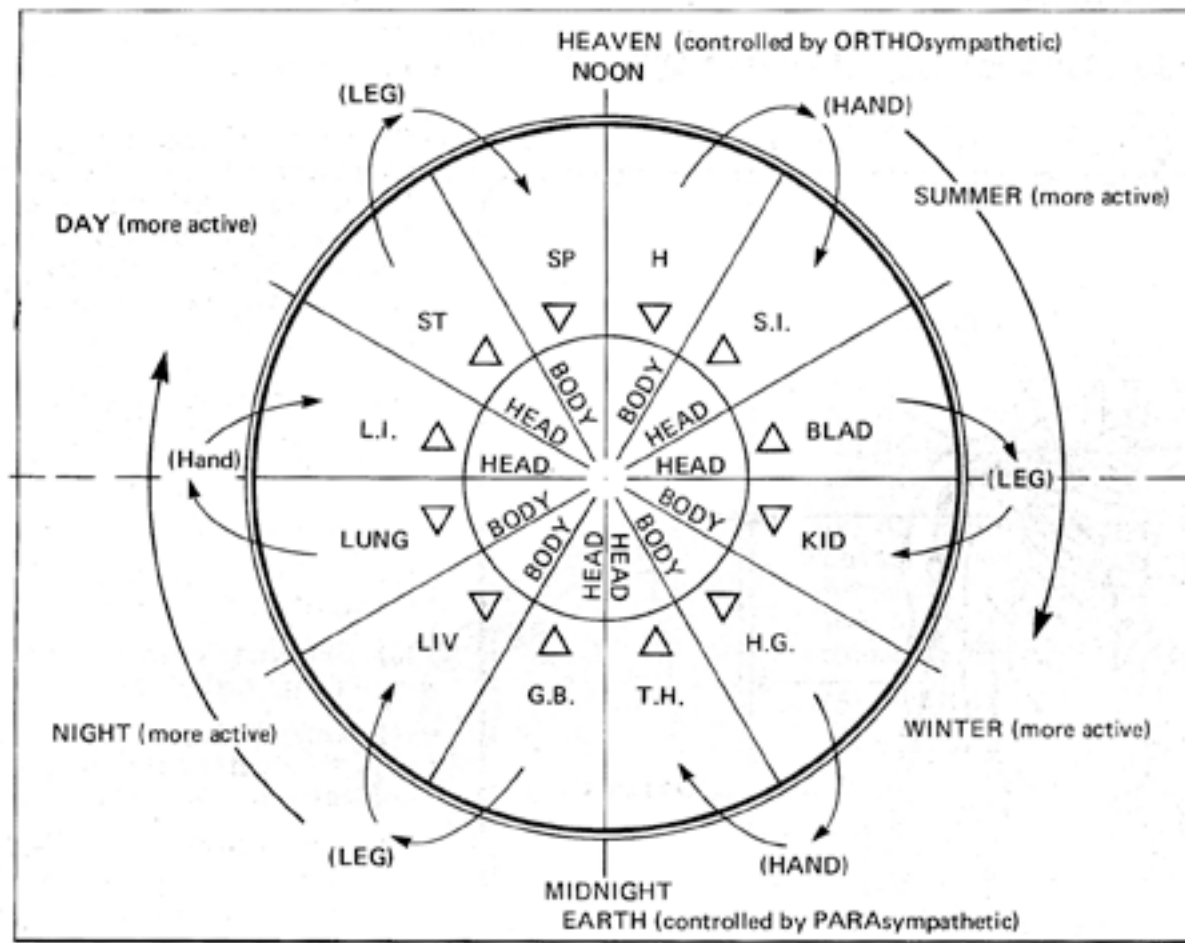
There are various points on each meridian. These are used for acupuncture. There are also diagnosis points to check the condition of that organ. When you press these diagnosis points, you press down and flap your hand back and forth, and you will feel a numbness.

There are 2 points on your back which are not on the lung meridian, but are diagnosis points. You can press yourself on the back and find them.  
All these diagnosis points are used for treatment.



Tues., Jan. 16, 1973

The 12 meridians are all connected to each other. Ex: lung and L. I. meridians. They connect at the finger part. Lightly touch your index finger and thumb. This shows how they are connected. Ki flow is not in the same direction in these two meridians. Lung meridian: ki flow goes from the body to the hand. L. I. meridian: ki flow goes from the hand to the head part. The following diagram shows the direction of ki flow. (Note: yin and yang symbols refer to the meridian involved and not the organ itself, such as the lung meridian is yin.)



Metaphysically, the chart can be divided top to bottom, i.e. heaven (father) and earth (mother). The autonomic nervous system governs ki flow. The ortho-sympathetic governs meridians in the top half of chart, and the parasympathetic governs meridians in bottom half. Top half also represents daytime and summertime. This means that the organs located in top half are more active during the day and also during summer. For instance, L.I. When you wake up, you go to the toilet. Then you eat breakfast (ST). SP - white blood cells formation becomes active and sugar level goes up. Around noontime, heart is more active. Later, S.I. are more active. The food we ate for breakfast now reaches S.I. We consumed water and now the bladder is active. Towards evening kidneys start to screen blood stream. H.G. becomes active, so sex becomes more activated. After midnight, gall bladder is more active, etc.

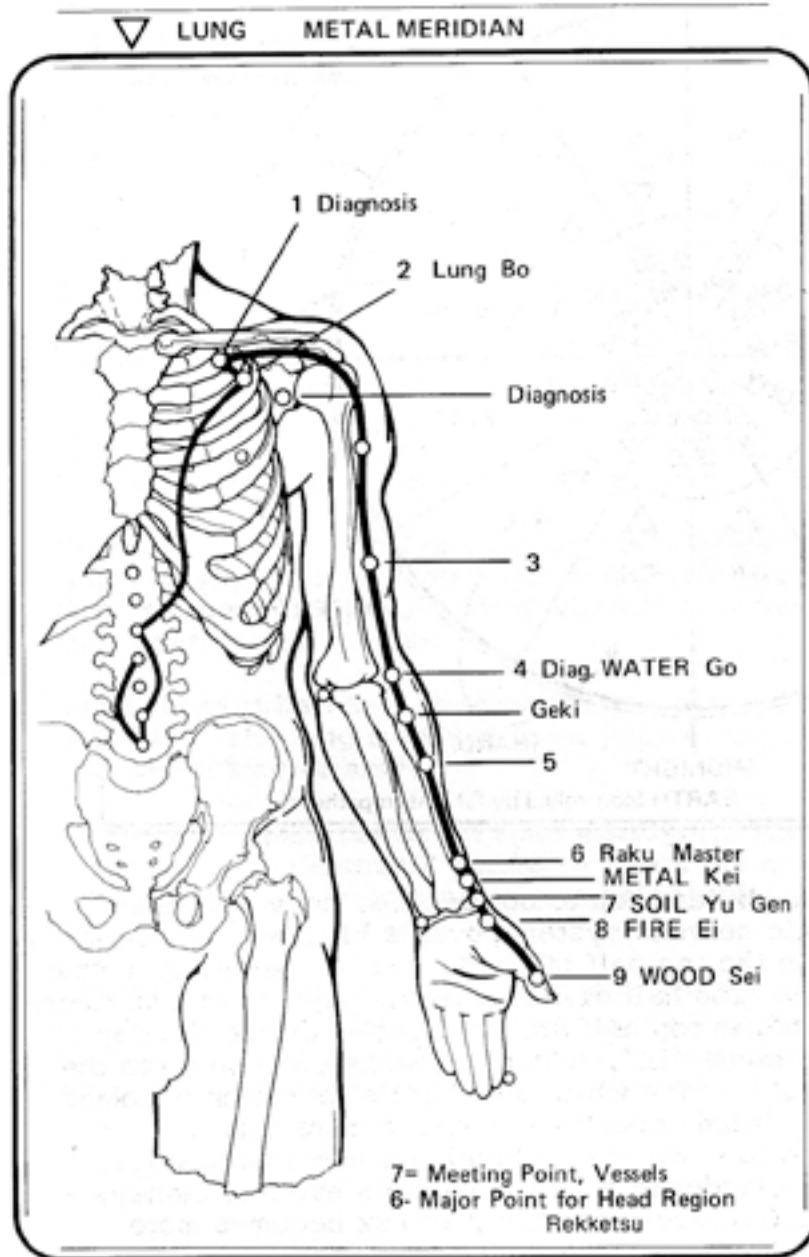
Refer to this chart when choosing the time to activate the ki flow on those meridians. If you are going to activate the LU, L.I., ST. or SP., then do this in the morning when it will be more effective. You would treat the bladder

meridian in the evening. As far as the season goes, the time to treat the bladder would be about the time of fall. Therefore, the most effective time to treat the bladder would be in the evening in the fall.

Lung - L.I. - Direction of ki flow is different between these two antagonistic/complimentary organs which are connected to each other. The lung meridian starts at the body and goes to the hand. From the hand, the L.I. meridian begins and goes to the head.

#### ACUPUNCTURE POINTS ON LUNG MERIDIAN

(Yin meridian)



There are 3 diagnosis points on lung meridian. By pressing, if you feel pain, you know the lung is not in perfect condition. These are the points numbered (1) and (4) and one unnumbered point.

Refer to numbers on chart to see what these points are good for treating:

- (1) Shoulder blade arthritis.
- (2) Asthma, bronchitis, difficulties lifting arm.
- (3) Shoulder pain & hardness; upper arm arthritis.
- (4) Lung T.B., asthma, coughing, tonsillitis, throat pain, bedwetting. (WATER)
- (5) Hemorrhoids, tonsillitis, swollen throat, lung t.b., stomach & intestinal troubles; child's digestive troubles.
- (6) Thumb pain or twitching, chest pain, tonsillitis, pressure at upper chest region.
- (7) Arm arthritis & rheumatism. (SOIL)
- (8) Pain in ball of thumb such as arthritis. (FIRE)
- (9) Tonsillitis, colds, throat trouble, T.B., fever. (WOOD)

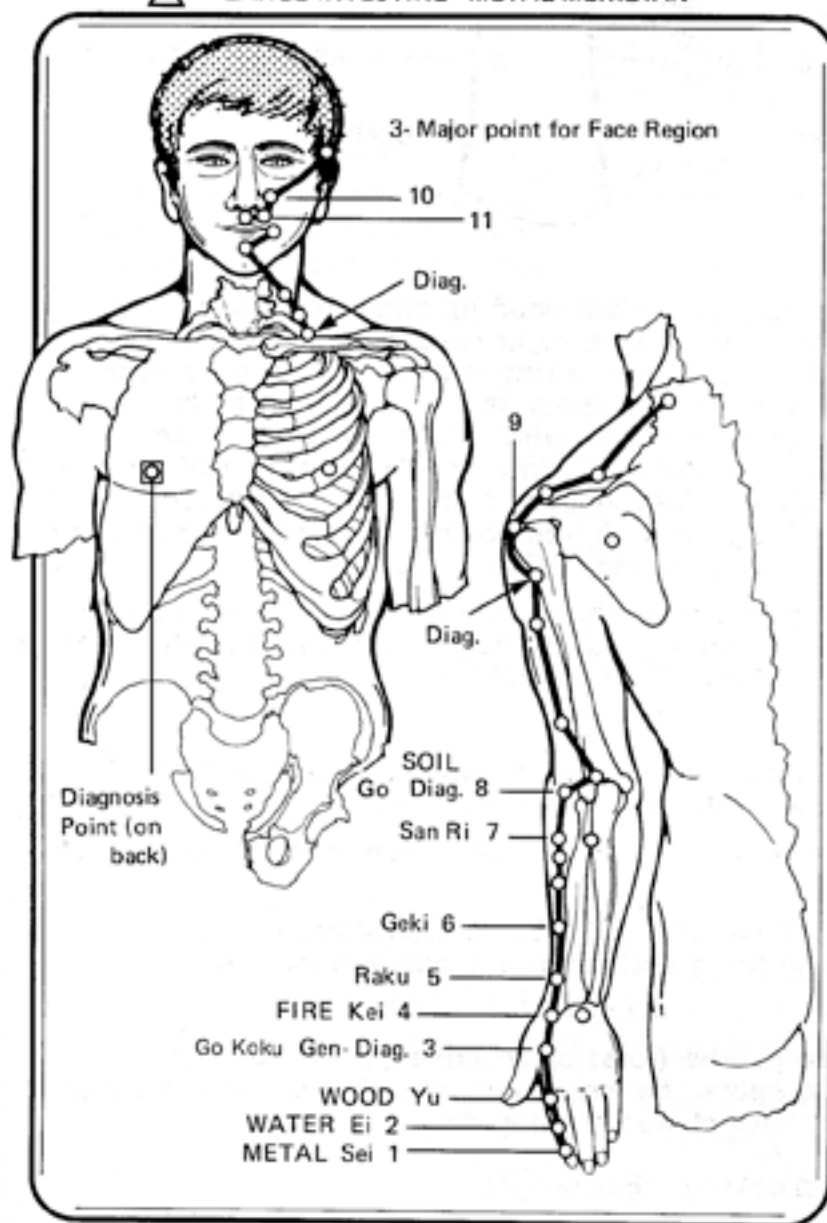
## ACUPUNCTURE POINTS ON LARGE INTESTINE MERIDIAN (Yang meridian)

### Diagnosis Points:

Nos. 3 and 8. Also point at upper arm (empty circle); and on front view of man, the empty circle right above collar bone. (These last two are shown by arrows.) There is another diagnosis point which is not located on a meridian. It is shown as an empty circle that has a square around it on the diagram on the right chest. However, this point is located on the back directly opposite where it is shown on the diagram.

Because ki flow starts at the hand, the points described are numbered from bottom to top of diagram.

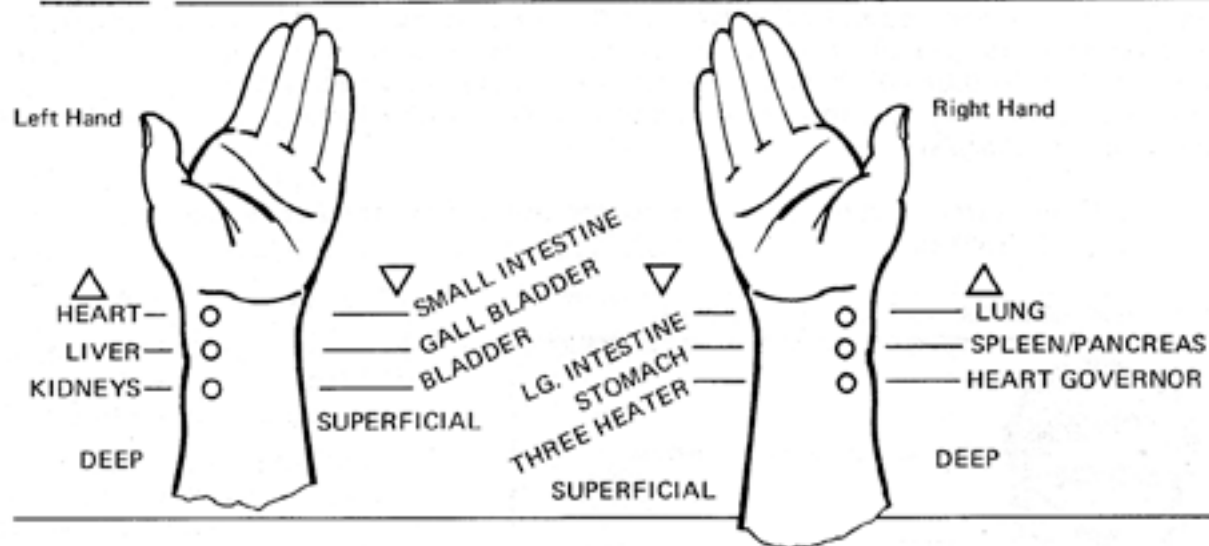
### △ LARGE INTESTINE METAL MERIDIAN



- (1) Digestion. (METAL)
- (2) Neurosis, child's worms; irritability & screaming of child; general depression. (WATER)
- (3) Anything on the face: tumors, cysts, headache, blood in face when menstruation is at full moon time. Also when nose is swollen because of liquid going to the head; nose bleed.
- (4) All eye troubles: glaucoma, cataract, weak eyesight; hardening of arteries; high & low blood pressure; pain in thumb (arthritis). (FIRE)
- (5) Arthritis of thumb.
- (6) Toothache, esp. lower jaw; gum troubles, receding gums. Appendicitis, you apply moxa for several days for 100 times.
- (7) Called San Ri (3 miles). For all kinds of tumors throughout the body. High or low blood pressure; paralysis due to stroke; sinus trouble. Soreness inside nose. San Ri point also located on leg on stomach meridian. (You can walk 3 miles - or 3 hours walking - without any fatigue after treating this point.
- (8) Skin disease; blood going to face; bloodshot eyes, swollen eyes and eyelids; yellow mucous in eyes. (SOIL)

- (9) Skin disease, hard shoulder & tension there, rheumatism.
- (10) Sinus; nose trouble; inability to smell; teeth in upper jaw. (this connects to stomach meridian.)
- (11) Upper teeth trouble; facial paralysis.

## PULSE



**Taking Pulse on Left Hand:** You bring your right hand up and around left hand (both hands facing your body). Bring your right hand to a 90° angle and with curved fingers lower index, middle and ring fingers lightly onto your wrist. Don't touch all 3 fingers to the pulse spots at once. First let the index finger rest very lightly until you feel the pulse. Close your eyes and concentrate. Then remove. (This was the small intestine.) Then let middle finger feel the next pulse which is the G.B. Then remove finger from that place, and with ring finger feel the bladder pulse. If you concentrate, you may be able to see the difference in each of these 3 pulses. (This is SUPERFICIAL.)

Now repeat the same method, only this time, press more firmly with each finger. With index finger, you feel the heart pulse; middle finger, you feel the liver pulse; ring finger, you feel the kidneys pulse. (This is DEEP.)

Do the same on right hand.

Therefore, on the left hand, when you press index finger, the SUPERFICIAL one is the small intestines and the DEEP one is the heart, etc.

DEEP means yang organs (yin meridians). SUPERFICIAL means yin organs (yang meridians).

Also the heart and small intestines are antagonistic/complimentary; one is deep and one is superficial. Same thing with liver and gall bladder and the other pairs shown.

In the Orient, if a doctor took the pulses (total of 12 pulses), and he could not feel the DEEP pulse in 4 pulse spots, he would not treat the patient, because as far as he was concerned, that patient was already dead.

Check your pulses and practice checking other people's.



ACUPUNCTURE POINTS ON STOMACH MERIDIAN (Yang meridian)

Note: Stomach and spleen are antagonistic/complimentary organs.

The stomach meridian begins at the head. Spleen meridian begins from the toe.

△ STOMACH SOIL MERIDIAN

Diagnosis Points  
on stomach meridian

D1: Middle of 3 black points next to nose and directly under eye For sinus.

D2: Level with eyebrow.

D10: on neck.

D3: Bottom of rib cage.

D4 & D5: Have person lie on back. From his navel, measure down 3 fingers at 45° angle to find these points. Can also diagnosis liver condition on point D4.

D6: Above knee.

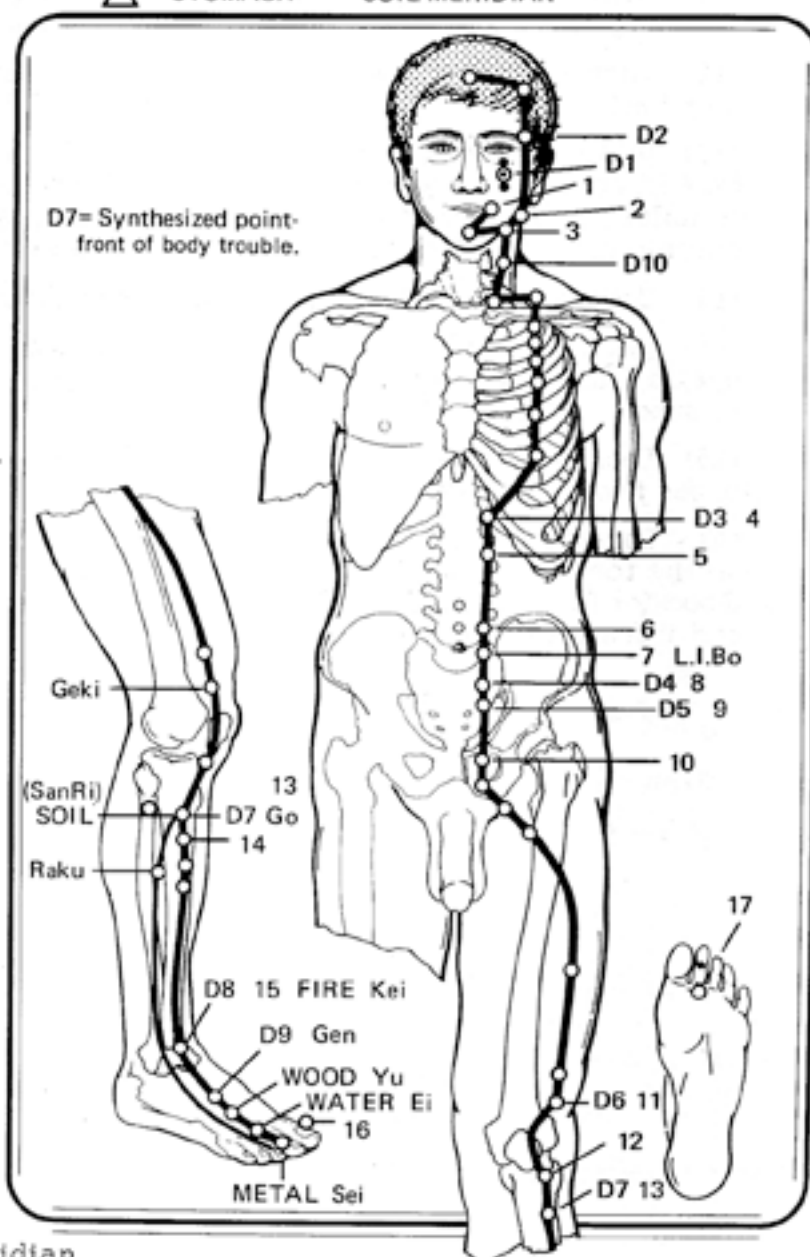
D7: Shown on leg diagram also. This is SAN RI point. (We saw this on arm on L. I. meridian - see page 7.) Very important for preserving health and longevity. On outside of leg, 3 fingers down on the bone.

D8: On ankle (like indented valley.)

D9: At junction.

NOTE: Stomach meridian goes to 2nd and 3rd toes. So if you rub these very well, it is good for any feeling of vomiting.

(A longer 2nd toe is yin. It means an expanded stomach.)



Points of Treatment on Stomach Meridian

- (1) Located at side of mouth. For facial paralysis. Use small grain of moxa.
- (2) Located on jaw. For lower jaw teeth pain; facial paralysis; good for needle use.
- (3) Throat troubles, gall bladder stones, asthma, stomach cramp, high blood pressure, pulse irregularity, joint rheumatism. (use needle)
- (4) [Also diagnosis point] Stomach troubles, vomiting, excess gastric acid.
- (5) Stomach troubles, gall bladder stones.
- (6) Kidney stones, internal ear trouble, ear getting "popped" (like from being in airplane).
- (7) Opposite navel. Large intestine troubles; diarrhea and dysentery.

(8) and (9): [Also diagnosis points] Large intestine troubles; womb troubles; menstrual difficulties, abdominal fever, kidney fever; arthritis and rheumatism in lower legs.

(10) Bladder and urinal troubles and women's disease.

(11) [Also diagnosis point D6] Intestinal and abdominal pain. Also for stopping diarrhea. This is well known for stomach cramp which is painful.

(12) Located immediately below the knee. Good for arthritis of knee joint; beri beri.

(13) [Also diagnosis point D7] This point is shown on leg diagram also. SAN RI point. (point of preserving health and longevity) Good for stomach troubles, nose troubles, beri beri, nerve pain and body paralysis, and all chronic diseases like cancer. (use needle or moxa) (SOIL)

(14) Located below (13). Good for stomach troubles and beri beri.

(15) [Also diagnosis point D8] For arthritis of the foot; swollen-ness of upper eyelid (like droopy eye lid). Also good if you sprain your ankle. (use needle or moxa) (FIRE)

(16) Located right next to toe nail. Good for food poisoning, swollen foot; upper jaw teeth pain.

(17) Located on bottom of foot. This is famous point. Notice the black dot on the toe next to big toe. This is not the point. Directly below it is the point. Good for food poisoning. Apply moxa. It becomes very hot and then stomach and intestines will improve.

(Yin meridian)

### Diagnosis Points on Spleen Meridian

This meridian begins at the toe, so we start there and go up.

D1: Indented part of foot above arch.

D2: Next point above D1.

D3: Measure 3 fingers above ankle bone.

This point is called SAN IN KŌ.

(Three-Yin-Junction) This means the junction of 3 yin meridians.

For: Spleen, kidney, sex diagnosis.

If there is pain upon pressing, it means all 3 of these things are bad. You never treat during pregnancy or it might cause a miscarriage. It makes the ovaries yang and contraction occurs and miscarriage results.

D4: Called "Sea of Blood". Located above the knee.

D5: Located on rib cage.

Note: This meridian goes up the throat and ends at the tongue.

### Points of Treatment on Spleen Meridian

(1) Mental illness; for child having tantrum; indigestion; stomach pain. (WOOD)

(2) [Also diagnosis point D1] For pain on heel and sole; for when you have no appetite; high blood pressure.

(3) [Also diagnosis point D2] For hernia (hernia is intestine expansion); foot arthritis (METAL)

(4) [Also diagnosis point D3] Menstrual irregularity; ceasing of menstruation; kidney disease; vaginal discharge; skin disease. Don't use this when treating pregnant woman. (use moxa or needle)

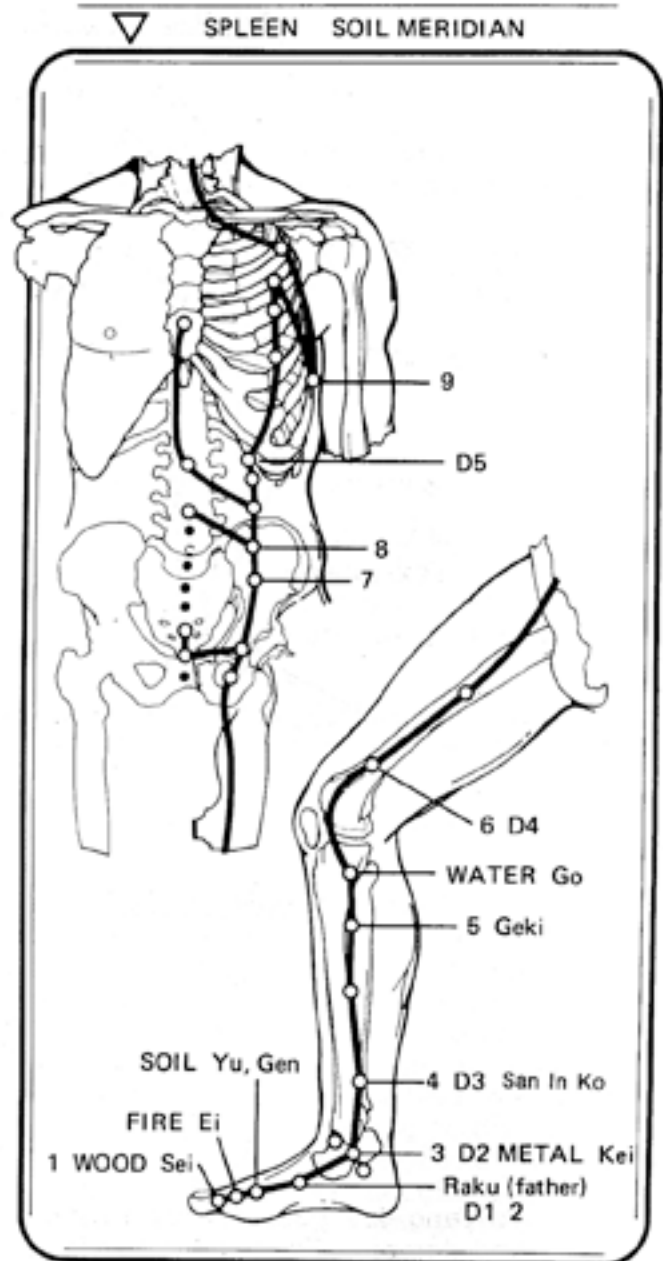
(5) Beri beri; excess gastric acid; diabetes; arthritis of thigh area.

(6) [Also diagnosis point D4] Called "Sea of Blood". Good for discharge of blood (from the womb); vaginal discharge of mucuous; menstrual irregularities; any arthritis.

(7) Constipation, especially left side of body constipation; intestinal disease; lower abdominal intestinal region pain.

(8) Located 3 fingers to the side of navel. For water pooled in the intestines (swollen abdomen; menstrual irregularities)

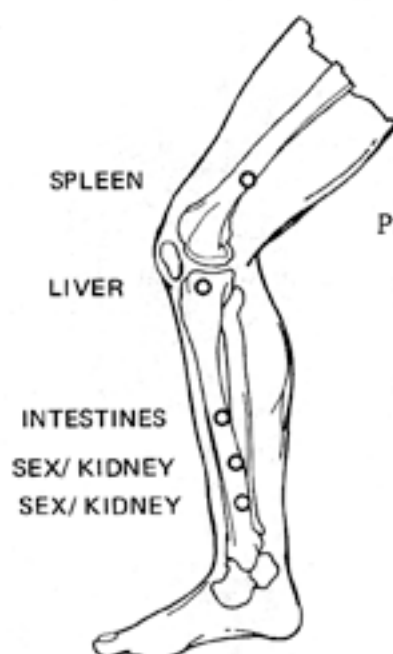
(9) Arthritis of rib cage; pleuresy.



By the leg alone, we can learn many things.

INSIDE OF LEG

(These 5 places show many things.)



Press deeply toward the bone; shows bladder condition.

OUTSIDE OF LEG

San Ri point-----  
(Stomach)



BOTTOM OF FOOT



-beginning of Kidney meridian.  
(Press hard to see the condition  
of your kidneys )

To Yang-ize yourself after bingeing or when tired or when hands are cold and damp: Kneel with hands to the sides of your body palms up, but not touching the floor or your sides. Breathe in deeply and let breath out with soft "oo" sound (like the sound in the word "too"). Do this a number of times. Then you will notice you feel cold. You have made yourself more yang.

Mon., Jan. 22, 1973

### History of Understanding of the Order of the Universe

In the Orient from a remote age, they had (at least the leaders had) an understanding of the Order of the Universe which was interpreted as yin and yang. Therefore, nothing arises accidentally. Cause is present.

In China, according to legend, the first leader was a man named Fu Hi. He led the Chinese tribes that settled around the Yellow River. His main study was the Order of the Universe and what should be our daily life. He did discover order and he interpreted it into the words "In" and "Yan". He did not use the symbols we now use, but used the following:

-- --

He developed the eight trigram. He explained human relations, spiritual affairs, government, religion, philosophies, astronomy, etc. through this. In other words, order was established according to the order of nature (Order of the Universe).

The 2nd leader was Shin Nō. (Shin - divine; Nō - agriculture) His name meant "Divine Agriculture". He taught people how to cultivate and the order of eating was established. Prosperity came.

The 3rd leader was Kō Tei. (Kō - yellow; Tei - emperor) His name meant "Yellow Emperor". He was concerned with human health and he developed medicines and understanding of acupuncture, meridians, etc.

These three figures were something like mythology. After this, more clear history appears.

At this time the emperor was Gyō. He was a sage. He was a spiritual, ideological leader. The Chinese tribes covered a small region at this time. His palace was like an ordinary house. Elders (80-120 years of age) were respected and would gather in a home to discuss problems. Gyō would often go out and see people's living conditions and see how the harvest was going. He would hear the people singing. They would sing a song about getting up in the morning and going to the fields and coming home in the evening. There was a line in the song that said, "We don't care about our Emperor -- he has nothing to do with us.". Gyō was very happy when he heard this, because he felt if the people don't need a leader, it is a sign of a peaceful country. He thought when he became old and wanted to retire that his successor should be a wise person. He searched for such a person and found one man named Shun who was young. Shun refused to be Emperor saying that he was not qualified and he ran away. Gyō kept after him and asked him again and again. Finally, Gyō had an idea. He sent his two daughters to Shun to marry. Now Shun was his son-in-law, and children must respect their parents and follow their advice so long as it is good, and not harmful. Now Shun could not refuse and he became the next emperor. The country became bigger. Shun became old. Then a flood came. Many died and there was much poverty. The leaders tried to control the water.

Then a man discovered a way to control the water by making channels to make water flow smoothly. His name was U. U became a good leader and became emperor. He maintained a peaceful country and died before appointing a successor. His son succeeded him. This was the beginning of blood succession and the beginning of a dynasty. This first dynasty was Ka dynasty. We don't know how long this dynasty continued. May have been for 1,000 years. Then after several hundred years past, the last emperor was Ketsu. He was cruel.

One lord organized a revolution and Ketsu was driven out and the In Dynasty was formed. We don't know how long it continued. Then at the end of the In Dynasty the emperor was Chū, and he was bad. A leader named Chou came out. Revolution came.

There lived at this time in a small kingdom in China two brothers named Hakui and Shukusei. Hakui was the elder son and was supposed to succeed his father. But his father wanted to give the succession to Shukusei, who refused it, as he felt that his brother was the rightful heir. Both brothers therefore fled the country and became ordinary men and they met in the kingdom of Chou. King Chou took care of them as if they were his own children. King Chou was going to revolt against Chū. The brothers tried to stop the revolution, but failed to do so and Chū was killed. The brothers left the country and went into the mountains where they ate wild grass and became sick and died. Shukusei's spirit was highly appraised by Confucius at a later time.

Under Chou began the Chou Dynasty. From the time of this dynasty, the historical record is clear. Within this time, the Book of Change, the I Ching, came out. This book is the #1 classic in China. The Chou Dynasty lasted several hundred years and then collapsed. Many small countries were formed. Here and there great thinkers came out and they all studied the I Ching. One of these was Confucius. He wrote a commentary on the I Ching. His teachings are based on the I Ching. Lao Tsu lived in a different country and his teachings were the basis for Tao. After these two men, all thinkers based their teachings on yin and yang thinking.

Japanese people 3,000 years ago were closer to China and they used the words yin and yang. But in Japan even before this, they had an understanding of yin and yang. In the case of China, they theorized revolution if the leader was bad, another leader could take over. However, in Japan, there was no idea of revolution, only the idea of succession. Their thinking was that the purpose of human relations was harmony. There was no ruler and no subjects; rather all was one family.

When Buddhism from India infiltrated China, it was very mysterious to Chinese who were yang. But the teachings of the study of "What is Life?" by Buddha could be accepted by the Chinese. Buddhism continued for hundreds of years, then they went back to the mysterious ways. In the United States, many people are studying the teachings and mysteries of India, such as meditation. This is because we are getting yin from drugs, etc.

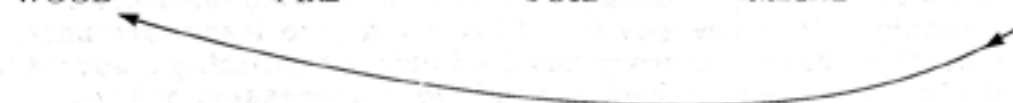
In the Age of Chou, the idea of yin and yang began. Great yin and great yang means the greatest extreme like heaven and earth; father and mother.

IN      YANG      GO      GYŌ

Gyō means transformation; progressing; appearance of change. (I don't like the word "element". The word, element, gives the feeling of "stability".)

They classified the following transformations:

WOOD    ---->    FIRE    ---->    SOIL    ---->    METAL    ---->    WATER





WOOD: Not just wood, but anything going up from the earth, like vapor.

FIRE: This means burning. This expanding force of burning is very rapid, therefore it means anything that is expansion.

SOIL: This is subtle. After FIRE, ashes remain.

METAL: This is soil more solidified. It means anything hard or gathering together. When an organ becomes hard, we call that metal.

WATER: This is anything liquid - in liquid form. (When metal melts, we have liquid, or WATER.) Then water changes into WOOD.

They classified organs into these five transformations:

	<u>WOOD</u>	<u>FIRE</u>	<u>SOIL</u>	<u>METAL</u>	<u>WATER</u>
(yang)	Liver	Heart	Spleen	Lungs	Kidneys (Compli/
(yin)	G. B.	S.I.	Stomach	L.I.	Bladder Antag.organs)
	Eyes	Tongue	Lips	Nose	Ear
	Tissues	Tube(vessel)	Flesh	Skin	Bone
	Nails	Body hair	Breast	Throat	Head hair
(season)	Spring	Summer	Late Summer	Autumn	Winter
(direct.)	East	South	Center	West	Mouth
(color)	Blue-gray	Red	Yellow	White(pale)	Black (dark)

This chart can be used the following way:

If liver is bad, eye is bad, tissues are bad. (also gall bladder)

If heart is bad, S.I. is bad, tube (blood vessels) are bad.

If spleen is bad (also stomach) lips are bad (dry).

If lungs (also L.I.) then skin is bad, also nose is runnings.

If kidneys and bladder is bad, head hair is falling out (more so in winter).

As far as the colors relate to the organs:

Liver/G.B. trouble - face is bluish gray.

Heart/S.I. trouble - face is red.

Spleen-pancreas/Stomach trouble - face is yellow.

Lungs/L.I. trouble - face is pale.

Kidneys/bladder trouble - face is a dark color.

Also: head hair falling out is due to water (excess liquid or not enough).  
Kidney and bladder is bad. Also this losing of hair occurs more in the winter.

The meridians are based on these five transformations. On each meridian there are wood points, fire points, etc.

## ACUPUNCTURE POINTS ON HEART MERIDIAN (Yin meridian)

Note: Heart and S.I. organs are antagonistic/complimentary. The heart meridian begins at the body and goes to the finger.

### Diagnosis Points on Heart Meridian

D1: Dan-chū. Located 2 fingers up from rib cage. Some people have a beauty mark there if they had a sickness concerning the heart. If you feel pain, your heart is swollen from excess liquids.

D2: Located below rib cage. Press this and if you get a choking feeling, that is o.k. But if you also get pain, your heart is not good.

D3: Located near elbow.

D4 & D5: Located on little finger. If soreness when pressed, heart is not good. (D4 = FIRE)

D6: Located in armpit.

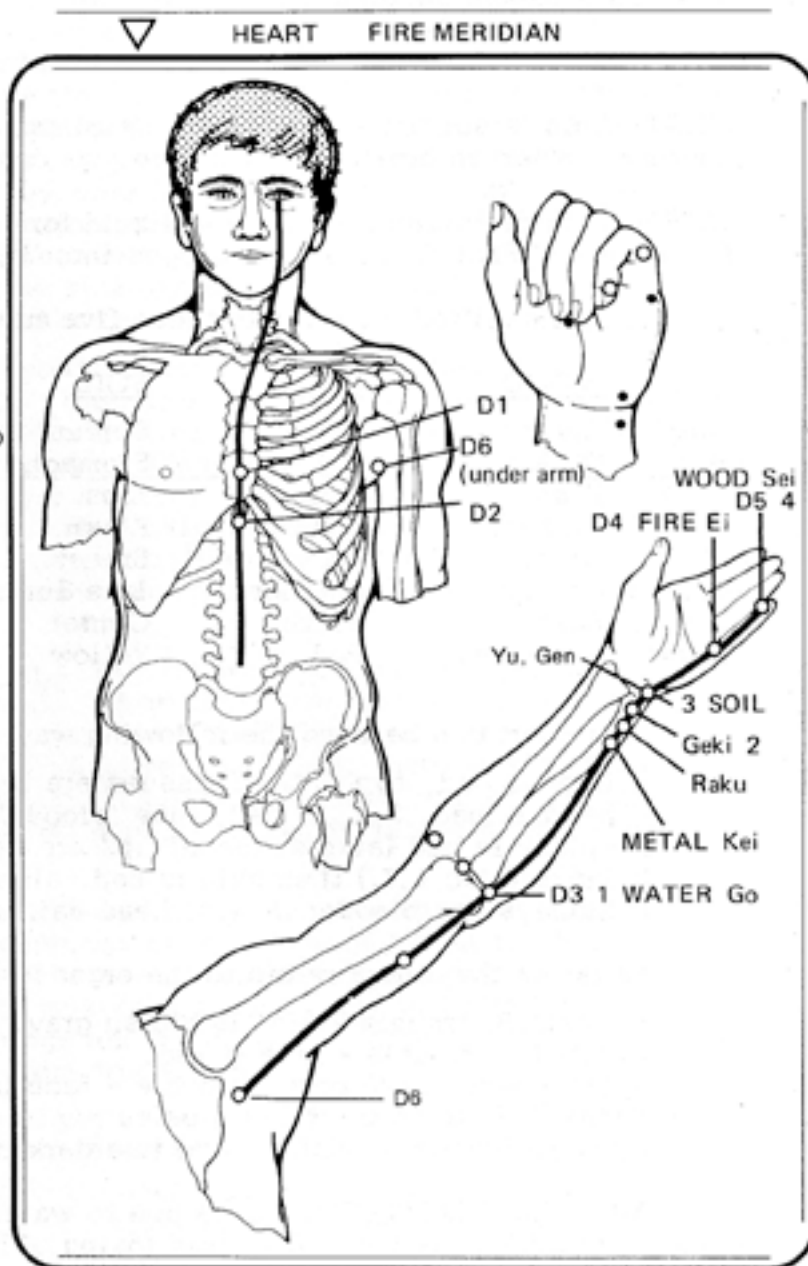
### Points of Treatment on Heart Meridian

(1) [Also Diag. Point D3] Called "Small Ocean". Ki flow here is like the ocean. For ear ringing, sinus, heart disease, elbow arthritis; multiple sclerosis.

(2) There are 4 points below the wrist. This one is the 2nd from the top point. For heart pain, heart cramp; rapid pulse.

(3) This is immediately above point (2). This point is called "Divine Gate". For various heart diseases, mental depression, mental illness, constipation.

(4) [Also Diag. Point D5] This is famous point located inside of finger. (The point on the outside of finger is the beginning of the S.I. meridian.) For reviving a fainted person, or one in a coma; like when you fall down or have an accident. Also if by too little salt, you faint, press this point. Or if you nearly drown while swimming. You can light a match and burn this point for a split second, and person will be revived. Also for person who is mentally excited like after eating plenty of shellfish or hot cheese. (WOOD)



## ACUPUNCTURE POINTS ON SMALL INTESTINE MERIDIAN (Yang meridian)

**Note:** Small Intestine meridian begins at tip and goes to the body and head.  
Located on backside of hand and arm.

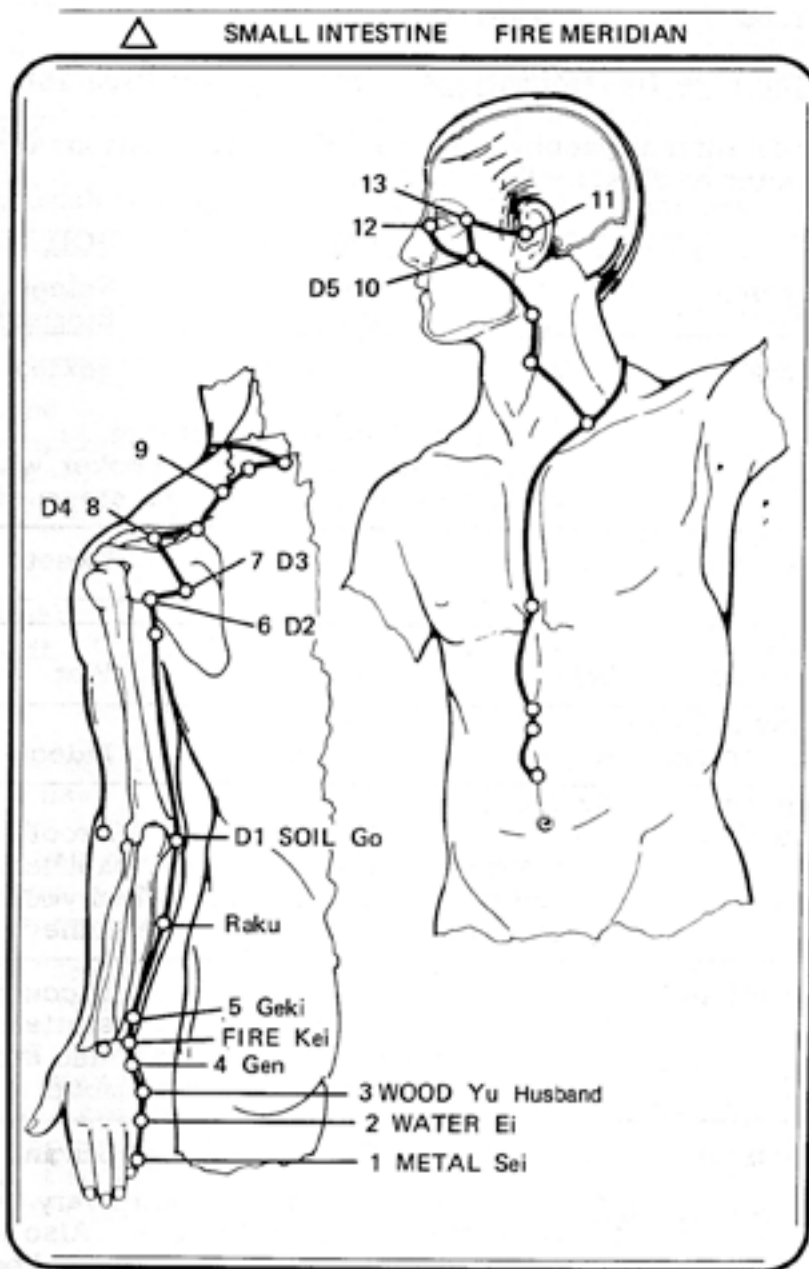
### Diagnosis Points on S. I. Meridian

- D1: Located at elbow. (SOIL)  
D2: Same as (6).  
D3: Same as (7).  
D4: Same as (8).  
D5: Located on face  
under cheekbone.

### Points of Treatment on S. I. Meridian

- (1) Called "Small Pond".  
To revive fainted person;  
heart cramp; headache;  
throat pain. (METAL)
- (2) Called "Front Valley".  
Periodic high fever like  
Malaria. (WATER)
- (3) Called "Back Valley".  
For influenza; pneumonia;  
headache; intestinal  
hemorrhage. In the case of  
intestinal bleeding, moxa  
is better than needle (about  
20 times). (WOOD)
- (4) Arm arthritis; paralysis  
of forearm-hand area.
- (5) Joint rheumatism; arthritis  
of arm.
- (6) Arthritis and rheumatism  
of area from elbow up;  
shoulder pain and hardness;  
paralysis of one side of the body (the side you  
are treating); hardening of neck. [Also Diag. Point D2]
- (7) Located at center of shoulder blade. For chest pain; difficulty of arm lifting;  
shoulder hardness and soreness; (woman) breast pain; when milk is not flowing;  
liver/gall bladder trouble; pleurisy; cancer of the breast. [Diag. Point D3]
- (8) Arthritis; shoulder pain and hardness. [Diag. Point D4]
- (9) Shoulder hardness, lung troubles and soreness.
- (10) [Diag. Point D5] Undemeath cheek bone; acute sinus, eye troubles.
- (11) Internal ear fever or ear trouble; ear ringing; sinus; eye troubles.
- (12) Called "Clear Bright". You push and if you feel pain, it means astigmatism.
- (13) Stimulates the eye.

Also: Push eyebone (underneath eyebrow). Press the indented part near beginning  
of eyebrow (nearest the nose). If you feel pain, you are nearsighted.



Tues., Jan. 23, 1973

The Five Transformations (continued from Page 15)

The ancient people used the five transformations of wood, fire, soil, metal and water to classify various things.

	<u>WOOD</u>	<u>FIRE</u>	<u>SOIL</u>	<u>METAL</u>	<u>WATER</u>
(yang)	Liver	Heart	Spleen	Lungs	Kidneys
(yin)	G.B.	S.I.	Stomach	L.I.	Bladder
(smell)	Oily	Roasted	*Baking	Raw fish or raw meat	Putrifying or decay
* (Baking smell is the smell that comes out of the pressure cooker when you are cooking rice, at the time when you let the steam escape.)					
(taste)	Sour	Bitter	Sweet	Spicy (pungent)	Salt
(air condition)	Wind	Hot	Wet	Dry	Cold
(mental expression)	Anger	Excessive Laughing	Indecision	Worry, Melancholy	Anxiety, Depression
(body fluid)	Eyes get watery	*Sweat	Drool	Eyes & Nose run	*Saliva
* (Sweat: When heart is bad, capillaries are expanded and you sweat. Saliva: When you see a person spitting on the street, you know the kidneys are bad in that person.)					
(motion)	Clench fists	Anxiety	Hiccup; *stuttering	Coughing	Trembling
* (When spleen (also pancreas) and stomach is bad, the person's expression is not smooth.)					
(voice)	Shouting	*Talkative	Singing songs	Cry & complain	*Groaning (also groaning when asleep)
* (When heart is bad, person is very talkative. Characteristic of fruitarians. Also women- they eat more yin than men. You know when you go to the zoo, you see monkeys chattering; They eat bananas.  When kidneys are bad, person also snores. Due to too much liquid.)					

Note: Regarding women being talkative. They (being yang) can eat more fruits than men can. A Chinese wise man made a word that consisted of the symbol for "woman" repeated three times. The word meant "noisy". When three women gather, it is noisy. In the Orient, one valid condition for a man divorcing his wife was "she is too talkative". Another indication of this: In a village was a community well where the women gathered to wash clothes and to wash food. They would talk to each other. From this situation comes the expression "well-side conference". If you see some women gossiping, you would say they are having a well-side conference.

	<u>WOOD</u>	<u>FIRE</u>	<u>SOIL</u>	<u>METAL</u>	<u>WATER</u>
(yang)	Liver	Heart	Spleen	Lungs	Kidneys
(yin)	G.B.	S.I.	Stomach	L.I.	Bladder
(number)	3	2	5	4	1
	8	7	10	9	6
(grains)	Wheat(incl. Barley & Rye	Com	Millet	*Rice	Beans
	(These are grains that nourish the various organs.) *When you start eating rice, your intestines work well.				
(animal food)	Chicken	Lamb	Beefsteak	*Horse	Pork
	(These are, of course, not advisable.)				
	* Horse meat is eaten for medicinal purposes in Oriental countries.				
(vegetables)	Small type wild grass (chives)	Round (pumpkin, squash, onions)	Leafy (kale, swiss chard, salad vegg., lettuce)	Tall grass (leeks, scallions)	Bushy-type leaves (broccoli, cauliflower, leaves of bean bush)
(spiritual problem)	Soul	(High) Spirit	Will, Insight	HAKU Astral body, ghost	Image & dream (what you pursue)

Note: If heart is not strong, you can't act as God or spirit.  
 If liver is not strong, you can't have a strong spiritual center.  
 If lungs are not strong, you can't cope with ghosts.  
 If kidneys are not strong, you can't accomplish your dream.  
 If spleen(pancreas) are not strong, you don't have will and you don't have insight.

On Page 18, you can see under "smell" that your body odor changes according to condition of organs. "Taste" refers to the taste in your mouth.

If heart is bad, anything you eat tastes bitter. (Bitter is yang taste). If you become yin, whatever you eat tastes too yang and therefore tastes bitter. If you taste things as "sweet", your condition is yang. There is a story about the following three great men who met and tasted the same soup.  
 Confucious said, "This soup is sweet." (He was yang.)

Lau Tsu said, "This soup is sour." (He was more yang, because "sour" is more yin than "sweet" is.)

Buddha said, "This soup is bitter." (He was more yin (India).)

Note: These three men taught the same things, but in different ways.

You can use this classification in treatment. For kidneys, under "taste" is salt; and kidneys are under classification of WATER. So you either increase salt and reduce water to cure kidneys; or in some cases, the reverse. For heart disease (being under FIRE), all food should be cooked. Also a more bitter taste, therefore use vegetables like burdock.

Under "air condition" under Heart is "Hot". A person retires to Florida (hot climate) and gets a heart attack. Similarly, a wet climate is bad for person with spleen(pancreas) trouble--a dry climate bad for person with lung troubles--kidneys are more affected by the cold.

Under "mental expression" expressing anger is a sign of a bad liver, women who laugh uncontrollably have bad hearts and also the nose is swollen. A bad liver is also seen by vertical lines between eyebrows.

## ACUPUNCTURE POINTS ON BLADDER MERIDIAN (Yang meridian)

Note: Bladder and kidney are antagonistic organs. The bladder meridian is yin and the kidney meridian is yang. In comparison with other antagonistic meridians, there is a great difference in the way that the bladder and kidney meridians are antagonistic to each other. The kidney meridian is on the front of the body. The bladder meridian is on the back of the body. The bladder is the last organ formed in the body and most peripheral. The bladder meridian is the most important meridian in the body for practical use, because all points which represent the lung, liver, kidney, etc. are located on it.

The bladder meridian begins at the head.

### Diagnosis Points on bladder meridian

D1: Located on top of the head. Not on the center but a little to the side. You can press these two points with fingers. These points are called "Goes to Heaven".

D2: Located below skull. Press head back and it is located on the indented part.

D3: Right below D2. These are two side points.

For the following diagnosis points, you will notice two meridians going down the back next to spinal column. Use the meridian closest to the spinal column.

You will notice a set of 7 points. The 7th point in this set is labeled "D7" (diaphragm point). On this set of 7 points, the 3rd one down is D4.

D4: Lung point.

D5: Chest point.

D6: Heart point.

Then there is an unnumbered point, and then:

D7: Diaphragm point.

Then there is a space and one unnumbered point. The next 6 points are as follows:

D8: Liver point.

D9: Gall bladder point.

D10: Spleen/pancreas point.

D11: Stomach point.

D12: Three Heater point.

D13: Kidney point.

Then there is an unnumbered point. Skip this. The next point is:

D14: Large intestine point.

Then there is a space and on the same line below D14, are 4 points. The first two are:

D15: Small Intestine points. (Also treatment points numbered "18".)

Forget the next two points under D15 points. To the right of these 4 points are another 4 points. The first two are:

D16: Bladder points (either of these two can be used).



After those 4 points there is a space, and then a point for treatment which is numbered (21). Then there is a space and then the last point shown on the diagram of the back of the body is:

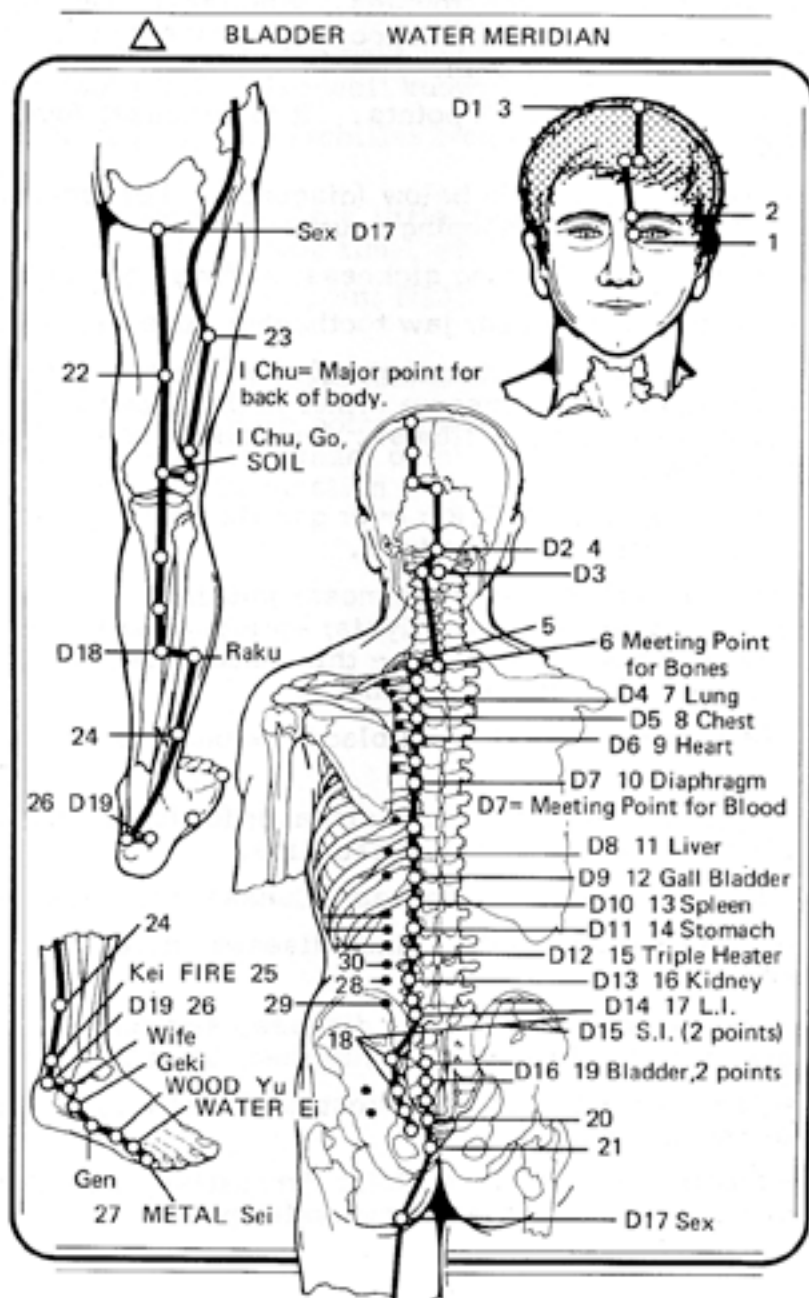
D17: Sex point. This can be found directly below the buttock in the center of leg. You can see this on the diagram of the leg also. (Note: This same point can be located on the front of your leg in the same spot. This is not shown on the diagrams.)

Then on the same line (on back-of-leg picture) halfway down the calf of leg is:

D18: (for bladder diagnosis).

Then go down to the ankle. There are 2 points below the ankle. The next diagnosis point is the one on the right:

D19: (for bladder diagnosis). You can also see this point on the "foot picture" immediately below. This point is located on both side of ankles.



19 Diag. points  
30 Treatment Points

The diagnosis points on the bladder meridian that do not have a name are diagnosis points for the bladder itself. The ones that are called "Lung Point", "Chest Point", "Heart Point", etc. are for diagnosis of those organs and parts of body and functions.

The bladder meridian is very important, because you can treat all of the above using this meridian.

#### Points of Treatment on Bladder Meridian

- (1) Located near eye close to nose. This makes the eye clear.
- (2) Above (1). This is for arthritis of the forehead; sneezing.
- (3) [Diag. point D1] For headache; pain of neck.
- (4) [Diag. point D2] This point is right in the center. For headache, insomnia; cerebral hemorrhage; nervous breakdown; hysteria; stuffy nose; sinus; eye disease; throat troubles; liver troubles. When there are different points to use to treat the same symptom, you choose the point that is harder, or the one that makes you feel the most pain.
- (5) This is the first point on the set of 7 points. It is for chest fever and lung T.B.; tonsillitis.
- (6) This is to the right of (5) and a little below (diagonal). For prevention and treatment of cold; nose sickness; whooping cough.
- (7) [Diag. point D4 - Lung point] All lung sickness; asthma, bronchitis.
- (8) [Diag. point D5 - Chest point] Upper jaw toothache; nose, eye, throat trouble.
- (9) [Diag. point D6 - Heart point] Heart and circulation troubles; irregular breathing; heart cramp; irregular blood pressure either high or low; rheumatism; eye troubles; cerebral hemorrhage; mental illness, neurosis or nervousness; T.B., pleurisy; strong head pain.
- (10) [Diag. point D7 - Diaphragm point] T.B.; over gastric acid; hysteria; pleurisy; no appetite; blood coming up to the face.
- (11) [Diag. point D8 - Liver point] All liver sickness; jaundice; gall bladder stone insomnia; eye troubles; waist pain; facial paralysis; epilepsy; half body paralysis (for whichever side of the body you are treating - this same meridian is located on the opposite side of the spinal column); dizziness.
- (12) [Diag. point D9 - Gall bladder point] Gall bladder stone, gall bladder fever; duodenum ulcer.
- (13) [Diag. point D10 - Spleen point] All spleen disease; for forgetting things; sleepiness; sinus; gall bladder stone; diabetes; jaundice.
- (14) [Diag. point D11 - Stomach point] All stomach disease; and same as spleen.
- (15) [Diag. point D12 - Three Heater point] Kidney disease, diabetes, indigestion and inabsorption.
- (16) [Diag. point D13 - Kidney point] All kidney disease, sex disease, bladder disease, nervous disease, waist pain and polio; diarrhea; bleeding in blood-shot eyes
- (17) [Diag. point D14 - Large Intestine point] Intestinal disease, diarrhea; constipation; waist pain and arthritis.
- (18) [Diag. point D15 - Small Intestine point] Joint rheumatism; intestinal bleeding; women's disease, menstrual irregularity; waist pain.

(19) [Diag. point D16 - Bladder point] Joint rheumatism, women's disease, bladder disease.

(20) This is the 4th point in the set of four points, of which the first two are bladder points. This point is the same as D16 points with the addition of treatment for hemorrhoids.

(21) Next point after (20). For hemorrhoids; rectum trouble; also dysentery; bladder troubles.

Now go to leg picture. This is the back of leg.

(22) For any pain; waist pain and arthritis of leg.

(23) This is above point (22). This is for treatment of arthritis of waist and leg.

(24) This is also shown on foot picture. It is for arthritis of foot and leg; women's womb disease.

(25) On foot picture, it is the next point down from (24). This is for arthritis and foot joint. Also well known for treatment of diarrhea. (FIRE)

(26) [Diag. point D19] For archilles trouble. You can see this point on foot picture also.

(27) This point is located on the little toe. For women's difficulty in delivery of baby. If it is taking a long time, you push here repeatedly. (METAL)

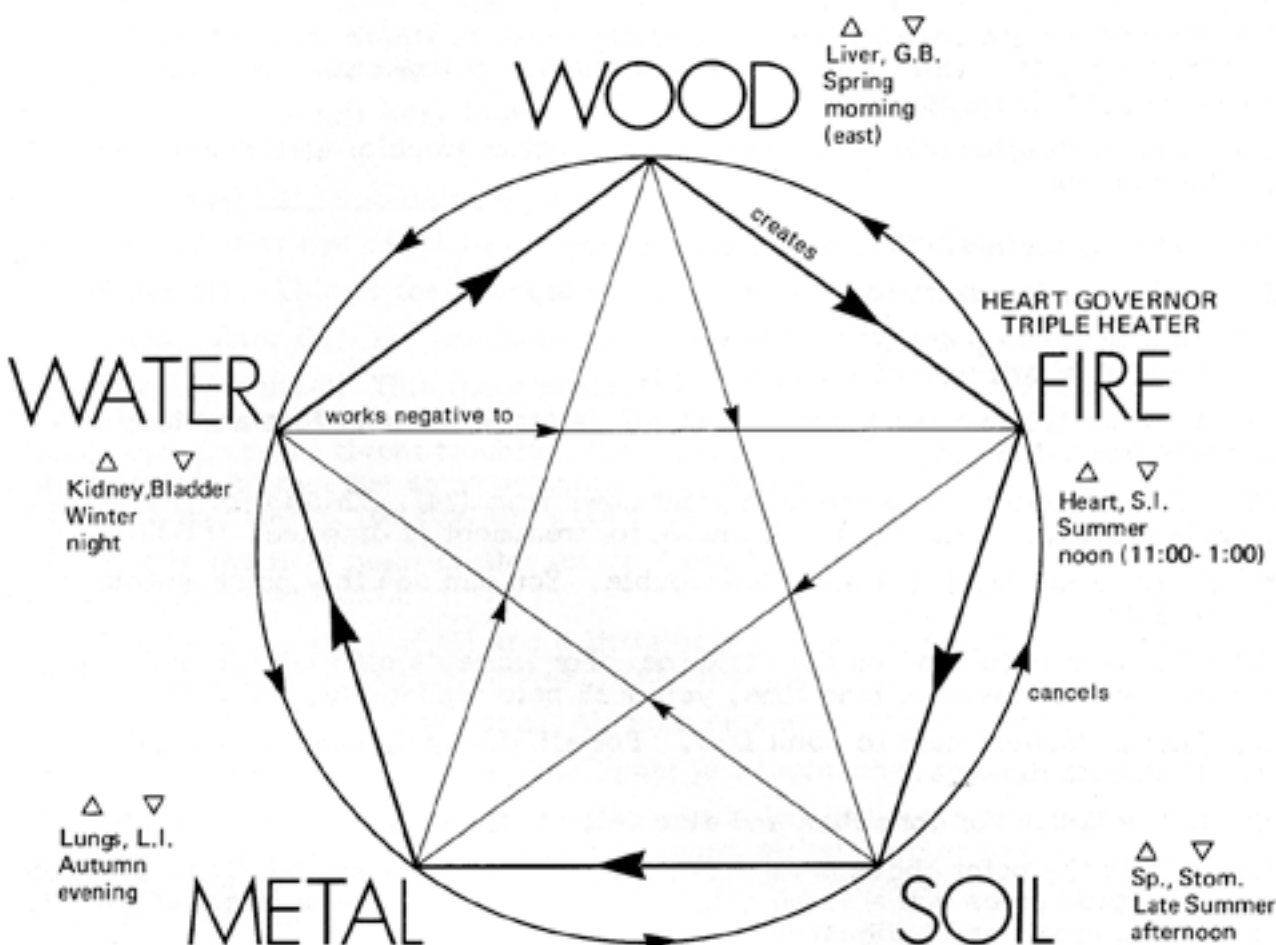
(28) This is located next to point D13. For all kidney disease; waist pain; and all chronic disease.

(29) Below (28). For gonorrhea and also testicle trouble.

(30) This is the point above point (28). Good for gall bladder stone; (especially when the stone gives you a sharp pain). Use needle or moxa or finger stimulation; for stomach cramp and indigestion.

Wed., Jan. 24, 1973

# HOW THE FIVE TRANSFORMATIONS WORK



Wood is not literally wood. It is the symbol of "going up from the earth". Fire is not literally fire. It is expansion. This shows yinization going to yangization and then back to yinization. From condensed yang, it becomes liquid, etc. Example is ordinary water.

Metal state: ice  
Water state: ordinary water we drink  
Wood state: starting to evaporate  
Fire state: more expanded  
Soil state: going down.

This diagram shows the principle. Don't be fooled by the name of each transformation. Wood creates fire; fire creates soil (ashes); soil creates metal; metal creates water; water creates wood. (This is the parent-child relationship.)

Now if you see the reverse cycle going backwards: Start with Fire (the child of the parent "Wood"). If fire becomes too big, it will burn wood. Then, Soil (the child of the parent "Fire"), if it becomes too big will put out fire. Such as when you put out a small fire with a lot of dirt. Therefore, reverse action (shown by circular arrow) cancels the "parent" and is not desirable.

This means if you work on the Liver or Gall Bladder (with moxa, etc.) automatically you are activating the Heart and S. I. (this is parent-child principle) Now if you do it the opposite way, and work on Heart and S.I. you are overactivating the Heart and S.I. and the Liver/Gall Bladder becomes more diminished or negative. (this is reverse action).

Same thing - while working on the Liver/G.B., the Kidney/Bladder become negative, i.e. more inactive.

If you are activating the Kidney/Bladder, the Lungs/L.I. become more inactive. (this is all reverse action).

(Note: To understand the following shown by the intersecting arrows on diagram on previous page, the transformations are compared in this way:  
If you start with WOOD, the 2nd element from it is SOIL.  
If you start with FIRE, the 2nd element from it is METAL.  
If you start with SOIL, the 2nd element from it is WATER.  
If you start with METAL, the 2nd element from it is WOOD.  
If you start with WATER, the 2nd element from it is FIRE.  
Then, the capitalized elements can be related in another way.)

WOOD works negative to SOIL (meaning it resists it. So if you work on WOOD, you are activating FIRE, but at the same time, you are making SOIL resist.

If you work on METAL, you are activating WATER, but you are making WOOD resist.

Here you can see the principle of yin and yang. If you make one organ yang, another organ wants to become yin.

This is why you cannot arbitrarily select an acupuncture point to work on without considering the person's total condition. An example: Gall Bladder Stones. You decide to select points on the G.B. meridian to treat this condition. Now the G. B. meridian is a WOOD meridian. By activating the G.B. meridian (WOOD) you are also activating the Heart/S.I. (FIRE). If the person's Heart or S.I. are weak, then so far this is all right. But you are also making the Spleen(pancreas)/Stomach weak (inactive) (SOIL) because WOOD has the effect of making SOIL resist. And if the person's Spleen(pancreas) or Stomach is weak, then they will become worse.

So the important thing is to know the person's whole condition before treating. Then you know what meridian to work on.

Also, on each meridian there are points of WOOD, FIRE, etc. So if you give stimulation to METAL points, then WOOD is activated (in a negative way).

Also, you will note from the diagram that the functions of Heart Governor and Three Heater are included under FIRE. The Oriental words are:

KUN KA (principal fire) refers to Heart/S.I. (constitutional)

SO KA (appearance of fire) refers to H.G. & T.H. (symptomatic)

So, when you activate FIRE, there is a negative reaction to METAL unless you use METAL points.

## ACUPUNCTURE POINTS ON KIDNEY MERIDIAN (Yin meridian)

Note: The bladder meridian ended at the "pinky" toe. The kidney meridian begins here on the foot.

### Diagnosis Points on Kidney Meridian

D1: Located on sole of foot. This point is called Yū Sen (Bubbling-Out Stream). It is like the ki is bubbling out. If your kidney is bad you get a very sharp pain here when you press it. Often when you are walking a lot, you get pain here. If your kidney is bad, and you stimulate this point with a ballpoint pen, you will jump with the pain.

D2: This is the dot located inside of leg below ankle.

D3: This is above D2 on leg diagram. (METAL)

D4: See body diagram. This is the dot located about 2 fingers above navel. It is called the "No Name" point.

D5: These are the first 2 points shown on body diagram.

There is also another diagnosis point that is located on muscle of ball of thumb.

### Points of Treatment on Kidney Meridian

(1) [Also Diag. Point D1] Good for all kidney disease; joint of foot pain; leg paralysis; cerebral hemorrhage stroke; leg swelling; swollen belly and high blood pressure. (WOOD)

(2) Next point on sole of foot. Good for high blood pressure; sinus. (FIRE)

(3) [Also Diag. Point D2] Good for kidney disease; coughing; throat pain; ear sickness; bone sickness; beri beri; leg arthritis.

(4) Located halfway between ankle and knee. Good for food poisoning (in this case better use moxa); cramp in calf of leg; beri beri; tired legs.

(5) See body diagram. This is the 2nd point from bottom. Good for bladder infection; ureter infection; gonorrhea; impotency.

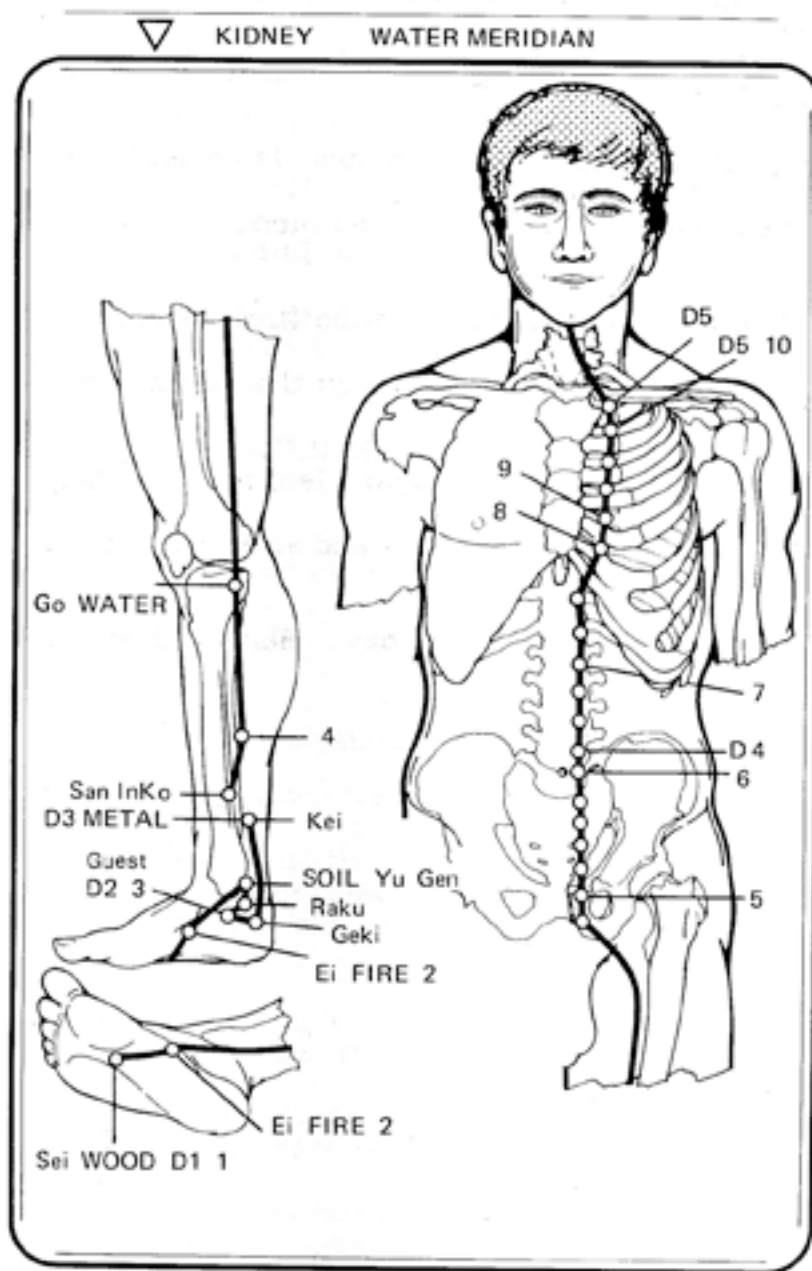
(6) Located opposite navel. Good for kidney disease; diabetes; intestinal infection.

(7) This is the 3rd point up from D4. Good for stomach troubles; coughing.

(8) This is the first point on rib cage. Good for gastric acidity like from overeating and overdrinking.

(9) This is the point above (8). It is level with the nipple. Good for heart infection. We treat on left side.

(10) This is the lower of the two diagnosis points labeled D5.  
 Good for asthma, bronchitis; eye troubles including eyes bulging out.





More Information on Pulses (refer to page 8)

Pulse can be:

Soft	Hard
Slow	Fast
Regular	Irregular
Low	High
Smooth	Stagnated
Clear	Sticky

The first column is generally good; the 2nd column is generally bad .

Hard: This means that hardening of arteries and blood vessels is going on; cholesterol.

Fast: This means fast metabolism or fast beating (like heart).

Irregular: Left/right chambers are working badly; that organ's metabolism is irregular.

High: High pulse is too much blood; the organs feel too much heavy work.

Stagnated: All mucus deposits become heavy and some kind of stone or cyst or tumor may be formed.

Sticky: Inside cells, the fluid stream is sticky. Hardening is gradually beginning.

### ACUPUNCTURE POINTS ON HEART GOVERNOR MERIDIAN (Yin meridian)

The H.G. meridian begins at the body and goes to the finger. On the H.G. meridian and on the T.H. meridian (see both diagrams) there is a point called DAN CHÜ. It is labeled "C". It picks up from the kidney meridian and goes to the fingers.

On both diagrams for H.G. and T.H. you will notice the following points:

"B" This is the central point of the middle heater.

"C" This is the central point of the upper heater.

"A" This is the central point of the lower heater.

The H.G. meridian goes to the inside of hand and T.H. meridian starts at the back of the hand and goes to the body.

### Diagnosis Points on the Heart Governor Meridian

D1: Located at elbow.

D2: Located halfway between elbow and wrist (center of forearm).

D3: Located at center of palm.

### Treatment Points on the Heart Governor Meridian

(1) [Also Diag. Point D1] Good for frequent coughing; elbow arthritis.

(2) This is Diag. Point D2 and the one above it. This is very famous point for pleuresy; also vomiting blood; fast heart beating; heart valve trouble; beri beri; acute joint rheumatism. The point above D2 is more effective for acute joint rheumatism.

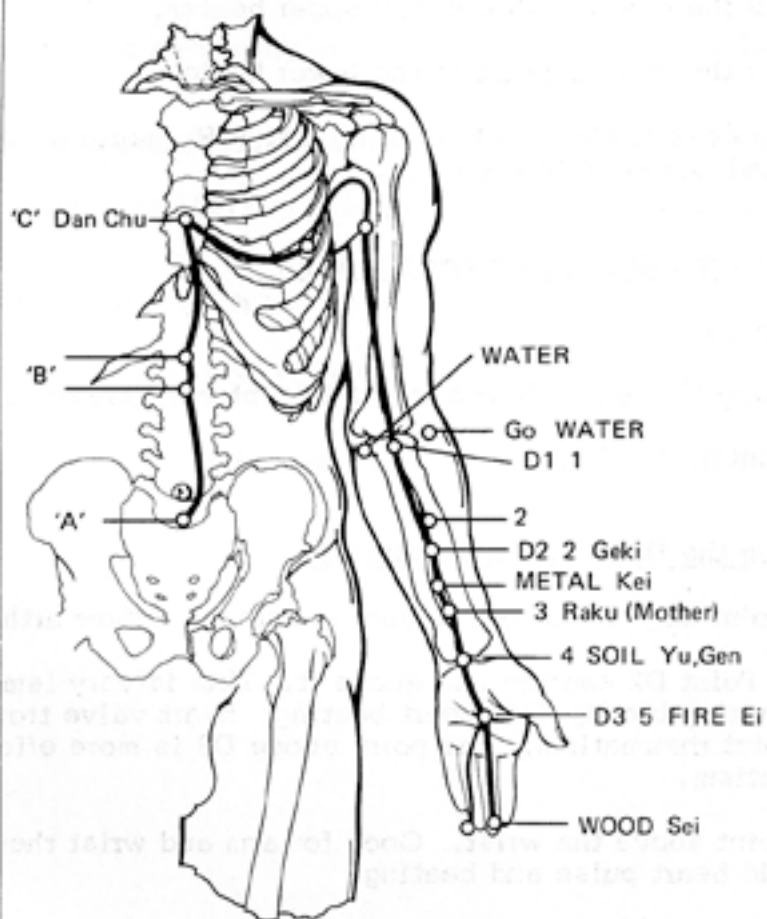
(3) This is one point above the wrist. Good for arm and wrist rheumatism and arthritis; rapid heart pulse and beating.

(4) This is the wrist point. Good for heart disease; wrist arthritis and rheumatism; hardness of fingers (when you can't bend fingers out straight).

(5) [Also Diag. Point D3] Famous point for general fatigue; arthritis of fingers - use this point to make fingers flexible; Push hard 50 times and your general fatigue will be relieved.



HEART GOVERNOR FIRE MERIDIAN



Tues., January 30, 1973 (No lecture Mon., Jan. 29th; 4 lectures next week)

### ACUPUNCTURE POINTS ON THREE HEATER MERIDIAN (Yang meridian)

The Heart Governor meridian goes inside of the hand. The Three Heater meridian goes along the back of hand. They both overlap on the front of the body. The H. G. meridian began at the DAN CHŪ point. The T.H. meridian picks up ki flow at back of ring finger and goes up to the body and head and joins the Gall Bladder meridian at the head.

#### Important Points on Three Heater Meridian

"C"-Dan Chū Point: This is the central assimilating point of the upper portion of the T. H. This is heat generated by the heart beating and breathing.

"B"-Chū Kwan Point: This is the central point of the middle heater which is the duodenum, digestive liquids going out which generates heat.

"A"-In-Kō Point: Located below navel. This is the central point of the lower heater which is bladder, kidney, urinal action that generates heat.

The T. H. meridian begins from fingers, so that is where we start locating the acupuncture points.

#### Diagnosis Points on the Three Heater Meridian

D1: Located on back of hand. It is between the bones of the ring finger and "pinky" finger. (WOOD)

D2: Outside on elbow. (SOIL)

D3: On shoulder. If pain, your digestion and breathing is not working well.

D4: Above collar bone.

D5: Below ear.

D6: Above ear.

D7: These are two points at the temple.

D8: Underneath cheekbone. We have studied this as a diagnosis point for sinus.

#### Points of Treatment on the Three Heater Meridian

(1) This is the first point on ring finger located at the root of finger. Good for ear troubles, especially ringing in the ear. (METAL)

(2) Point above (1). This is good if you make a mistake using needles working on the area from the middle heater up. This will make adjustment. (WATER)

(3) On the wrist. Called "Pond of Yang". When womb is in irregular position; if milk doesn't come well; for morning sickness when pregnant; arm arthritis.

(4) Next point above (3). For arm arthritis and rheumatism; difficulty in hearing; intestine muscle tension. (SOIL)

(5) After (4), skip 2 points and the next one is (5). Called "Three Yang Junction". Good for headache; sharp pain in leg or foot; vomiting blood. (FIRE)

(6) Next point above (5). For headache; arm arthritis; shoulder and back pain.

(7) [Also Diag. Point D3] Good for blood pressure; half-body paralysis, i.e. left/right side of body; shoulder hardness and headache; arm arthritis.

(8) [Also Diag. Point D5] Good for inner ear fever; ear ringing; facial paralysis; throat troubles; hiccup; ear ache; tooth pain.

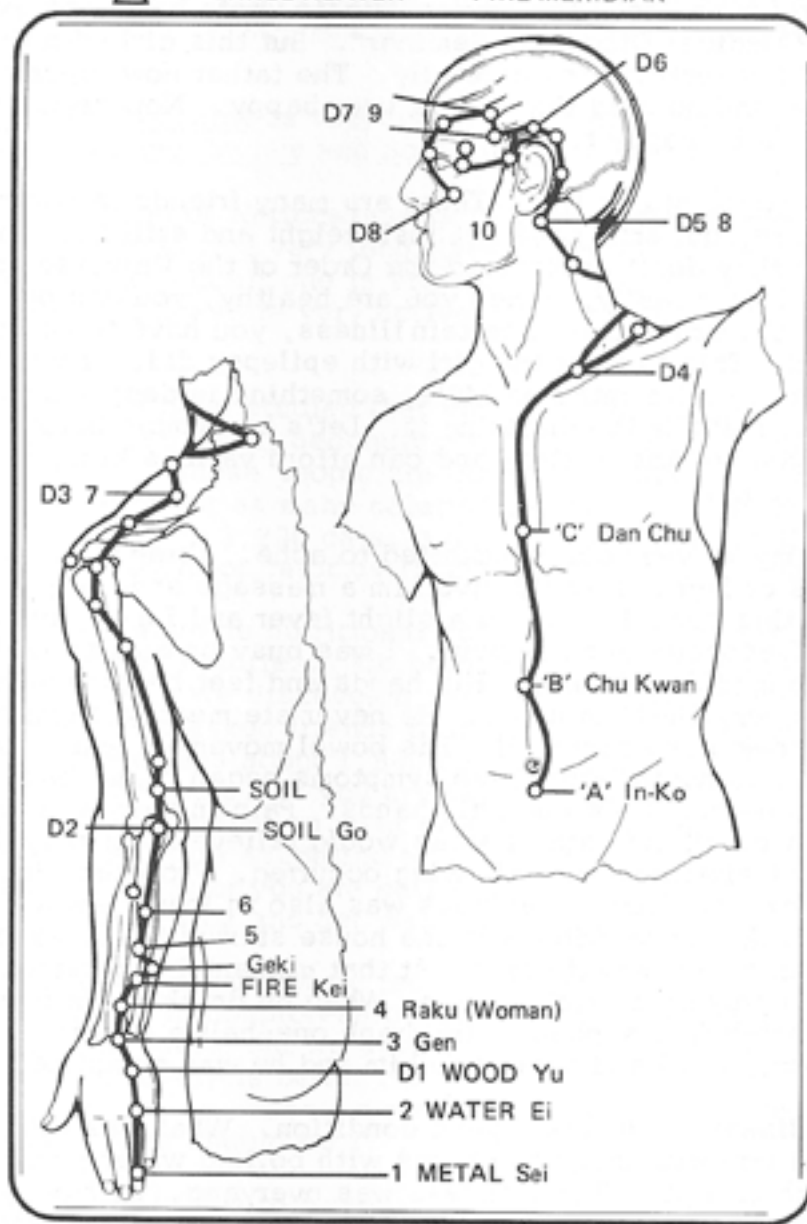
(9) [Also Diag. Points D7] (two points) Good for all kinds of eye disease and toothache.

(10) Located in front of top of ear. Press on bone. Good for all eye troubles; facial paralysis; head-face arthritis.



THREE HEATER

FIRE MERIDIAN





Special Item: Girl cured of epilepsy.

A man wrote Michio a letter from Spain. His daughter about 17-18 years old had epilepsy. She had been having several attacks a day and they got more frequent around the time of menstruation. He had been to specialists in Europe and all they could do was give her a lot of medication. Finally, he wrote to Michio for advice. The advice Michio wrote back was exactly what we studied in the "Medical Diagnosis Seminar". But this girl with the help of her family followed his instructions carefully. The father now reports that she was cured in 15 days and he said that she is very happy. Now he wants to become MB so that he can be happy too.

Michio's comments on this: There are many friends in Boston who are MB for a long time, but still have not lost weight and still have diabetes. This is because they don't understand the Order of the Universe and they don't understand how to eat MB'ly. When you are healthy, you can binge around. But in order to cure yourself of a certain illness, you have to be accurate and self-disciplined. This is what the girl with epilepsy did. If you have a sickness and still have it after 3 months on MB's, something is deeply wrong in your understanding of MB's or in practicing it. Let's be humble before the Order of the Universe until you become healthy and can afford various kinds of risky adventures (bingeing).

Three days ago my 17 year old son started to ache. Three times a year he felt pain in his arms or legs. I would give him a massage and the pain would disappear. On this occasion he got a slight fever and I gave him simple massage but pain only disappeared for one hour. I was busy on Sunday with consultations. He was eating a medium MB diet. His hands and feet became numb and hardness came every 10-15 minutes. He never ate meat or sugar and he has been eating at home generally well. His bowel movement was stuck, so I gave him an enema. Two hours later these symptoms began of numbness and then hardness. Then he could not open his hands. Pain in back also occurred. Ginger formentation on the painful areas would relieve it for only a few hours. Finally on Sunday afternoon the following occurred. From the elbow down and from the knee down got hard. Hardness was also in lower jaw and shoulder. He could not speak. Some friends in the house started to massage, but he was crying for help in a very small voice. At that moment I understood his disease. I told my wife to prepare a drink for him. When he drank it, in one half minute the hardness started to disappear. He drank one-half a cup and was o.k. Then we prepared a meal and gave it to him and he was completely all right.

What was this disease? It was a yang condition. What was this drink? It was grated daikon with chopped leaves with boiling water poured over it with a tiny pinch of salt. This sickness was overyang. So from yesterday, he has been eating very light MB cooking. It was caused by a very minor thing, but there was an accumulation of this minor thing. He may have eaten something a little yang, but ate too much of it, and for January, the weather has been very good lately.

Remember this in case it happens to your children. If you made a mistake and thought this condition was over-yin, and you gave tamari bancha tea, the hardness would have gone to the bronchi and the person could not breathe and would die. The important thing is your judgment. In hospitals, they don't understand and millions of people die by wrong injection or the wrong diet.



Many friends know techniques and understand yin and yang in food. But judgement to know which sickness is yin and which sickness is yang depends on our judgment, and to make good judgment, we must eat well. You should see all things by yin and yang such as things you read in the newspaper. Our judgement is going from left to right, yin and yang, plus or minus is the same thing. If you understand it there is nothing you can't solve.

National Geographic Magazine is very good. You should subscribe to it along with Time, Saturday Review and Scientific American.

In the January 1973 issue of National Geographic, there is an article about three places where people live very long lives. One is Hunza (near Afganistan); one is Abkhazia (Soviet Union); one is Vilcabamba (South America). Many people in these places are very active and happy up to 110 years old and some older.

What is their diet? We have studied that your diet should be according to the climatic region where you live. Secondly, our food should be traditionally thousands of years old. These people are confirming this. Thirdly, we are saying you don't need to eat as many calories as recommended by the U. S. government (2,400 to 3,200 cal. a day). Our MB is not like this. It is about 50% of that amount of calories (1,200 - 1,800 cal. a day).

About 5 years ago, a top grade nutritional scientist came to visit me. He brought up the problem of calories. We both started to calculate how many calories we were eating. We discovered we were actually eating 1,200 - 1,800 cal. a day. Then later I asked friends to calculate what they were eating. If you eat plenty, it becomes about 1,800 cal. If you eat little and are active, it is about 1,200 cal. If you are eating in the middle, it is about 1,400 cal. If you are bingeing on meat or sugar, nuts, peanut butter, it will go over 1,800 cal. This figure according to scientific calculation is out of the question. If you tell a doctor you are eating 1,200 cal. a day, he will tell you that you will become sick and get malnutrition.

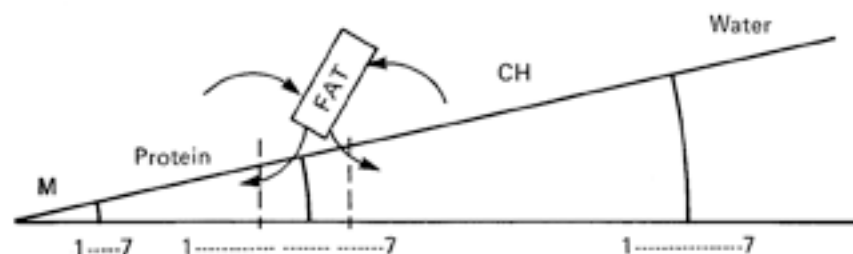
Next Problem: There are many dietary recommendations in scientific fields, as well as several diets in nonprofessional fields like the Adele Davis diet, and various Yoga diets, etc. But we specify "no meat". But if you desire it, then either chicken or turkey is better than beef, and fish is even better. Primitive fish is even better. Also we are recommending that the proportion of protein and carbohydrates should be 1:7.

The proportion of minerals (M) to protein is 1:7.

The proportion of protein to carbohydrates (CH) is 1:7.

The proportion of carbohydrates to water is 1:7.

(This can be adjusted to 5:1.)



Fat can go either way. It can go to protein or CH. Also protein can go to Fat and CH can go to fat.

Polysaccharides should be eaten. If you like to eat di-saccharides, you can, but within a 7:1 ratio.

Protein - Better to have vegetable quality rather than animal quality protein such as grains, vegetables and beans.

Fats - Don't use animal quality fats, but vegetable quality unsaturated fat which at room temperature is liquid form. (You know that butter is hard at room temperature.) We recommend sesame oil and corn oil in this climate.

We have been making these recommendations for years. Now let us see the diet of the people written about in National Geographic. (Two diets shown)

50 g.- Protein	35-38 g. - Protein
30 g.- Fat	12-19 g. - Fat
354 g.- CH	200-260 g. - CH
1.5% - animal foods (meat & dairy)	2-3% - animal food (average diet 1200 calories per day)

You will notice that their diets include almost no animal food. The protein/CH ratio was 1:7.

When you don't eat animal food, doctors warn you by asking where do you get Vitamin B-12. What about these people then? If you don't drink milk or eat cheese, doctors warn you by asking how will you get calcium. These people don't eat these foods, yet they are healthy and live to over 100. This is living evidence that MB's works.

Wed., Jan. 31, 1973

### ACUPUNCTURE POINTS ON GALL BLADDER MERIDIAN (Yang meridian)

The Gall Bladder meridian is a yang meridian. The T.H. meridian went to the head. (See page 33 - T.H. diagram - note the white dot on the side of eye) Now see this same point as a dot (D1) on the Gall Bladder Meridian diagram. The G.B. meridian goes down the head and side of body to the toe on the outside of the foot. The Liver meridian begins at the big toe and goes up the body and ends at the stomach region.

The G.B. meridian covers the side of the body.  
The Bladder meridian covers the back of the body.  
All other meridians are located on the front of the body.

The G.B. meridian begins at the head near the side of eye.

### Diagnosis Points on the Gall Bladder Meridian

D1: Diagnosis point for gall bladder and also for Three Heater.

D2: Located in front of the ear lobe.

D3: Called "Eye Window".

D4: Located on neck.

D5: Located below back of neck.

D6: Located under breast.

D7: For liver.

D8: Located above hip bone.

D9: On outside of leg.

D10: On outside of leg.

D11: On foot.

D12: On foot - this is a junction point.

### Points of Treatment on the Gall Bladder Meridian

(1) [Also Diag. Point D2] Good for inner ear fever; facial paralysis, toothache.

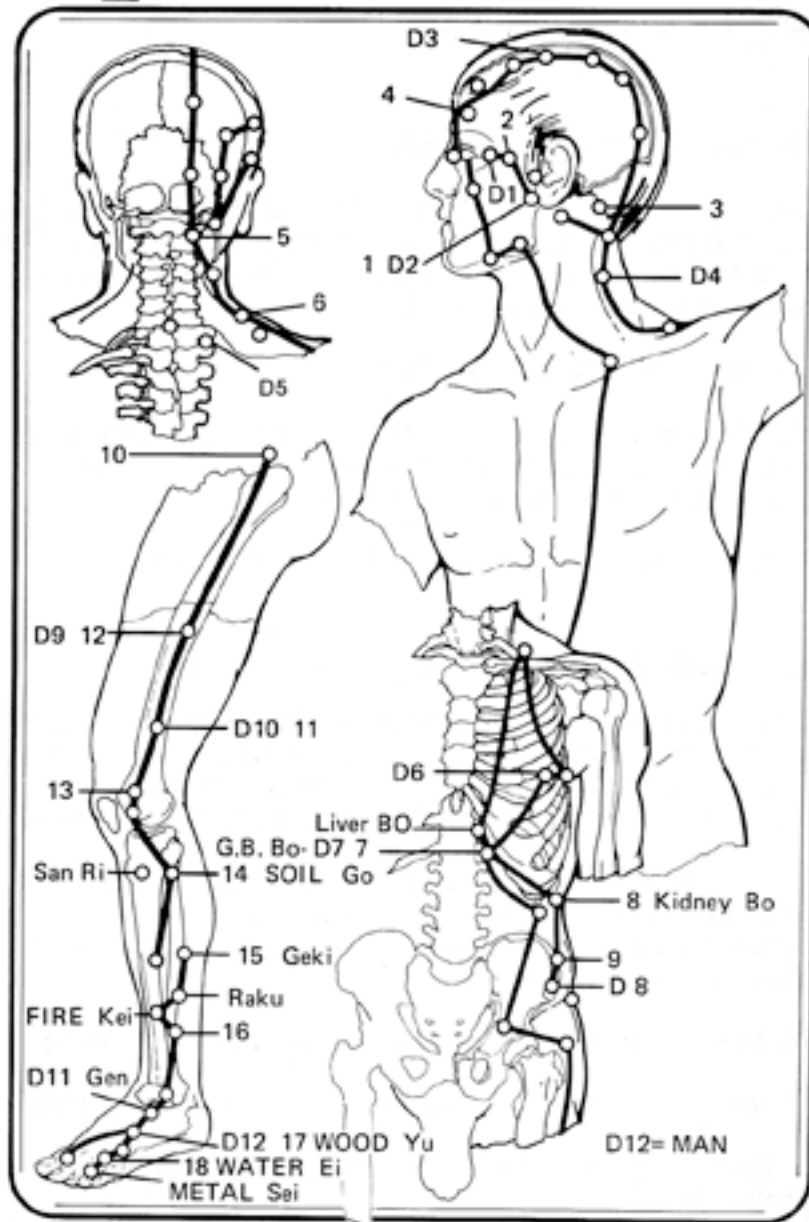
(2) This is located parallel to D1 to the side of the eye. It is above cheekbone. (If cheekbone sticks out a lot, this is a yang type person like a leader. If it is not sticking out much, this is a more gentle type person.) Good for all eye troubles; facial paralysis; head-facial arthritis.

- (3) This is immediately under bone to the back of the ear. Good for headaches; internal ear trouble; women's breast-nipple fever like when nipple is swollen and sometimes infected; dizziness.
- (4) On forehead. Good for eye trouble; when you have watery eyes; arthritis of eye and head region.
- (5) Located on back of head. Good for headache; nose swollen and fever; sinus; colds, neurosis; eye area arthritis.
- (6) On shoulder. Called "Shoulder Well" (well meaning a place where you get water). Good for headache; shoulder/back pain; multiple sclerosis.
- (7) Called "Sun and Moon". [Also Diag. Point D7] Good for gall bladder stones; jaundice; pleuresy; rib cage arthritis.
- (8) Good for kidney disease, waist pain; very important point for kidney treatment.
- (9) One point down from (8). Good for all vaginal discharge; women's disease; waist pain; lower intestinal pain.
- (10) See leg chart. This is the top point. Good for pelvic arthritis. Also good for half-body paralysis; side of leg arthritis.
- (11) [Also Diag. Point D10] Good for beri-beri; waist pain; lower intestinal pain and half-body paralysis.
- (12) [Also Diag. Point D9] Same use as D10 given above, but we usually use D10. But you can use whichever point feels the most hardness.
- (13) Good when you are cold like from the weather or when you eat ice cream; for chills; (it makes blood circulation better).
- (14) All muscle disease; pelvic-waist arthritis; waist pain; beri beri; rheumatism; to stop internal bleeding of organs; womb/vaginal discharge. Also facial paralysis. This is a very well known point of treatment. (SOIL)
- (15) For hardening of back of neck and shoulder. Also pleuresy; pain in side of chest; pelvic arthritis.
- (16) Well known point for deep inner bone trouble like bone marrow fever; spinal meningitis; foot joint twisted; beri beri.
- (17) [Also Diag. Point D12] Junction between lines going from big toe and 4th toe. Good for pain of top of foot; swollen foot from injury; upper chest side pain; gall bladder stone. (WOOD)
- (18) For dizziness; swollen foot. (WATER)



GALL BLADDER

WOOD MERIDIAN



## ACUPUNCTURE POINTS ON LIVER MERIDIAN (Yin meridian)

The G.B. meridian ends on the foot at the 4th toe, but it also branched out and went to the big toe and ended at side of toe. The Liver meridian picks up the ki flow near the big toe and goes up the inside of the leg. The G.B. meridian is a yang meridian (outside of leg) and the Liver meridian is yin (inside of leg).

### Diagnosis Points on the Liver Meridian

D1: On foot.

D2: Below ankle bone a little to the side.

D3: Called "San In Kō" (3 Yin Junction). Here three yin meridians meet: liver, kidney and spleen meridians. Famous treatment point. But also important for diagnosis of the kidney, spleen and liver. However, avoid using during pregnancy as it may cause a miscarriage.

D4: If pain, you are overeating. For diagnosis of liver.

D5: Underneath rib cage. Called Shō-Mon. Although located on the liver meridian, it is an important point for spleen. If you feel pain, it means liver trouble, but moreso it means spleen trouble.

D6: Called Ki-Mon. Important point for liver diagnosis.

### Treatment Points on the Liver Meridian

(1) The first point on foot diagram located to the right of the nail on big toe. Important for emergency treatment: heart pain, epilepsy; fainting; trembling; when you fall down and are stunned. Give fire or needle. (Note: on the hand on the little finger is a point used for the same purpose.) (WOOD)

Also, some points on the foot are good for beri-beri, for example. And some points on the hand are good for the same. There is a relationship between these points. You discover what it is. You can then understand the beautiful mystery of the Order of the Universe.

(2) 2nd point on foot. Good for hysteria; when blood rushes to the head. (FIRE)

(3) [Also Diag. Point D1] All liver sickness; heel and sole pain; bed-wetting. (SOIL)

(4) [Also Diag. Point D2] Foot arthritis and rheumatism; liver trouble; over-acidity in stomach. (METAL)

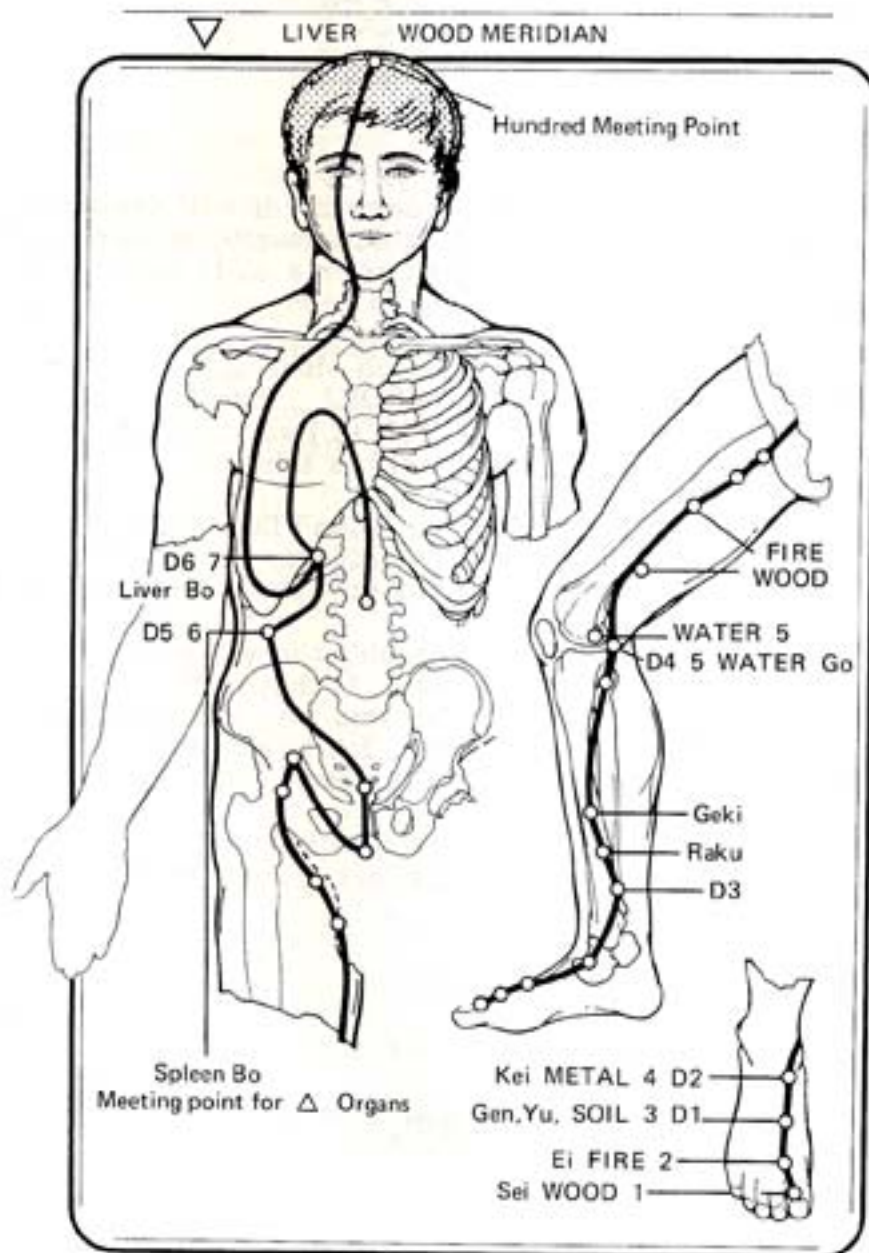
(5) This is the point in knee area and also Diag. Pt. D4 is used for the following: Knee arthritis and rheumatism; gonorrhea; urinal tube trouble; frequent urination; lower belly fever and pain. (Both points are WATER)

(6) [Also Diag. Point D5] Good for all spleen disease; water belly; condition of stomach when it "drops" (fallen stomach); stomach cramp; chest-side pain; chest arthritis.

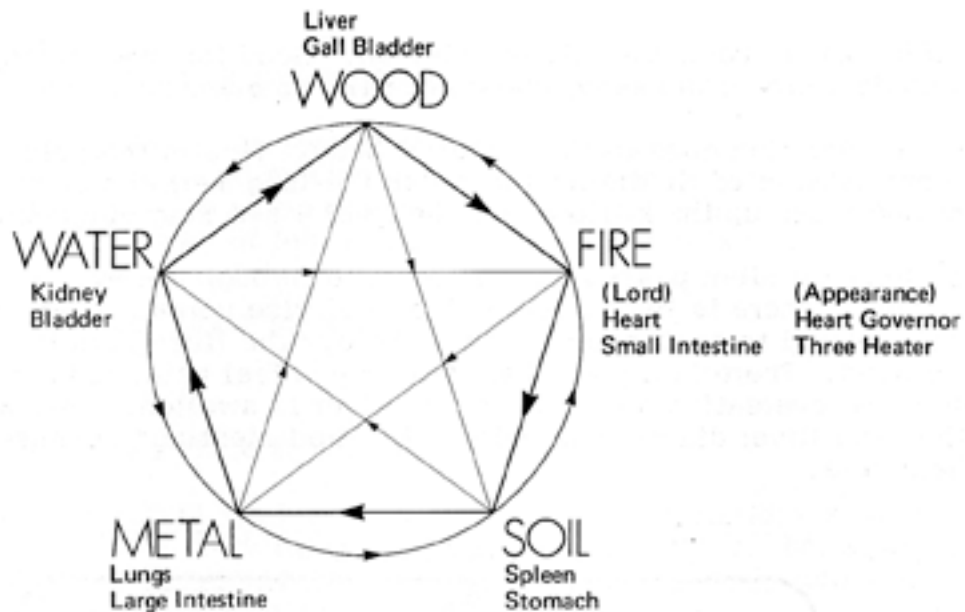
(7) [Also Diag. Point D6] Called Ki-Mon. Good for liver sickness; gall bladder stone; pleuresy; chest arthritis; frequent coughing.

The liver meridian goes to the center of body. This is the point of Chū Kwan, the central point of middle heater. Also the lung meridian connects at this point and picks up the ki flow from the liver - see lung diagram on page 6.

Also, liver meridian passes up the body and through the eye, so if you have eye trouble, there is liver trouble also, and vice versa. Liver and eyes are closely related to each other. From the eye the liver meridian goes to the top of head. There is a place here that if you feel pain, it is from too much liquids and overeating and it means the liver is swollen. This white point on the head (liver diagram) is called "Hundred Meeting" because all ki flow gathers here.







#### LOCATING THE FIVE TRANSFORMATION POINTS

Reverse action is undesirable. If FIRE becomes big it will destroy WOOD. If heart and S.I. are overactivated (child) it will destroy or have a negative effect on Liver and G.B. (parent). Just like when a child becomes naughty, it works against the parents.

There is an antagonistic relationship from each element to the element that is the 3rd one away from it. (Ex: WOOD to SOIL] Therefore, when WOOD is activated, it indirectly inhibits SOIL. WOOD is liver and G.B., so if they are activated, then SOIL (spleen and stomach) is inhibited.

If WATER (kidney and bladder) are activated, then FIRE (heart, S.I., H.G. and T.H.) is inhibited. There is nothing in the universe that is absolutely adaptable for everything. For one thing it is good, and for another, it is bad.

If you use the kidney meridian for kidney troubles it will help the liver and G.B. But if you have a weak Heart or weak S.I. they will become inhibited. So you must choose a different method. For this we need good judgement. Therefore, you still use the kidney meridian, but to avoid a negative effect on the Heart and S.I. (FIRE) you go to a SOIL point. This will activate the spleen and stomach.

See all the diagrams for the different points that are labeled FIRE, WOOD, WATER, etc.

#### LUNG MERIDIAN (Metal) (see page 6) (Yin)

- WOOD is first point on finger (9).
- FIRE is 2nd point on finger (8).
- SOIL is 3rd point. (7).
- METAL is unnumbered point above SOIL.
- WATER is on elbow (4).

LI. MERIDIAN (Metal) (see page 7) (yang)

METAL is first point on index finger (1).  
WATER is 2nd point on finger (2).  
WOOD is 3rd point on finger (unnumbered).  
FIRE is point at wrist (4).  
SOIL is point at elbow (8).

STOMACH MERIDIAN (Soil) (see page 9) (yang)

From end of foot, 2nd toe:  
METAL is 1st point.  
WATER is 2nd point.  
WOOD is 3rd point.  
FIRE is point at ankle (15).  
SOIL is below knee, the SAN RI point (13).

SPLEEN MERIDIAN (Soil) (see page 11) (yin)

WOOD is 1st point on toe (1).  
FIRE is 2nd point (unnumbered).  
SOIL is 3rd point (unnumbered).  
METAL is ankle point between 2 white dots (D2).  
WATER is point below knee called In Yo San (5).

HEART MERIDIAN (Fire) (see page 16) (yin)

WOOD is 1st point on little finger (4).  
FIRE is 2nd point (D4).  
SOIL is 1st point on wrist (3).  
(Skip 2 points) (there are 4 points on wrist)  
METAL is point on wrist.  
WATER is elbow point (1).

SMALL INTESTINE (Fire) (see page 17) (yang)

METAL is 1st point (1).  
WATER is 2nd point (2).  
WOOD is 3rd point (3).  
(Skip point (4))  
FIRE is wrist point between (4) and (5). Next to white dot.  
SOIL is elbow point (D1).

BLADDER MERIDIAN (Water) (see page 21) (yang)

On Foot:  
METAL is 1st point at end of little toe (27).  
WATER is next point.  
WOOD is next point.  
(skip next 4 points)  
FIRE is next point at side of ankle bone - not below it (25).  
(see leg diagram)  
SOIL is point in back of knee joint, actually above knee joint, in center of leg where there is a line joining a point to the right.

KIDNEY MERIDIAN (Water) (see page 27) (yin)

Begins at sole of foot.  
WOOD is 1st point (1) called Yu Sen (Bubbling Spring).  
FIRE is 2nd point (2).  
SOIL is side of ankle  
METAL is 1/3 way up leg. It is D3 point which is under white dot  
(San In Ko) but to the right.  
WATER is point below knee area.

HEART GOVERNOR (Fire) (see page 30) (yin)

Middle finger meridian.  
WOOD is 1st point on middle finger.  
FIRE is point at center of palm (D3).  
SOIL is point on wrist (4).  
METAL is point above (3) (2 points above SOIL).  
WATER: These are two points (white) at elbow area to the side of D1.

THREE HEATER (Fire) (see page 33) (yang)

Fourth finger meridian.  
METAL is 1st point to side of nail (1).  
WATER is 2nd point (2).  
WOOD is 3rd point (D1).  
FIRE is the white dot between (4) and (5) above wrist.  
SOIL: There are two points for SOIL. One is D2 and the other is  
immediately above it. Use either one.

GALL BLADDER (wood) (see page 39) (yang)

METAL is 1st point near nail.  
WATER is 2nd point (18).  
(skip next point)  
WOOD is located at junction (D12).  
(skip 3 points)  
FIRE is next point. (point following (16)).  
(skip 3 points)  
SOIL is (14) to the right of San Ri white point.

LIVER (wood) (see page 41) (yin)

WOOD is 1st point (1).  
FIRE is 2nd point (2).  
SOIL is 3rd point (3).  
METAL is 4th point (4).  
(go up to knee)  
WATER: circle at knee and also D4 - point beside it.  
Both are water points.

Then next point starts WOOD, FIRE, SOIL, METAL, WATER sequence. That happens on all meridians. But for actual treatment, you need not remember. Use only the five points named from the end of finger or toe.

Note: All yin meridians start with WOOD. All yang meridians start with METAL. Also: The WOOD points are for Liver and G.B. The SOIL points are for Stomach and Spleen. This holds true for all points. Each meridian is for a certain organ, but all other organs appear on that meridian also. So what points do you choose? To treat liver: you don't have to use liver meridian. May use liver point (wood point) on another meridian like heart meridian or L.I. meridian. To treat kidney (water), this is negative to fire (heart/S.I.). So you would use a fire point on kidney meridian to avoid this negative effect.

Mon., Feb. 5, 1973

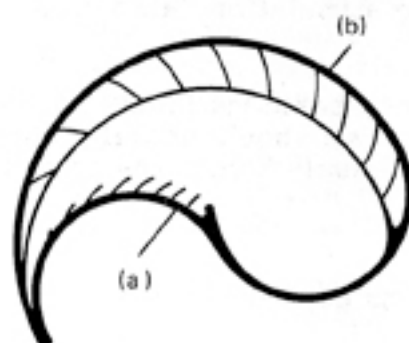
### ACUPUNCTURE POINTS ON GOVERNING VESSEL MERIDIAN

We have studied the 12 meridians. There are two more that are not considered as meridians, but they are of the utmost importance. One is located on the front of the body and the other on the back. Other meridians connect to them.

The back side one is translated as "Directing Vessel" (directing meaning administrating). Therefore, it is called the "Governing Vessel". The front side one's name is translated as "Responding Vessel" (responding meaning receiving an order and responding to it). So the name given to this is called "Conception Vessel". These are not good translations, but these vessels have been called by these names, and it is difficult to change now.

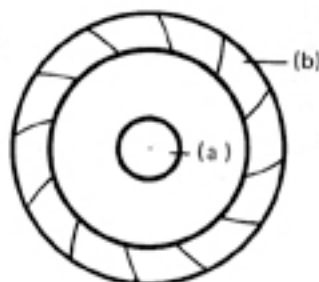
They are antag/complimentary to each other.

In the womb, the embryo looked like this:



- (a) formation of conception vessel (front)
- (b) formation of governing vessel (back)

More originally (in the egg):



The center and periphery became front and back. As growth went on, the center became stretched more rapidly than the back, and they became equivalent and parallel to each other.

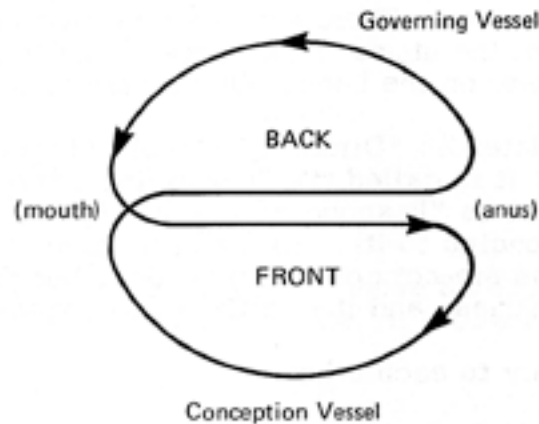
The Governing Vessel goes from the spine and to the top of head and down the front of face and ends at the mouth.

The Conception Vessel goes up and ends at the mouth. From the mouth it goes inside forming the digestive vessels and comes out from the anus and then goes up the body.

These two meridians are corresponding lines of internal digestive systems. The mouth is the center of the body. It is also the center of both of these meridians.

In the womb, we pass through the "fish stage" wherein the mouth is the center of the body.

Diagram-wise this is how the two vessels go:



Both vessels give stimulation on the nervous system; front side gives to respiratory and three heater. But when giving stimulation, also giving stimulation to the digestive functions.

These two vessels are the most fundamental and basic meridians because they are the front and back and center of the body. We should actually start a course in Acupuncture by studying these two vessels before any other meridians. That's how basic they are.

The Governing Vessels begins at the bottom and goes to the top.

#### Diagnosis Points on Governing Vessel

D1: If you have spine trouble or nerve trouble, you will get a sharp pain by pressing this point.

D2: Diagnosis point for governing vessel or nervous system or digestive system. If you press and feel pain, this means they are not good.

D3:

D4: Located under skull.

D5: See head diagram. This is the top point.

D6: Located right under nose.

#### Treatment Points on Governing Vessel

(1) [Also Diag. Pt. D1] For hemorrhoids; for madness.

(2) One point above. For waist pain; hemorrhoids; cold feeling of waist and pelvic region.

(3) Leg troubles including knee pain; lower abdominal fever; waist pain; menstrual pain.

(4) [Also Diag. Pt. D2] For bone marrow; waist pain; vomiting and all kidney diseases; all children's diseases.

(5) All muscle diseases of any part of body; rheumatism; nerve depression; polio; facial paralysis; insomnia.

(6) Kidney fever; stomach gastric trouble (overacidity); no appetite; intestinal fever; lung T.B.; symptoms of menopause.

(7) Called "Spiritual Base" - For spleen (pancreas) fever; asthma; bronchitis; pleuresy; lung T.B.; mental excitement.

(8) Shin Dō. "Way of God". For liver fever; various sicknesses of the nerves.

(9) [Also Diag. Pt. D3] Called Shin Chū, "Body Pole". Ordinary name by ordinary people in Japan call it "Chirike". For all chest fever; various nerve sickness; lung sickness; all children's sickness; This is the famous point for treatment of children's disease. After a baby is born, 75 days later, in traditional family, they made moxa on this point for several days. If skin disease came before that, if the baby was at least 30 days old, they would give moxa. Before 30 days, the baby is too small. This procedure was to make children strong and help to resist influenza, etc. Also children who have tendency to be crazy (screaming) - they receive moxa on this point.

(10) Called "Great Vertebra". You bend neck forward, and at back of neck a bone sticks out. Between that bone and the next is this point. For brain fever, tonsillitis, headache, influenza; lung T.B.; malaria.

(11) See neck region. This is called "A Mon" which means "Gate of Dumb", meaning a person who cannot speak. Good for speech troubles including dumbness; paralysis of bottom of tongue.

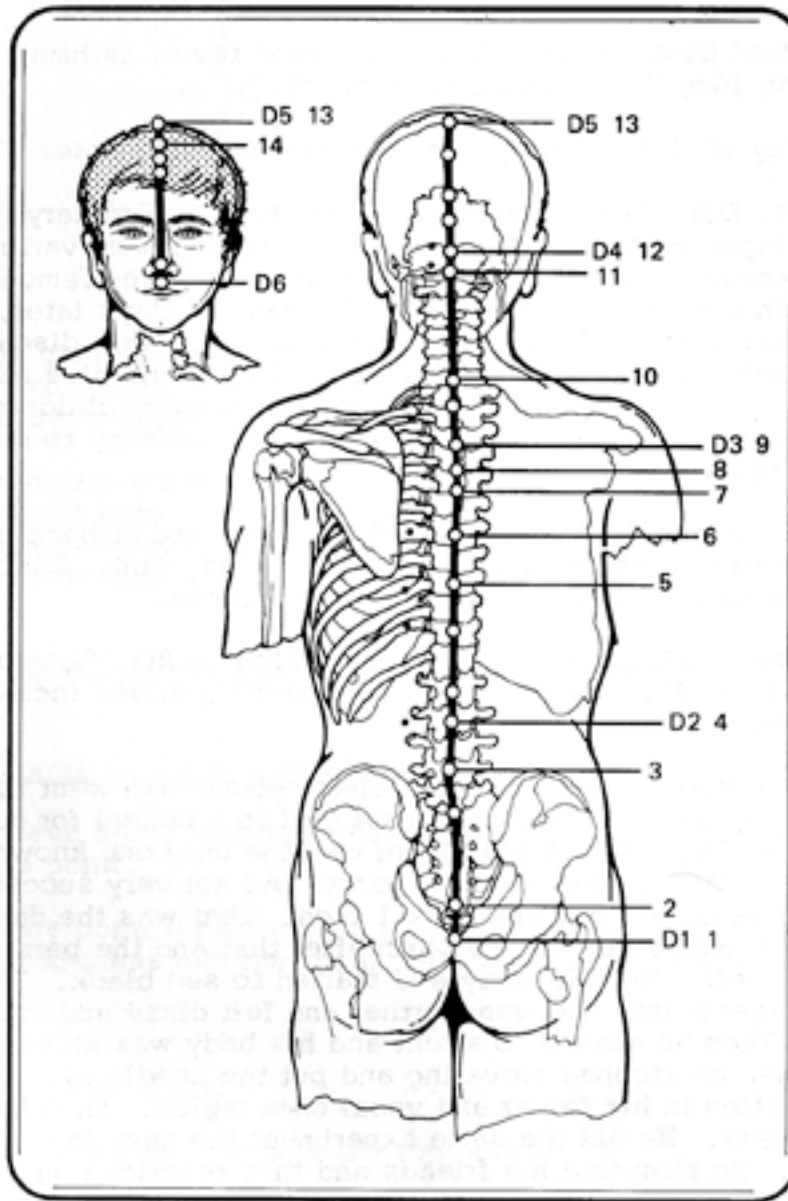
They have a medical corps in China. These young men went throughout the country to help people. One man was assigned to a school for dumb children. He had limited knowledge. This A Mon point was the only one known traditionally for speech problems. It had been used for years, but not very successfully. You could only put the needle into the neck 1 inch. That was the danger point, for it was said that it would go into the brain after that and the person would die. So he tried it on himself. He felt dizzy and started to see black. That meant he had reached the danger point. He went further and felt dizzy and stopped. Then he did this again. Then he started to sweat and his body was shivering. But he was still alive. Then he stopped shivering and put the needle in. Total: 1½ inches. He then felt a sensation in his throat and vocal cord region. Then he knew that it could cure dumbness. He did the same experiment the next day. He repeated it for several days. He then told his friends and they practiced on each other. After they perfected this, they tried it on a girl who was dumb. Treated her for two days. She started to speak. They cured many children this way. He was very courageous. No one dared go pass the danger point before this man tried it.

(12) [Also Diag. Pt. D4] High and low blood pressure; brain hemorrhage (stroke); half-body paralysis; sinus; headache; any bleeding (gums, nose, etc.)

(13) [Also Diag. Pt. D5] "Hundred Meeting" point. For headache, nerve depression; irregular blood pressure; rhumatism; sinus; hernia; insomnia.

(14) Good for vomiting; heavy head (pressure in head); insomnia; blood pressure; swollen nose or nose fever; sinus.

GOVERNING VESSEL (Back side of Body)





## ACUPUNCTURE POINTS ON CONCEPTION VESSEL

The conception vessel begins from down and goes up.

### Diagnosis Points on Conception Vessel

D1: Located between anus and testicles (or vagina). Diagnosis point for conception vessel and also prostrate trouble, fever of testes; womb-vaginal-ovary troubles. If you push up, you feel pain. Also if you have too much sex, you get exhausted, and you press here, you will feel pain.

D2: Located around hara.

D3: Located on navel.

D4:

D5: Dan Chū. Center point of upper heater.

D6:

D7: Located under nose. If you ate too much yin, and you press, then you feel dizzy.

### Points of Treatment on Conception Vessel

(1) Treatment point - For gonorrhea or syphilis; urinal tube trouble; bed wetting; bladder paralysis. (Note: Anytime in these lectures, if a point of treatment is for gonorrhea, it also includes syphilis.)

(2) Well known bladder point. All bladder sickness; sex organ sickness; women's diseases; menstrual trouble; bedwetting; heavy brain pressure.

(3) Well known S.I. point. For all intestinal trouble; women's disease; menstrual trouble.

(4) "Sea of Ki". For appendicitis (put moxa 30 times or more); intestinal fever; diarrhea; neurosis; leg weakness (like in old people who stumble and start to fall - which is a sign of death, usually 1 year before -- the yang part, the legs, is becoming yin). Also for intestinal fever; sex organs; yin pregnancy - when you cannot have a baby; all kidney disease; lower abdomen pain.

(5) (1 point below navel) For diarrhea; intestinal pain; kidney fever.

(6) (1 point above navel) Called "Water Division" or "Water Separation". Good to stimulate urination. Some people have water in the stomach, making a gurgling sound. Working on this point will dissolve it. When water is "pooled" or stuck in the bladder, use this point. Also for diarrhea that comes out like water; use when intestines are swollen from water pooled there; for bed wetting.

(7) All lower heater functions: digestion, absorption and excretory metabolism.

(8) [Also Diag. Pt. D4] All middle heater metabolism including all stomach disease, morning sickness in pregnancy; intestinal pain; diabetes; womb in irregular position; internal organs like stomach, kidney and intestines dropping down (yin condition - they are loose) . This is a well known stomach point.

- (9) Upper region metabolism - heart; respiratory function.
- (10) Well known heart point. All heart disease; stomach cramps; overacidity; asthma; difficulty in lifting arm; rheumatism.
- (11) [Also Diag. Pt. D5] Dan Chū. Good for breast pain; when you have no milk; mental depression; neurosis; heart disease; rib cage arthritis.
- (12) [Also Diag. Pt. D6] Good for asthma; throat T.B.; thyroid/parathyroid glands hormone disease (when eyes are bulging out).

(See page 51 for Conception Vessel Diagram)

\* \* \* \* \*

Chanting: Sū sound. I recommend it because:

- 1) It is natural sound. All babies make it. You make it every time you exhale.
- 2) It is simple.
- 3) It vibrates inside of head and body harmoniously. (Ahhhh sound doesn't do it so well.

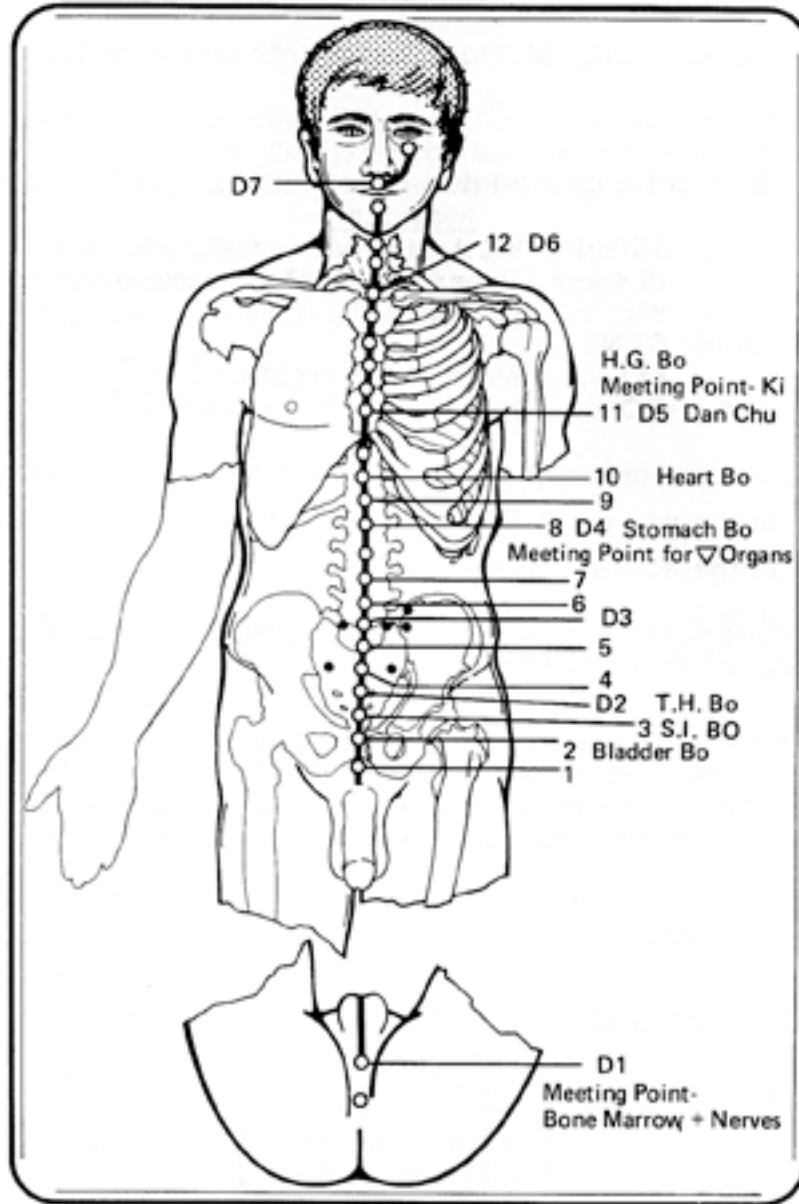
As a result, the conception and governing vessels which are basic and fundamental both vibrate at the sound of Sū. Electro-magnetic charge is going on.

Check this. One person chant Sū. Another person check the "Hundred Meeting" point on top of head; also the point at the bridge of nose; check the conception vessel in front of body; check the governing vessel in back of body.

You will feel vibration, the electro-magnetic charge going on. And it distributes this charge to all other meridians.

As you breathe in, you are breathing in the infinite universe, taking in into your body into the infinitesimal universe inside of you.

CONCEPTION VESSEL (Front Side of Body)



Tues., Feb. 6, 1973

Generally, there are 350-365 points on the 14 meridians on the bodies of most people. Not all of them are being used. Most of them are being used for various ailments. However, some points are being skipped, although they are more or less effective for various ailments. Practically, when we treat people, we don't use all the points. We must learn a simple way.

We have studied WOOD, FIRE, METAL, etc. points on the body.

### Generalizations

In the Orient, the first point on meridian is called SEI.

		<u>Meaning</u>
[end point]	SEI	Well (like water well). Ki is bubbling up.
	EI	Streaming (Ki flow is streaming.)
	YU	Pouring.
[balancing point]	GEN	
	KEI	More going straight.
[elbow/knee pt.]	GŌ	Joined (into big stream).

GEN point: Source or origin. It is the central of the above named points.

SEI point: Is the end point (like finger or toe point).

GŌ point: Is the elbow or knee point.

GEN is the balancing point. It is not exactly halfway between SEI and GŌ, but usually around the wrist or ankle.

You will note that the first point on meridians given (12 meridians) is either wood or metal. The yin meridians start with WOOD point. The yang meridians start with METAL point. Therefore, for yin meridians (like lungs) SEI is WOOD point (end point). For yang meridians (like L.I.) SEI is the METAL point (which is on the end).

### Yin Meridians (yang organs)

Type of Meridian	Name of Meridian	SEI	EI	YU	GEN	KEI	GŌ
Metal	Lung	Wood	Fire	Soil		Metal	Water
Soil	Spleen						
Fire	Heart						
Water	Kidney						
Fire	H.G.						
Wood	Liver						

### Yang Meridians (yin organs)

		Metal	Water	Wood		Fire	Soil
Metal	L.I.						
Soil	Stomach						
Fire	S.I.						
Water	Bladder						
Fire	T.H.						
Wood	G.Blad.						

Therefore, on the kidney meridian (page 27) :

SEI point (D1) is working for the kidneys.

EI point (2) is working for fire organs as well (HEART, S.I. plus H.G. & T.H.).

YU point (soil point) is working for the soil organs (SPLEEN and STOMACH).

### The GEN Point

This is the balance point between SEI and GŌ. See Lung meridian (page 6).

On lung meridian, GEN is the 2nd point on the wrist labeled (7). It is also SOIL and also the YU point. On yin meridians, YU and GEN is the same point.

See Spleen meridian (page 11). GEN is the 3rd point, also SOIL; also YU.

(On all the yin meridians, YU and GEN is the same.)

Go through all diagrams and mark GEN point:

Lung	page 6	(7)
Spleen	page 11	
Heart	page 16	(3)
Kidney	page 27	
H.G.	page 30	(4)
Liver	page 41	(3)

In yang meridians, GEN is usually one point above YU. See L.I. meridian (page 7) GEN point is (3). It is one point above YU (WOOD point).

Go through all diagrams and mark GEN point:

L.I.	page 7	(3)
Stomach	page 9	D9
S.I.	page 17	(4)
Bladder	page 21	
T.H.	page 33	(3)
G.B.	page 39	D11

### GŌ Points

Lung (page 6)	- Elbow point (4)
L.I. (page 7)	- Elbow point (8)
Stomach (page 9)	- San Ri on leg (D7)
Spleen (page 11)	- Water Point - below knee and above (5).
Heart (page 16)	- Elbow point (D3)
S.I. (page 17)	- Elbow point (D1)
Bladder (page 21)	- Soil Point back of knee.
Kidney (page 27)	- Water point below knee.
H.G. (page 30)	- Elbow point (D1)
T.H. (page 33)	- Elbow point (D2)
G.B. (page 39)	- Below knee 1 point (14)
Liver (page 41)	- Exact point of knee (D4)

All Gō points gather at elbow and knee.

GEN is used for diagnosis and treatment.

Another two points you should know on each meridian are GEKI and RAKU.

Geki: This means bone and meat and join; blood stream and nerve is there. One geki point on each meridian. Often there is stagnation there. Often with stimulation there is a good result.

Raku: If you have yin caused sickness; high fever or swollen-ness, then Raku becomes sore or painful. It becomes expanded. If yang type sickness, this point is more contracted or sinking in and there is no pain. There is one Raku on each meridian.

Geki is one or two points down from elbow.

Raku is another point down.

Lung (pg. 6)	Geki - below (4). Raku - (6)
L.I. (pg. 7)	Geki - (6) Raku - (5)
Stomach (pg. 9)	Geki - above knee Raku - below knee on left junction of meridian (dot is all by itself to the right of 4 dots)
Spleen (pg. 11)	Geki - (5) Raku - (2)
Heart (pg. 16)	Geki - (2) Raku - one point below (2)
S. I. (pg. 17)	Geki - (5) Raku - point between (5) and D1.
Bladder (pg. 21)	Geki - 5th point on foot right above GEN. Raku - Back of leg to the right of D18.
Kidney (pg. 27)	Geki - To the right of D2 and below it. Raku - To the right of D2 and a little above it.
H.G. (pg. 30)	Geki - D2 Raku - 3
T.H. (pg. 33)	Geki - White point under (5) Raku - (4)
G.B. (pg. 39)	Geki - (15) Raku - 1 point below Geki
Liver (pg. 41)	Geki - 2 points above D3. Raku - 1 point above D3.

## YU and BO Points

There are points which came in and formed organs and are located on the back and front of body. They are antag/complimentary to each other.

We studied the bladder meridian. (see page 21.) All these points (such as lung point (D4), chest point (D5), heart point D6), etc.) are located on the bladder meridian on the back. But there are these same points on the front of the body also. The ones on front of body are located on different meridians, whereas the back points are all located on the one meridian (bladder). Points on the back are called YU. The points on the front of the body are called BO (gathering, assimilating). In between any YU point and its corresponding BO point is the organ or function.

Therefore, YU points are on the bladder meridian. And BO points on the front of body are located on different meridians. Example: The lung YU point can be pressed with one finger on the back and the lung BO point can be pressed with finger on other hand (this is working on another person, not yourself). In this way the ki flow from both fingers is making a current inside the person giving stimulation to his lung.

You know where the YU points are on the bladder meridian. Here is where the BO points are located on the front of the body.

Lung BO (pg.6) This is treatment point (2).

L.I. BO (It is located on stomach meridian - see page 9) It is treatment point (7).

[Note: the meridian shown is on the left side of body; there is also another meridian with same points on right side of body.]

Stomach BO point is on conception vessel - see page 51. It is point (8) or D4.

Spleen BO point is on liver meridian - see page 41. It is point (6) or D5.

Heart BO point is on conception vessel - see page 51. It is point (10).

S.I. BO point is on conception vessel - see page 51. It is point (3).

Bladder BO point is on conception vessel - see page 51. It is point (2).

Kidney BO point is on gall bladder meridian - see page 39. It is point (8).

H. G. BO point is on conception vessel - see page 51. It is DAN CHŪ point which is (11) or D5.

T. H. BO point is on conception vessel - see page 51. It is D2 point.

G.B. BO point is on gall bladder meridian - see page 39. It is D7 or (7) the point called "Sun and Moon".

Liver BO point is on liver meridian - see page 41. It is point (7) or D6. You can also see it on the Gall Bladder meridian chart (p. 39). It is the white dot above D7.



### Comprehensive Points (used for anesthesia)

There are 8 comprehensive points. These are in pairs. They bear an antag/complimentary relationship to each other.

Father/Mother

Man/Woman

Husband/Wife

Master/Guest

#### Father/Mother

Raku point on Spleen meridian: father point (pg. 11) (on top part of foot 4th pt.)

Raku point on H.G. meridian: mother point (pg. 30) (above wrist on inside)

#### Husband/Wife

Husband: S.I. meridian (pg. 17) WOOD point on hand. (3rd pt.)

Wife: Bladder meridian (pg. 21) the point above GEKI on foot.

#### Man/Woman

Man: G.B. meridian (pg.39) D12 (WOOD) on foot. (4th pt. on foot)

Woman: T.H. meridian (pg.33) RAKU point - (4) above wrist.

[Note: Father/Mother was more on the inside compared to Man/Woman which is more on the outside.]

#### Master/Guest

Master: Lung meridian (pg.6) - RAKU point (6). (wrist)

Guest: Kidney meridian (pg. 27) - point D2. (under ankle)

### There are also 8 Meeting Points.

1. Yin organs

5. Blood

2. Yang organs

6. Bones

3. Muscles

7. Vessels

4. Bone marrow (nerves)

8. Ki

#### (1) Meeting Point - Yin Organs

BO of stomach. See conception vessel (pg. 51) point D4, representing all yin organs.

#### (2) Meeting Point - Yang Organs

BO of spleen. See liver meridian (pg. 41). This is point (6) or D5. Called Shō-Mon.

(3) Meeting Point - Muscles & Tissues

This is point (14) on G.B. meridian on page 39. Tight muscle is there.

(4) Meeting Point - Bone Marrow & Nerves

One opinion is the point on conception vessel D1 located between anus and testicles or vagina. (see page 51)

or,

The other opinion is: See G.B. meridian (page 39). The white dot above point D11 on ankle.

We usually use the latter, as the former is inconvenient to use.

(5) Meeting Point - Blood and Blood circulation

See bladder meridian (pg. 21). Point D7, the diaphragm point.

(6) Meeting Point - Bones

See bladder meridian (pg. 21). Point (6).

(7) Meeting Point - Vessels

See lung meridian (pg. 6). GEN point; also SOIL; also (7).

(8) Meeting Point - Ki

This is Dan Chū point. See conception vessel (pg. 51). It is also known as BO of H.G.

These Meeting Points are important points to remember.

Wed., Feb. 7, 1973

### Four Synthesized Points

There are 4 major acupuncture points. When you have physical troubles, you need to remember these four points for treatment. They are called the 4 synthesized points.

#### Front Part of Body

(for stomach troubles) The front is the yin part of body. Mainly speaking, for digestive organs and respiratory organs.

Use: Stomach Meridian SAN RI point. (See diagram on pg. 9.) This is D7 point. Located on leg. (also SOIL point)

For: General stomach disease; nose disease; beri beri; arthritis; half-body paralysis; all chronic disease. Well known point for longevity and preserving health. There is a story in Orient: You should not go for a long trip (when you have to walk - no cars then) with a friend who does not have a moxa mark on his San Ri point.

#### Back Part of Body

(for waist, back) The back is the yang part of body (hard part).

Use: I CHŪ point on Bladder meridian (pg. 21). This is SOIL point on back of knee.

[SAN RI and I CHŪ are antagonistic]

#### Head Region

Use: Rekketsu point on Lung meridian (pg. 6). This is (6) RAKU point. It is junction with meridian branching to index finger. This point is not on the pulse but to the side. After you take pulse, it is the 4th one.

#### Face Region

(incl. eyes, nose, mouth)

Use: Gō Koku point on L. I. meridian (pg. 7). This is (3) and also GEN point. It is also a diagnosis point and shows facial trouble.

[BEKKETSU and GŌ KOKU are antagonistic]

These 4 points have been traditionally considered most important points.

### How Treatment is Given

As we have seen, these points are used not only for acupuncture which is needle use, but can be used with moxa, finger pressure, and on the meridians by massage.

Moxa (also called Mogusa) - This is made of mugwort. It is oily and if we light with fire, it will not go out and will burn down to the skin. Use a

grain size piece of moxa. If you need strong stimulation you can make it bigger; or for children you can make it smaller. If you don't have moxa, tissue paper can be used. Often Orientals use a piece of dry rice grain which has already been cooked. Can also use dried miso. You can use anything provided it can keep fire from going out and if it is not harmful to the skin.

Since people don't like the mark it leaves, there are other methods. A yin person will get very red. It also leaves a black mark on the skin for a few weeks. A yang person will lose the redness and the black mark usually disappears in about one week.

So they invented a moxa crayon which they hold over the point, not touching the skin. The skin gets red and stimulation goes. This is a cheating method, of course. Another "cheating" method is a tube of moxa with the circumference of a quarter (coin). It is used like the crayon. You move it back and forth above the meridian not touching the skin. You don't have to find the exact point with this, because it is so big.

Needles - Traditionally gold or silver was used. Gold does not rust, very easily, and silver does rust, but that is not harmful. Recently, they are using stainless steel which doesn't rust. However, if it is a bad quality stainless steel, rusting may be there without our knowing it. These are cheaper.

There are various sizes of needles. Depth of various points in the body is different. Some points in the body are close to the surface; others are not.

Thickness of needles varies. If technically you are refined in needle use, you can use thinner ones.

Europe - most thick ones (sometimes blood comes out)

China - next thick ones (thinner than ones used in Europe)

Japan - very fine needles (no blood comes out)

The thinner the needle, the better. Needle has to go between tissues. Thick needles destroy cells. Also, thin needles are flexible. If muscles are there, after inserting needle, it may need some vibrating type stimulation. For this, the needle should be thin. Also, thin needle does not give pain to the patient.

Today we don't try this for treatment, but for practice in how you feel when applying moxa and trying needles - if you can feel anything. (any sensation)

1) Lung Meridian - from shoulder to finger - use moxa crayon without touching skin. (Pg. 6)

2) Stomach Meridian - GEN point. Use long needle. Put in about 1 centimeter (1/3 of an inch). Use on SAN RI point. Use on big toe, point (16). (Pg. 9)

3) Lung Meridian - Elbow Point - use long needle. (Pg. 6)

Another Method:

Kidney Meridian  
(Pg. 27)

End point ]  
2nd point ]  
under ankle ]

Can put moxa directly on these points.

Thurs., Feb. 8, 1973

### More Practice

Use either moxa or needle.

#### (1) S. I. Meridian (see pg. 17)

On the shoulder there are 4 dots, starting with D4. Use any one of these dots. Put needle in straight, not at an angle. Insert 1 - 1½ cm. deep. (1½ cm. = ½ inch). If you hit the correct meridian, you will feel a numb feeling in the arm. However, if you use moxa instead of a needle, you don't feel anything. But stimulation is more or less the same as with the needle, even though you don't feel anything.

If you feel pain deep inside, you are inserting needle too deep, or you are hitting the nerve. So take out needle a little and slowly put in. If you have difficulty in taking out needle, this is from too much fluid. So wait for a while and relax and slowly take it out. Bad way is when you put in needle at an angle.

First, confirm these points by pressing with finger, and then make a mark with ball point pen on skin.

#### (2) T.H. Meridian (see pg. 33)

See "ring" finger. There are 4 points on it (METAL, WATER, WOOD, GEN). You can put moxa, or if you don't want a mark, use moxa stick or needle. Bone or muscle is there: so put needle in only a little way. You may not feel sensation on meridian. This is more practice in using needle and moxa.

#### (3) Spleen Meridian (see pg. 11)

There are 5 points on the foot (WOOD, FIRE, SOIL, RAKU, METAL). Confirm these points and make a mark and use moxa or needle. Especially the 4th point (Raku-also Father in Father/Mother relationship) is important. You can use for high blood pressure and for no appetite problems.

There is a point (two above Raku) which is San In Ko point (see (4) or D3). This is for menstrual irregularity, kidney disease, vaginal discharge, skin diseases. Not to be used if you suspect pregnancy as it can cause a miscarriage. If you are not pregnant, you may try this point.

Mon., Feb. 12, 1973

Today, practice is for treatment. For the general treatment of health, often Oriental people used YU points. YU means "pour in". These are the points on the back where ki flow came in (or poured in). Organs were formed as a result of that ki flow and then various points came out in the front which are the points known as BO points. BO means "assimilation". When you do massage, you "push" these points on the back (YU points). Same way with acupuncture and moxa -- these points on the back are important treatment points. Generally, you can use moxa and needle. Today, we will use moxa on the YU points. If you don't want a mark, use moxa stick.

Refer to your Bladder Meridian chart (pg. 21). We will use the following points:

Lung  
Heart  
Diaphragm  
Liver  
    (skip: Spleen, Stomach and T.H.)  
Kidney

Measure about 2 fingers aside from the spinal column. When you feel some soreness, the person will put a mark on each point. Don't go down one side first and then the other side. Instead do both lung points before going to the heart points. Use a grain size piece of moxa, or bigger.

The degree of redness and the size of the "red" area after doing moxa, will show if you are yin or yang. If you are yin, that spot will get very red and the redness will cover more area, than if you are more yang.

Also do another spot on the spine called Shin Chū (also called Chirike) on the Governing Vessel (pg. 48). This is point D3 or treatment point (9). It is the treatment point for chest fever, various nerve sickness; lung sickness; all children's disease.

To locate this point, sit up straight. Bend head forward and feel large protruding bone on back of neck. Count this bone as "1". Count down to "3" and right between vertebrae "3" and "4" is this point. Use moxa or moxa crayon.

Treatment for Teeth Pain (This we do by needle.)

Check each chart for points that are used for treatment of tooth pain.

L. I. Meridian (pg. 7)

See treatment point (6), which is also GEKI point. This is for toothache, especially of lower jaw; fever or swollen gums; appendicitis.

See treatment point (11) located under nostril. This is for upper jaw and facial paralysis.

Stomach Meridian (pg. 9)

See treatment point (2) which is indented place under jaw. Also black dots in front of ear (for toothache and facial paralysis).

T. H. Meridian (pg. 33)

See D5 which is also treatment point (8) for inner ear fever; ear ringing; facial paralysis; throat fever; hiccup; ear ache; tooth pain. This point is located under the ear where you feel indented soft part like a valley.

Gall Bladder Meridian (pg. 39)

Under ear front - at root of ear lobes. This is D2 which is also treatment point (1).

This also trains you to use the needle on facial region. Don't put needle in deeply - only about 5mm deep. If you hit the point correctly, you will feel a sensation around the jaws. Some points, you will feel sensation around ears.

The patient should lie down on one side. Put a mark with ball point pen on the point you will work on. You should kneel in a secure position beside the patient, so that the needle won't wiggle.

If you get a toothache, you don't have to go to the dentist. You can treat any of these points. Also you can take gomasio every 20 minutes for a couple of hours, or an umeboshi plum, and the pain will disappear.

Someone asked if you could use these points when getting dental work done. Yes. All GEN points, also SEI and GÖ points are used for anesthesia.

Additional Practice

Please go over the spleen and stomach meridians, massaging all the points on them. In this way you are treating your spleen and stomach. (spleen - see pg. 11) (stomach - see pg. 9).



Tues., February 13, 1973

### Practice - Intestinal region points

There are many points there, but we will do selected points.

#### Stomach Meridian (see pg. 9)

Around the navel are important points. Use the 2 points on either side of navel which are treatment points (7), also known as the Large Intestine BO point. (for L.I. troubles; diarrhea and dysentery)

Then go down 1 point. This is D4 or treatment point (8); you can also use point (9). (L.I. troubles; womb troubles; menstrual difficulties; abdominal fever, kidney fever; arthritis and rheumatism in lower legs)

Still looking at this diagram, there are white points above navel that are not on this meridian. You can see these better on Conception Vessel (pg. 51).

#### Conception Vessel (see pg. 51)

See point (6) and also point (4), also known as "Sea of Ki". These two points can be used. Point (6) is 1 point above navel called "Water Division". (to stimulate urination; diarrhea that comes out like water; bed wetting).

Point (4) "Sea of Ki" (for appendicitis; intestinal fever; diarrhea, mental sickness; leg weakness; sex organs, yin pregnancy; all kidney disease, lower abdomen pain). Point (4) is 2 points below navel.

Point (3), which is S. I. BO point. (for intestinal disease; women's disease; menstrual problems).

#### Liver Meridian (see pg. 41)

Use the Liver BO point also (7) and D6. This point is called Ki-Mon. (for liver sickness; gall bladder stone; pleuresy; chest arthritis; frequent coughing).

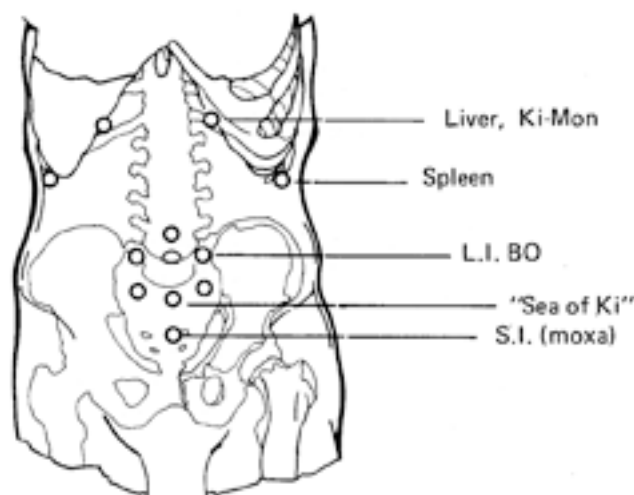
These points are located on fat layers. The needle is difficult to handle so moxa is more practical to use. You can use a big grain of moxa. If the person is fat, give him a bigger grain of moxa.

After you have done these points on the intestinal region of the body, we will go to the antagonistic points, known as the 8 Comprehensive Points (see pg. 56). These are points that are used for anesthesia. Example: If you are using the Father/Mother antagonistic points, you would put a needle in the Father point and one in the Mother point and apply voltage of electricity. Then these meridians would become numb.

Use of Moxa - You could do it 1-3 times a day for 2 days, which is enough. You would do it at half-hour intervals. But for appendicitis, you would apply moxa 30 times for 2 days.

How long do you leave the needle in? When you feel a sensation, then take 2-3 breaths and then remove needle. You can't leave needle in for indefinite period of time, because these are stainless steel, not gold needles.

## Intestinal Points (diagram)



## 8 Comprehensive Points (use Moxa or Needle)

### FATHER



Spleen(pg.11)  
Inside of foot

### HUSBAND



S.I. (pg. 17)  
Outside of hand

### MAN



G.B. (pg.39)  
Outside of foot

### MASTER



Lung (pg.6)  
Inside of hand

### MOTHER



H.G. (pg.30)  
Inside of wrist

### WIFE



Bladder(pg.21)  
Outside of foot

### WOMAN



T.H. (pg.33)  
Outside of hand

### GUEST



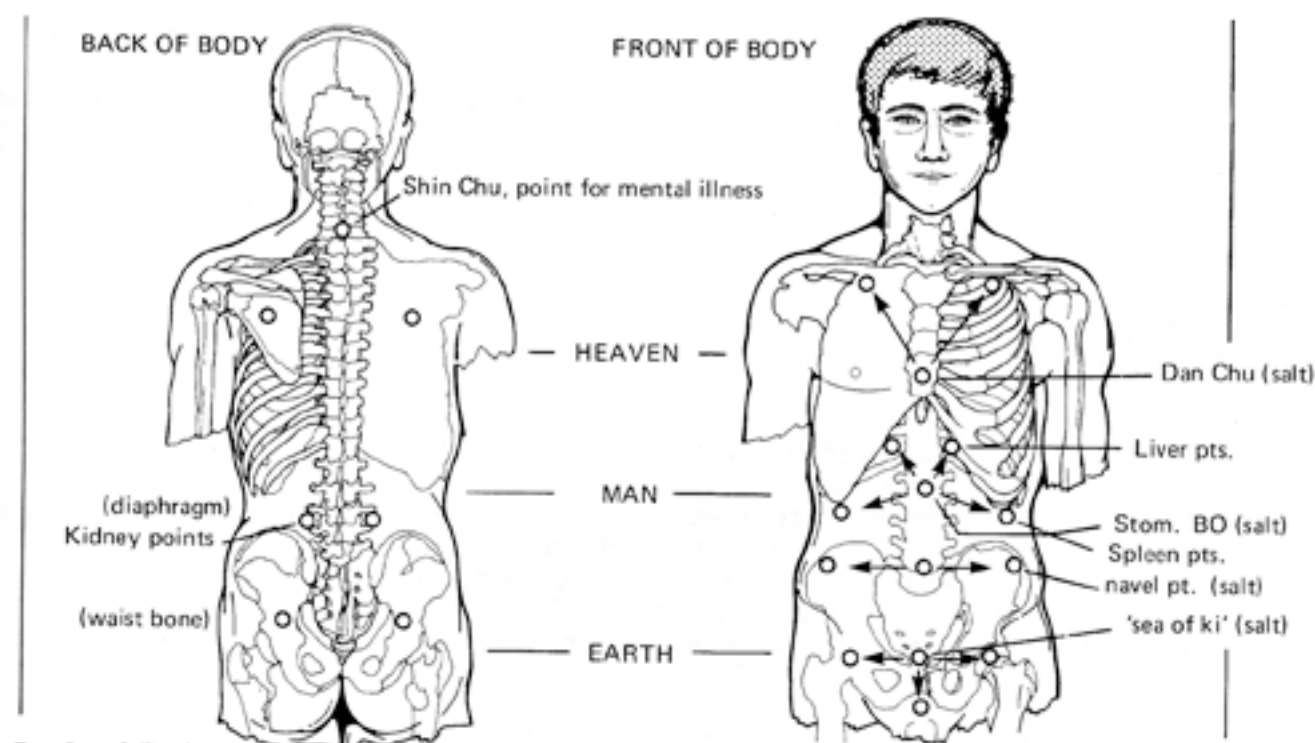
Kidney(pg.27)  
Inside of foot

Bladder (WIFE) and Kidney (GUEST) are antagonistic; one is on the outside and one on the inside of foot.

Note: Moxa will be available at Tao Bookstore in 1 month. Question: Can you hurt yourself doing this? Ans: You make no mistakes on yourself. You feel a strange feeling and then you stop. On the back, moxa is very safe. Just use needles on arms and legs until you get practice. Go slowly.

### Summary of Acupuncture

If you know this extent, you can polish your technique with what you have learned. Or if you train in some establishment, you can understand acupuncture very quickly. If you do not study, then at home or with friends and family you can use acupuncture needles applying what we have learned. Today, we will have some supplemental information and generalizations.



#### Back of Body:

salt can be used on three pairs of points on the back.

The two shoulder bones and waist bones are compl/antag. (upper and lower). Upper part is differentiated into two bones; lower part is joined. There upper is more yin structure, and lower is more fused structure (yang).

So, the central points have an antagonistic relationship to the lower points. In between these points in central region of the body, we have points of kidney. All these points cover all the body, and you don't have to worry about all points.

#### Front of Body:

The center part of the Upper Region is Dan chū. Above this point are the lung points. Center part of Lower Region is the point located on the navel. Center part of Middle Region is Stomach BO point.

The liver and spleen points are differentiated from the Stomach BO point. (see arrows)

The Sea of Ki is in the region of the hara. We studied the L.I. points. These points are nothing but differentiated points from the navel or Sea of Ki.

The upper, center and lower regions of the body can be divided into:

Heaven: Air (breathing)

Earth: Taking in food (digestion)

Man: More vitality (kidneys, reproduction).

### Salt Moxa Method

On the navel point we usually do moxa, as using needle on navel is a little strange. For this point, we do "salt moxa". By heating the salt, heat penetrates. Also we use salt moxa on the Sea of Ki and central points on the back and front of body. (see pg. 65)

Suppose you have dysentery in Mexico or India. Suppose you have various intestinal sicknesses that you cannot cure. Then you give salt moxa. It is a last resort type treatment.

(You can also use a large moxa crayon on these points too.)

To give salt moxa: Use an empty scotch tape container to hold the salt together. Place salt in the opening of the container, packing it in tightly. Place this on navel. Put a big piece of moxa on top of the salt (tissue paper is o.k. because it doesn't touch the skin). As the moxa burns you can add more moxa and light it again.

Do this 3 times a day for 2-3 days and dysentery will disappear.

Can use on: Dan Chū, Stomach BO; all 6 points on back of body and 4 points shown on the front of body diagram (pg. 65). Also on the point for mental illness.

The kidneys correspond with the ear.

Danchu (heart) corresponds to the nose. (So you can see the condition of a person's heart by their nose.)

Intestinal region corresponds to upper region. So shoulder points show intestines condition. (S.I. and L.I. meridians pass there.)

Sex organs show in the upper back region. Opposite the back area is the face; so around the mouth shows sex condition.

From the mouth, opposite way is the lower top of head. So if you stimulate there, that is stimulation for sex.

A woman has two breasts. One placenta is inside, making an antag/compl. relationship. There are organs that came from the placenta. You know the placenta is a replica of the liver. So breast troubles or placenta troubles means spleen/pancreas or liver troubles.

Beauty marks appear on meridian or on places which are not on the meridian, but are electro-magnetically charged spots on the body. Red marks also appear on the meridians and e-m charged spots. Freckles are not concerned with meridians. White spots on the skin are not concerned with meridians, but are caused by animal fat. Brown spots (freckles) are too much sugar. Yin is attracted by the sun.

The kidney is the balancing point (between upper and lower body). Therefore the ear is the central balancing one, and the ear represents the whole constitution of the person. On the ear are spots representing parts of the body. There are three ridges on the ear, also on the palm; also on the forehead (3 major lines).

Question: What relationship is there between meridians and the nervous system?

Answer: Some doctors think meridians are part of the nervous system. But meridians are not the nervous system. Suppose vessels, tubes, ducts that can be a stream for the following: ki, blood, lymph. How are they formed? Were vessels there first, for the blood to flow in, or was it the other way? The stream came first and the vessel came out later. Same thing with ki flow. A meridian is invisible. A Korean scholar claimed he discovered meridian ducts. This, however, is still not confirmed by other people. Ki running does not require physical vessels. You know when a man and woman are attracted.

There is no duct or vessel that carries the e-m current between them. Yet this ki flow is there.

Although we draw lines on meridian diagrams and say the ki goes there, we don't really know if that meridian is there or not. But we know experimentally that the ki flows that way. If you stimulate a certain point, the ki is felt through the stream. Whether that stream has a duct, that is the question.

Blood	-	More condensed (Yang) - carried by vessels
Nerve	-	(in between) - carried by ducts
Ki	-	(Yin) - not known if ducts are there or not

Blood and ki and nerves are interchangeable. Blood is carrying plenty of ki. Ki when condensed in the body becomes blood. When it becomes blood, it runs in the vessels; when it becomes ki, it runs through the meridians. Same with nerves. All these three things are the same, but are different forms of the same thing.

Therefore, yang ki is blood. Distribution goes from the center of body to the periphery. Yin ki goes from periphery to the center. In between is forming electro-magnetic field. Ki is high frequency e-m current, whereas blood is low frequency e-m current. In between is nerve impulse.

The body is spiritual existence. The body is ki-formed field. If that field stops, you die or the organs degenerate.

On one meridian: Example: L.I. meridian (pg. 7). You have points on the joints, such as shoulder, elbow, wrist, and joints of hand and fingers, --these are yang points. In between these are yin points.

Also, in between the points shown, such as between points (9) and (8) on the thumb, there are yin points that are not used. These are not shown on the chart. All points alternate: yin, yang, yin, yang, yin, yang, etc. Some are big yang; some are small yang; some are big yin; some are small yin. Thus, all making balance.

Within one month, if you want more practice, we will have 1 or 2 days a week for it. If you want some certificate or statement of this study, then I will prepare this for you.

### Chanting

We will chant "SU" sound. Kneel with shoulders relaxed. Elbows bent with palms facing towards you about the level of face. After chanting 10 times or so, you will notice that your fingers have a tingling sensation and they are either warmer or colder than before. This shows you that chanting is like acupuncture. The meridians that all are located on the fingers are being stimulated. This is a good method to use, when you are tired and there is no one around to treat you with massage.

\* \* \* \* \*



Mon., Feb. 19, 1973

## ANCIENT AND FUTURE WORLDS

### Introduction

Why do we need to study the ancient world? In order to know the future world that we will build. There are different methods to do this.

(1) Scientific Method. This is by way of excavations and explorations such as in the jungles. Especially this has been going on for the last 100 years. Such as Aztec, Inca, Maya civilizations; Sumerians (Mesopotamia). Sumeria is the oldest civilization we know at the present time. These studies are also discovering older cultures here and there. This scientific study is full of data.

(2) Aesthetic Method. This is by way of peoples' romantic imagination. When Schlieman was a child, his father taught him the Illiad and Odessey by Homer. This was considered mythology. Yet, Schlieman thought he would like to find Troy. For that purpose, it ended up that he discovered Troy. He was not a scientist at all. He was lead by his romantic dream of his childhood.

Many top grade pioneers are inspired by their romantic dreams. Ex: Columbus. The scientific thinkers of his time opposed him. Columbus was able to pursue his dream and as a result, he reached America.

This aesthetic way includes interpretation and inspiration we get from myths and poems which hinted at or encouraged pursuits and discoveries. Top grade scientists have dreams and through dreaming while asleep or in a state of relaxation, they get an idea. The scientific method uses sensory perception through the use of telescopes, sound, etc. The aesthetic method is more important. It is a larger field. Some scientific minds think aesthetic method is wrong. I appreciated the aesthetic method such as a poem or a saying by someone like Lao Tsu. Both methods are searching for the truth. But the scientific method is limited and we can't depend on it alone. Ex: science fiction - classical poem - modern novel you can learn many things. That is why I am always telling you to read any book as long as the writer is not insane, because you can discover many things from any book.

(3) Interpretation. When we discover something by either method, we have to evaluate and interpret it. Why is this thing so? This is done by philosophy. By this I don't mean the philosophy you studied in college, but I mean the philosophy of the Order of the Universe, of yin and yang, of change, i.e. view of the world. Then when we discover something, we can evaluate it and find meanings. Without this, we can't make order.

Example: A young scientist saw Stonehenge. He said it must not be a ritual, ceremonial place as other scientists were thinking. It must be for more practical use. This was his romantic idea. Other scientists thought people at the time Stonehenge was built were barbarians. But in his mind, he pictured them as highly developed people. He believed it to be an observatory. Others disagreed and argued against it. But they checked his idea by using the stones as poles to study the heavens. It was just as that young scientist thought. It was his creative romanticism that lead to this knowledge. But he lacked philosophy. Why did they build it? What kind of society was it? What kind of food were they eating? In order to see in a unified way, we need philosophy.

Philosophy can affect the future. Karl Marx wrote Das Capital. This made 50% of the world change to Communism. His philosophy of social conditions lead the Russian and Chinese revolutions. You people have the greatest and therefore the simplest philosophy the world ever had. It has only two symbols - yin and yang. Hegel's dialectic principle is a partial interpretation of the unifying principle, the Order of the Universe.

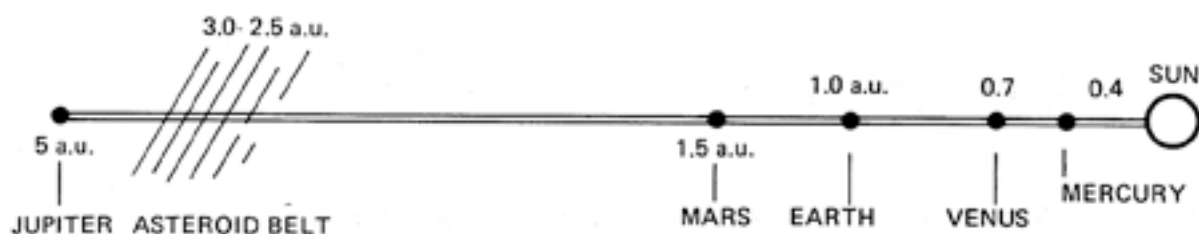
(4) Memory. Philosophy is improved by memory. Lao Tsu and many others, besides Ohsawa, interpreted the principle of yin and yang. At different times and in different places, why did top grade thinkers reach such understandings? Because of universal memory. Therefore, these men reached similar conclusions, even though they approached it through theory, religion, etc. Definition of memory: dream. Memory and dream is the same thing. Often people think dream is for the future. In our mind the past and future is one. From this we make evaluation and that is judgment. Therefore, memory, dream and judgment are one. You know from your own experience. When you were eating meat and sugar, your dreams were bad. Then after macrobiotics, you went through a period of no dreams, and then occasionally you would have a "true" dream. Ex: your brother died. You would have a dream or daydream about him. Or your dream of the ancient world comes out.

It is like two TV sets. One TV set ate meat and sugar, the other TV set ate grains. Both are receiving the same waves. But they interpret them differently and the perception of each TV set is different. The source of dream or memory is like vibrations. The same wave lengths are coming. But how they are interpreted is different.

Example: Jesus or Buddha's teachings. One person interprets one way; another person interprets another way. The best way to interpret Jesus' teachings is to eat what he ate and the quality of our TV receivers changes. Therefore, if you ate the food that the Celtic people ate four or five thousand years ago, then you will learn why they built Stonehenge. Since our MB food is very traditional, the same food people ate thousands of years ago, although the quality is a little different, basically it is the same. Then when we close our eyes, we see things the same way they did. You actually experienced this in the past, and this is memory. Our MB group is the best group for understanding the ancient world under present day modern people.

#### Background to Understand Human History

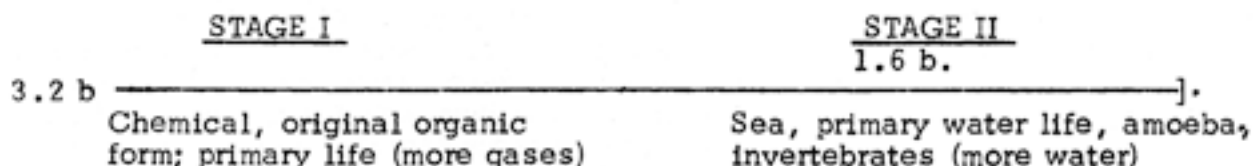
The earth is about 93 million miles from the sun. Mercury and Venus are in between earth and sun. The earth is 1.0 astronomical units away from sun.



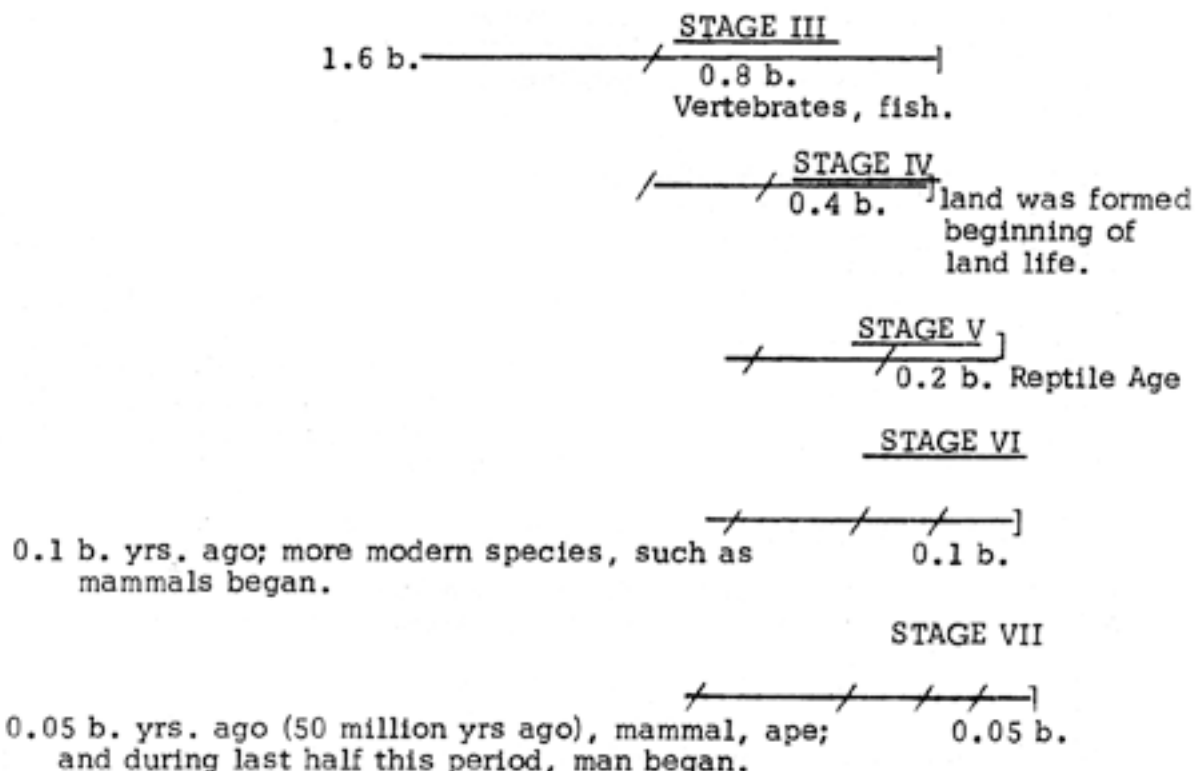


This solar system is a spiral. This spiralic motion can't be detected. The solar system is in the state of expanding. Gradually planets enter into the center. The oldest crust of the earth is 4.5 billion years old. The soil taken from the moon is about the same age. Scientifically they assume that earth and moon appeared 4.5 b years ago. Again we must use aesthetic method and our memory. Therefore, we say 4.5 b years is the time since the earth passed through the asteroid belt. About 3.2 b years ago, our life began. The earth was a little beyond the present position of Mars. Therefore we can say that primordial life already has begun on Mars. This 3.2 b years biological life span on the earth has reached its near peak.

#### Seven Stages of Development of Life - Logarithmically

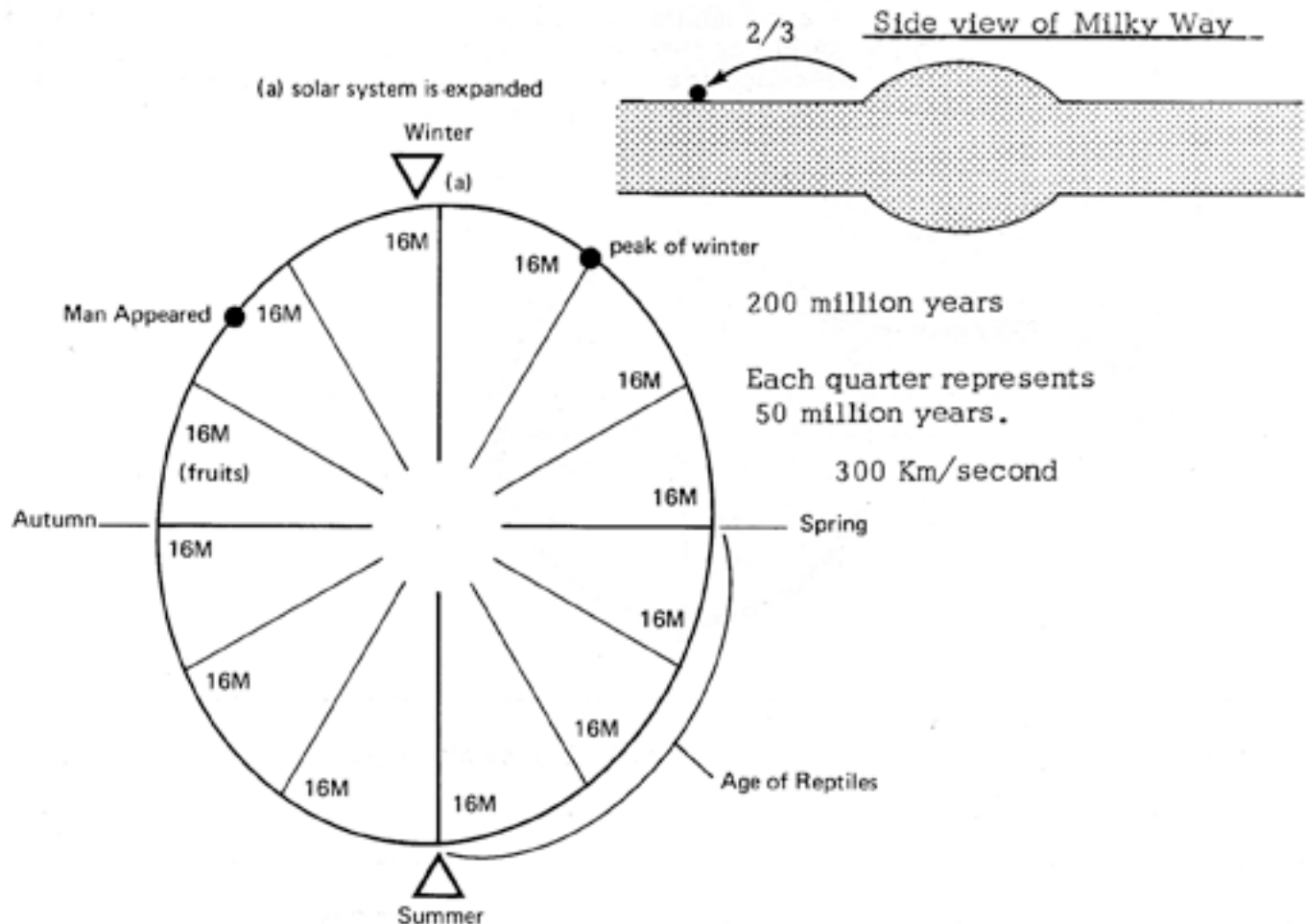


Then, you notice that  $\frac{1}{2}$  of 3.2 b yrs. is 1.6 b. years (Stage II). Then  $\frac{1}{2}$  of Stage II is 0.8 b. yrs.



Here you see 7 stages which developed logarithmically, yangization. Life in Stage I began with a point and developed into present man who stands up straight. At present time, escaping velocity is 1.5. Therefore a ratio of 1: 1.5, very round (on Mars); while 1:7 ratio is the form of man. Venus' escaping velocity is 6.5. If in Venus, man-like life is there, but Venus is very hot.

When earth was created there was a time when temperature on Venus was more mild. Therefore, we can suspect that on Venus there was a species similar to man. Now man is on earth thinking we will shoot a rocket to Mars. Same thing with people on Venus. They thought they would shoot a rocket to the earth. At that time they may have emigrated to the earth. In other constellations, there are planets like the earth with people living on them. We will study more about this at a later time.



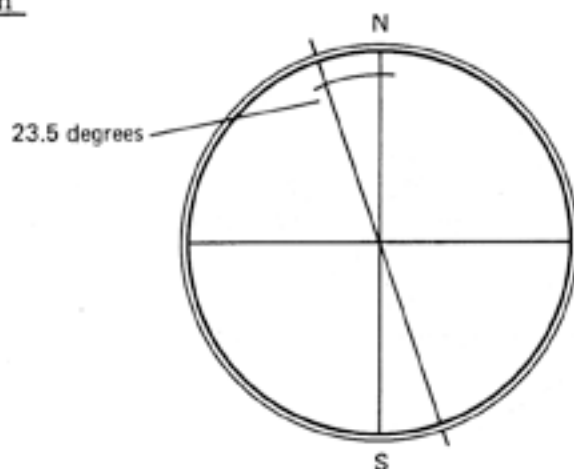
4 galatic seasons; therefore 64 galatic seasons after life began on earth. Last season was ape-mankind age, i.e. 1/64. Therefore, you can apply the I Ching hexagram into biological hexagram.

If you divide this cycle into 12 months, each month is 16 million years. 16 million years x 4 climatic changes = 64 climatic changes in 1 galatic month.

This last month produced man.

In summer, radiation goes, botanical life becomes big; animal life becomes big. From Spring to Summer is Age of Reptiles. We are now in Fall/Winter season. Therefore, 64 million years ago, man appeared on earth, i.e. 4 galatic months ago. Autumn stage, dinosaurs could not live (he could not cook). Fruits were getting smaller and less juicy. Di-saccharide quality changed to poly-saccharide quality (grains). Tree fruit eaters were mammals and condensed-fruit (grains) eaters were men.

#### Present Earth



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The earth rotates. This inclination becomes bigger and bigger.

An ocean wave. It has a ratio of 1:7.

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If it goes more than 1:7, white foam comes and it can't create wave. When earth's inclination goes beyond 1:7 ratio, same thing, and axis shift arises. Former north pole territory changes into warm and former south pole territory changes into cold. Shift doesn't arise at 90° but at 66.5°. Catastrophe arises. Polar caps melt. After mankind appeared on earth, this shift has occurred thousands of times. From 250,000 years ago, it has happened several times. It will happen in the future. Read Book of the Hopi. They have a myth that tells about this. The ancient world also had this kind of shift. We should understand the world before and after the axis shift to understand ancient world.

## Precession

Another factor to understand the ancient world is precession. The earth is wobbling.

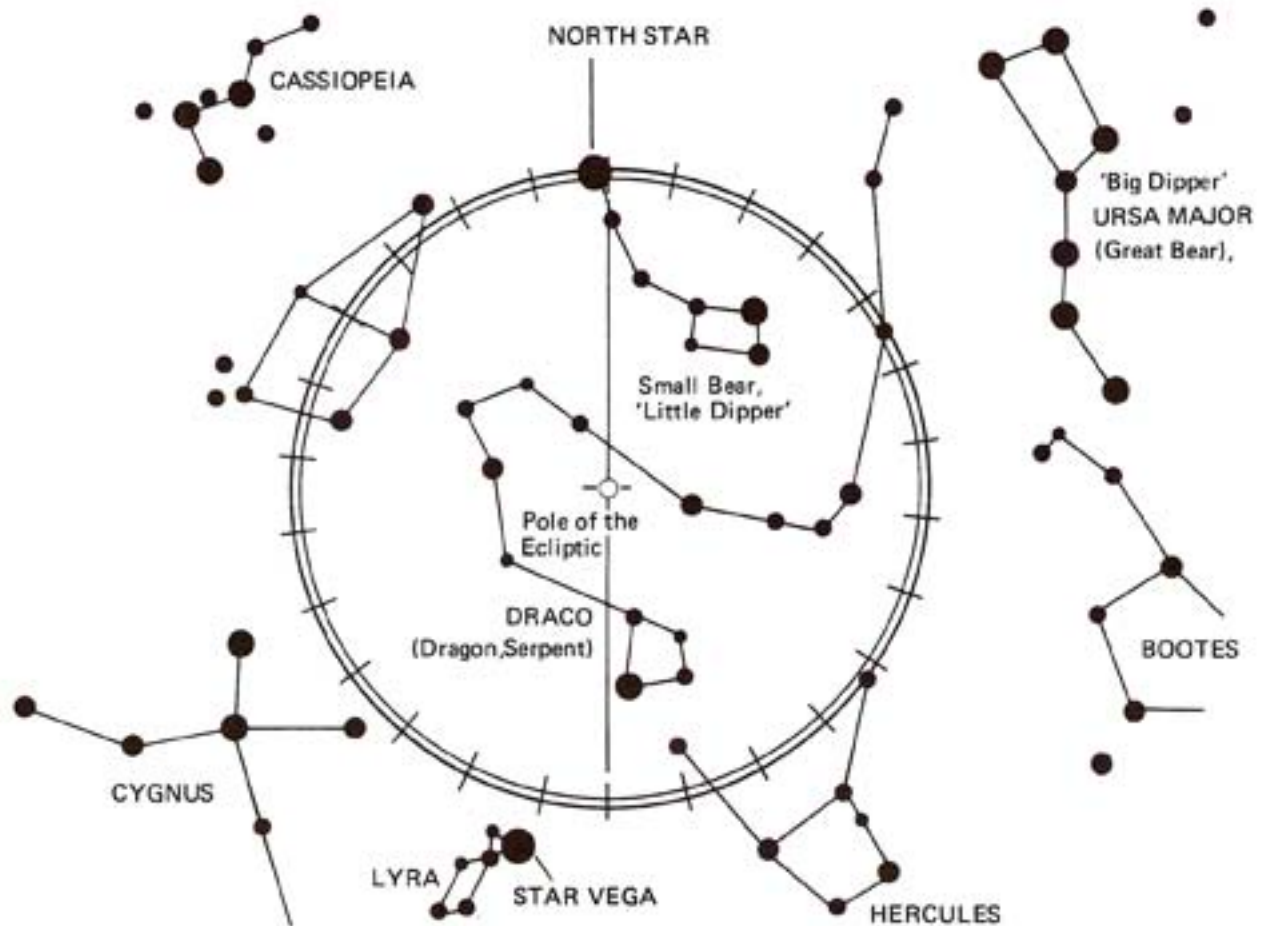
25,800 Year Cycle



The North Star is not exactly at the North Pole. In 2,102 A.D. the North Star will be exactly at the North Pole. Then it will be almost opposite Star Vega. When North Pole moved - 25,800 years. While this goes on, we receive the influence of different constellations. After we pass the north star, night is brighter and we are under the influence of the Milky Way, which makes brain cells active and our human quality changes.

Under Dragon constellation, we lost the Garden of Paradise. 2,000 years ago, Jesus and Buddha predicted the New Age to come. About 6,000 years represents recorded history.

Tues., Feb. 20, 1973



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An effect of precession. The motion of the north celestial pole round the north pole of the ecliptic.

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This chart is same as chart on page 73. Except it is shown in reverse position.  
Pole Star = North Star (part of Ursa Minor or Small Bear constellation)  
Star Vega is part of the constellation Lyra (the big star).  
Ursa Major = Great Bear constellation.  
Draco = Dragon or Serpent constellation.

This shows a 25,800 year cycle. See numbers along the outside. Zero means 0 A.D. At 12,900 years that is half the cycle.

The aesthetic way of expression can be seen in the Book of Revelations, the last book of the Bible. Read Chapter 12. The woman clothed with the sun and moon is Star Vega. The dragon is the constellation Draco. Time refers to the half cycle. War in heaven = many constellations went between the dragon constellation. Salvation and the kingdom of God is influence of dragon constellation. Because under dragon constellation there was wilderness on earth.

Year 12,000 - there was a catastrophe.



Chapter 13 - The beast rising out of the sea was Great Bear constellation. The dragon gave him his power. If you divide this into 12 sections, each section (or month) represents 2,150 years. Therefore, the number of months mentioned in Chapter 13 is the time that the Great Bear constellation was influencing the earth.

Time of Swords is war and battles. Time of Fire is great industries which led to creation of atomic bomb. Babylon represents modern civilization. Babylon falling refers to people dying of heart attacks, cancer, etc.

Read the Book of Revelations with an eye to the Order of the Universe, yin and yang. Don't be misled by expressions. Don't think of God as a person. The Eternal One is the Order of the Universe which lives within us and without us. It can't be symbolized by a person.

In the last chapter, God is clarifying his status. "I am alpha and omega, the beginning and the end." This means "I am yin and yang. I am not a person; I am the Order of the Universe."

Many people tried to interpret this. All failed because they were not eating the correct way. Therefore, many misinterpretations are going on. If you read this Book of Revelations with your insight of grain-eaters, you can discover that this is prophecy and teachings of the Order of the Universe. Jewish prophets wanted to realize or manifest this Order of the Universe. Now the time has come for you to spread this to all nations, to all peoples. As soon as you get confidence in Boston, please go out to other states and countries. Teaching is the best way of learning and developing yourself. As you give more, you develop and the more you gain from the infinite universe. You become rich, not materially rich, but in spiritual meanings. I hope everyone of you begins in the near future to spread the right way of life for mankind.

The catastrophes alternate between fire and water. Every 25,800 years, there is yin destruction by water and yang destruction by fire. The destruction by water is a natural change, a flood. Yang destruction is caused by humans.

Geological and archeological studies are scientific. The American Indians on the west coast of America are the same race as Asian people on East Asia coast. Scientists are now saying that there was an emigration from Asia. It was a warm climate. Therefore, east coast of America was covered by ice. New England territory and California territory's trees height, if compared, you see that California trees grow higher (more yin) which was created by yang climate. The Mu continent was in the center of the catastrophe and it sunk.

#### Characteristics of the Ancient World

(1) Natural Agriculture - In the ancient world there was no tilling, weeding, fertilization, chemical additions to soil, pruning. In other words, nondoining. After the catastrophe, the traces of natural agriculture vanished. When flood came, they began unnatural agriculture with much hard work. That was about 10,000 years ago. It would be impossible to discover traces of mass cultivation before that time. People living then were hunters and gatherers. The 2nd principle supporting this world was the natural result of organic food which was dualistic/monism.

(2) Dualistic/Monism - Dualism is seeing things as separated. Example: That is bad. Let's destroy it. Dualistic/Monism is seeing an antagonism and without destroying, learning to combine. (This is harmony.) This is what existed in Age of Paradise. Harmonizing with people and harmonizing with nature. The solution to problems was self-reflection. "I was wrong - I have to change. I am having difficulties; people don't like me; I am wrong." Self-reflection is mobilizing your supreme judgment. From a high place you see yourself and your defects. As much as you do self-reflection, you are exercising supreme judgment. People who lack self-reflection stay at one level, such as the mechanical or sensory or sentimental level. Confucious said, "I make self-reflection three times a day of what I am doing or what I am thinking.". Then, many of us should do self-reflection 7 times or 100 times a day. Many of us are already doing this, saying "Oh, I ate too much today.". Then you do the same thing the next day. But, you must do something about it.

From self-reflection, prayer came. When you pray, you hold the palms of your hands together. All forms of prayer are to make left and right one. It is the state of exercising your supreme judgment. Later, when trouble came, when the world lost natural food, dualistic/monism was lost, and dualism-type thinking came. Then prayer changed. "Give me something, I am a good boy.". Then religion began. Because people were eating bad food, they lost dualistic/monism. They began wondering, and had bad dream illusions, and they created so-called religions and doctoring. Christianity and Buddhism came out. Before that, idol worship was there. But Paradise had no religion, because people were living with the Order of the Universe.

Although the Bible has many good ideas, it was written in the time of dualistic thinking. Read Genesis. "In the beginning" means that somewhere there is an "end". It should read "In the beginning-less beginning". Then the word "God" makes you have a picture of a man way up there with a beard. It should be "the Infinite Universe" or "the Great I". The words "created heaven and earth". This is like someone took some clay in both hands and started to make something. It should be "manifested" not created. God is "ourselves". Heaven and earth sounds like two separate things. It should be yin and yang or polarization.

Therefore, it should be interpreted something like this:

"In the beginning-less beginning, the Infinite Universe manifested yin and yang."

#### Present Day Concepts Which the Ancient World Did Not Have

- (1) Democracy
- (2) Laws
- (3) Religion
- (4) Ideology
- (5) Sin-Punishment. If you do something wrong, the Order of the Universe punishes you by sickness or an accident or death. This is because you did an injustice. Present day attitude to people who did an injustice is that we must console them, bring them candy - which will only make them more sick. Sin - an example is having a MB study house where everyone is trying to live orderly, but located in a place where zoning laws do not permit. This is good according to Order of Universe, but according to zoning laws, it is a sin or transgression. Same thing with abortion. Before present human law, abortion is fine. Before the Order of the Universe, it makes the girl very weak.



(6) Civilization

(7) Ownership. Because they had no concept of ownership, they had no concept of "nation". When you see a map, every nation is a different color. When I was a boy, I really believed that those countries were different colors. Borderlines only exist in our thinking. Ownership idea: This is my country. But earth was here for billions of years before we were born. It is like you have a germ or bacteria on your hand. It is thinking, "This hand is my country.". So when white man came from Europe and offered \$23.00 worth of beads and glass for the Island of Manhattan, the Indians could not understand. They wanted these trinkets, so they were told to sign a paper and they could have them. They did this. Then when they went on the island, they were told to get off. They could not understand why. When threatened with guns, they decided not to go there. Ancient world is nodding head "yes" which is what Indians did. Modern world is nodding head "no" which is what white men did when Indians wanted to go back on Manhattan. The Indians had no idea of ownership. In this way, they lost entire America. And America became a country of ownership by many people.

Same thing with visa. Person can only stay here 30 days. Then to get an extension of time, he has to have a sponsor, who will write a letter which has a lot of fiction in it. Then this is accepted, but when another extension is requested, the authorities don't believe the letter written by sponsor, and say "I'm sorry, you have to return.".

Ancient people could not understand ownership. They thought we are part of nature which is our mother and father. We must not destroy. At the same time we can move anywhere from continent to continent without visa or passport. And we call ourselves "free" men. Ancient people would be so surprised. They would think that freedom must mean confining ourselves.

- (8) Morality & Ethics
- (9) Economics
- (10) Freedom (they had no idea of freedom because they were free)
- (11) Progress
- (12) Fear
- (13) Education
- (14) Science & Technology

Question from class: What was the family life like in the ancient world?

Answer: A man and woman fell in love and decided to stay together. Children came and they took care of children and usually stayed with each other for the remainder of their lives. By themselves they got together and by themselves solved problems without any legal registration or law. There was no law on marriage. But usually, 1 man lived with 1 woman. Sometimes 1 man with several wives and vice versa, if it was a happy situation. But if it were not happy, people would leave. In this country, it is very strange. It is fairly easy to get married - just a blood test and clergyman or Justice of the Peace. (When I first heard that term, Justice of the Peace, I was highly impressed. When I came here I was going to meet a Justice of the Peace. Then I met him. I looked at his face, and saw the troubles he was having with his kidneys. That title is very high-sounding.) But it is so difficult to get a divorce in this country. (The beginning is easy, but the end is difficult.) More difficult than death. This love and marriage began with two persons. This is totally their problem. Why should law or government interfere?

Referring to the above list of concepts: Ancient people never thought this way. They did not have words like "right" or "duty". Language and pronunciation was simple. There was one type of sound and expression throughout the whole ancient world. Since their agriculture was natural, they kept a calendar and had understanding of the constellations.

Wed., Feb. 21, 1973

### Tables of Numbers

#### Table I - Magic Number (see next page)

Numbers add up to 15 all ways, across, up and down, and diagonally. People forgot what the purpose of this table was. The real meaning is lost. Each block was called a spiritual sphere. Thus you had the 6th spiritual sphere, the 1st spiritual sphere, the 8th spiritual sphere, etc. Each spiritual sphere they made to show this universe, this order and transmutation. The 5th spiritual sphere was the center. When the 2nd world came into the center, a new world began. When the 3rd world came into the center, a new world began.

In the numbers 1 through 9, the center number is 5. So when 5 was the center, this was a stabilized chart and shows a time of peace. This magic table is a simplified one. The large table, Table IV, supplies more information. This table is nothing but an extension of Table I.

Notice that Table IV can be subdivided into 9 sections. Each of these blocks contains 9 numbers and is the size of Table I. Now you can see Table I numbers in Table IV. Example: Table I top row: 6 1 8. In Table IV, these numbers are the center numbers of each top row. Here you can find numbers 1-9. Then #10 takes the 2 position. Look in Table I. 2 is in the lower left corner. Therefore, 10 can be found in the lower left corner in Table IV. This means that 10 takes the 2 position. Also 11, 12, 13, 14, 15, 16, 17, 18 take the 2 position.

3 position: Find the 3 position in Table I. It is under 8. To find numbers, 19, 20, 21, 22, 23, 24, 25, 26 & 27 in the big table, they are in the 3 position of Table I.

#28 is in the 4 position, etc.

#### Table IV

Each block has 9 numbers and there are 9 worlds which makes 81 numbers total. 41 is the central number. This is the number of the center, God. All worlds rotate around the 5 world which is the central block containing 41 as the center number. All the numbers in the 5 world rotate around 41.

<u>Significance of 41</u>	1 creates 4 directions, N, S, E and W.
	$4 + 1 = 5$
	The Five Transformations

#### Addition of Numbers in Each of 9 Worlds

If you add up the numbers one way in the 6 world = 126  
If you add up the numbers one way in the 1 world = 111, etc.

Then you can make a table of these totals.

I

6	1	8
7	5	3
2	9	4

II

378	333	396
387	369	351
342	405	360

III

42	37	44
43	41	39
38	45	40

<u>51</u>	6	69	46	1	64	53	8	<u>71</u>
60	42	24	55	37	19	62	44	26
15	78	33 <small>126</small>	10	73	28 <small>111</small>	17	80	35 <small>132</small>
52	7	70	50	5	68	48	3	66
<u>61</u>	43	25	59	41	23	57	39	<u>21</u>
16	79	34 <small>129</small>	14	77	32 <small>123</small>	12	75	30 <small>117</small>
47	2	65	54	9	72	49	4	67
56	38	20	63	45	27	58	40	22
<u>11</u>	74	29 <small>114</small>	18	81	36 <small>135</small>	13	76	<u>31</u> <small>120</small>

IV

126	111	132
129	123	117
114	135	120

Each number multiplied  
by 3 = Table II on pg. 79.

Number 123 in center is  
very important.

If you take central number  $123 \times 3 = 369$ , which is the center of Table II. This is an important number in the metaphysical world and material world. It is called Miro Ku.

### Table III

The center is 41 (same center as big Table IV.) All numbers in Table III are the central numbers of each world in Table IV.

### Table II

If you add any way the total = 1107. This is the center number  $(369) \times 3$ . This number 1107 is very important. It is one epoch in history.

The center number of this table (369) is a shorter epoch. And 123 (from table above) is even a shorter epoch. (These numbers can represent 1107 years or days or 369 years or days, etc.)

### Table IV

Total of 81 numbers. 41 is the center and does not move. All other 80 numbers move. Out of 369, if you take 41, 141, 241 and 341 and reduce proportionately.

$$1 + 1 + 1 + 2/3 = 3 \frac{2}{3}$$

Therefore,

$$\begin{array}{r} 369 \\ - 3 \frac{2}{3} \\ \hline 365 \frac{1}{3} \end{array} \text{ which is the days in one year.}$$

This is actually 3-dimensional.

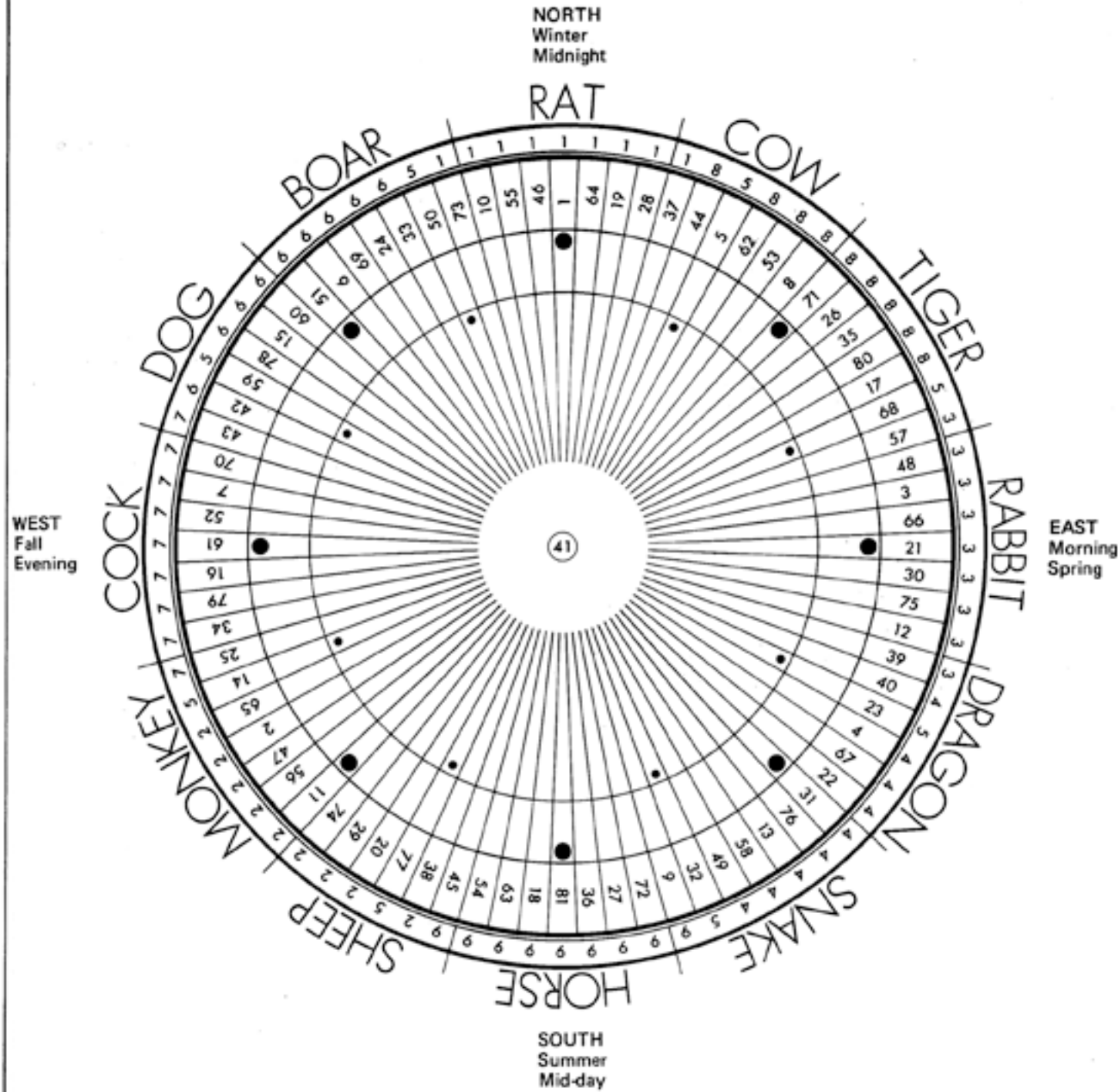
Then the numbers that have a 1 in it, like 51, 1, 71, 21, 31, 81, 11, 61. These numbers surround 41, the center. These numbers show the change in epoch. It is difficult to see dynamic motion. So therefore a circle arrangement comes out. Now refer to the "God Manifestation Wagon" also called the Spiritual Calendar Plate on next page. The name of this chart is:

Kan - Nagi - Guruma  
God Manifested Wagon (wagon meaning rotation or cycle).

This chart was made 12,000 years ago. It is basic chart of cosmology and calendar. It remained in ancient Shintoism in Japan. Today priests don't about this. Some scholar may know this.

Movement is clockwise.

GOD MANIFESTATION WAGON CHART



God Manifestation Wagon Chart (see pg. 81)

This shows 12 sections representing the months and constellations. It also shows the different years:

Rat	Rabbit	Horse	Cock
Cow	Dragon	*Sheep	Dog
Tiger	Snake	Monkey	Boar

\* Symbol of the lamb is used in the Bible. This is the same as the symbol of the sheep.

Ancient people used this chart same as we use astrology. The center of this chart is 41. The upper half is yin and the lower half is yang.

From Table IV, there are 80 numbers arranged. Inside blocks are the numbers:

1, 71, 21, 31, etc.

<u>Number</u>	<u>Shows</u>
1	Winter solstice
71	Beginning of spring
21	Spring equinox
31	Beginning of summer
81	Summer solstice
11	Beginning of autumn
61	Autumn equinox
51	Beginning of winter

Each section is called Kō. Each Kō has 5 days. When beginning of season, we may need to reduce one number.

This is a permanent calendar and permanent cycle is shown. If you look down at this chart, you can see the directions, N, S, E, and W. You can see the constellations. This chart was the origin of the I Ching.

See Rat section. You add up the parts of each number.

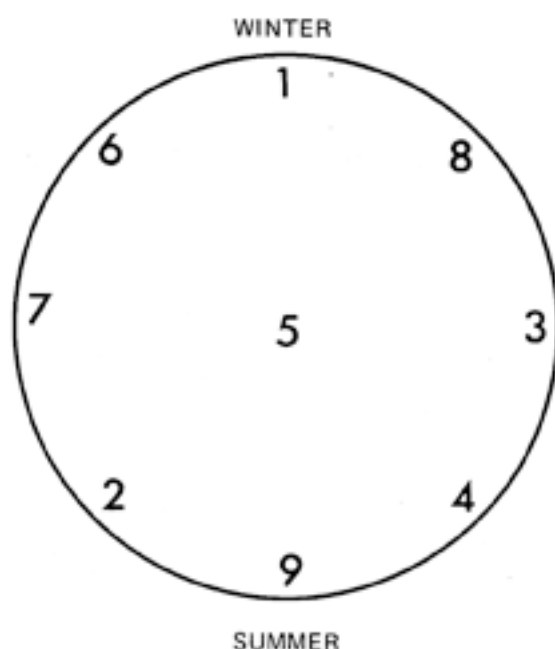
Ex: 10 is  $1 + 0 = 1$   
55 is  $5 + 5 = 10$  and  $1 + 0 = 1$   
10 is  $1 + 0 = 1$   
46 is  $4 + 6 = 10$  and  $1 + 0 = 1$   
64 is  $6 + 4 = 10$  and  $1 + 0 = 1$   
19 is  $1 + 9 = 10$  and  $1 + 0 = 1$   
28 is  $2 + 8 = 10$  and  $1 + 0 = 1$   
37 is  $3 + 7 = 10$  and  $1 + 0 = 1$

Then: 44 is  $4 + 4 = 8$   
5 = 5  
62 is  $6 + 2 = 8$   
53 is  $5 + 3 = 8$   
8 = 8  
71 =  $7 + 1 = 8$  etc.

Then numbers add up to 3; then to 4; then to 9; then to 2; then to 7; then to 6 and you are back to 1 - the Rat Section.

Therefore, Rat section was 1 world; Cow-Tiger was 8 world; Rabbit was 3 world, etc.

These numbers were put on another chart as follows:



Therefore, you can see the 1 territory, the 8 territory, the 3 territory, etc. If you take the numbers 1 thru 9, the center is 5. Therefore 5, is center. From the other chart, 41 was the center, and if you add:  $4 + 1 = 5$ .

This is the 8 trigram. This is also the same as Table I (see pg. 79). You will notice that 9 is more yang (summer). When you read the I Ching, you come across the number 9 or the number 6, you know that 9 is yang and 6 is yin. This is how these meanings came about.

Out of this we developed the hexagram.

I have only explained about one-tenth of the meanings of these tables. Please go over and fool around with these numbers, and discover for yourself more meanings.

### Aztec Calendar

We have already studied the Far East and China. Now we will study the Aztec Calendar of Mexico. Please get a copy of this calendar.

There is a big face in the center. This is a symbol of the central God, or #41. There is another god in the south position who is like fire. He is the God of the Sun. (yang god)

Directions, N, S, E and W are shown. In between these sections are other 8 points. These are representing the numbers 1, 71, 21, 31, 81, 11, 61, 51. They are showing the equinoxes and soltices and the beginning of the seasons.

There are 80 white numbers around the circle. This corresponds to the God Manifestation Wagon Chart. You can discover more similarities yourself.



You can see that both calendars are basically the same. The Aztec one is shown by shapes, but the principle is the same.

Therefore, you can see that people were the same in Far East, China and Mexico at one time. Now let's go to region of Tibet. Many friends here think this is a sacred place.

### Mandala

They have many mandalas that are difficult to interpret. A Tibetan monk drew this one I have with me tonight. Notice the sky, clouds and ground. Cloud color changes from top to bottom. The figures at the top are more yin type. On the bottom, the figures are more yang type. This is the yang world.

The center shows 4 directions and 4 seasons with 8 points in between. Also shown by color. Inside are 8 sections. Then center, #41. Then, 7 stages (steps) are shown representing the 7 stages we study about. There are 5 colors going from yin to yang. The sections on the outside number 64.

The whole pattern is a circle in the center with 4 circles on the outside. The 4 outside circles are transitory, moving.  $8 \times 7 = 56$ ; therefore 56 blocks around the outside.

You can these 5 circles as a pyramid if you are looking down. The center circle is like the top of the pyramid. (Also, there are 5 different kinds of pyramids in the world.)

The principle is the same on all these. When you see a mandala, you know what it means now. Many people think they are just mysterious pictures.

### Stonehenge

If you can get a picture showing an aerial type view looking down at Stonehenge, compare with looking down at calendars, and you will see the same principle.

Therefore, ancient, India, Tibet, Africa, America, Peru, etc. peoples had exactly the same cosmology, ideas, calendars, measurements that all directed their life. These people were eating the same way and they formed an entire world community--one world. They lived under the same principles and Order of the Universe, and after this world decayed and was forgotten, then religion began. Fragments of cosmology remained, but no one knew what they were. Finally, since we are eating the same food as ancient world, now you can have exactly the same understandings and principles. The secret of why we had such a unified world and why we lost it, was in the daily food.

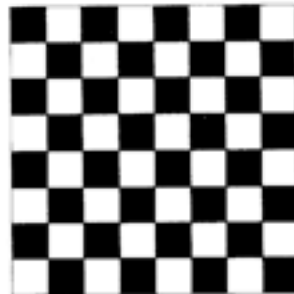
This is the greatest "play" (game) that man had for 300,000 years. You can change civilization and people's minds. Please rise to this challenge and game, not from a sense of "mission", but for an adventure game.

Symbol of world unification is the pyramid and calendars.

## Zoroaster Cosmology

(Dictionary definition of Zoroastrian: relating to the Persian prophet Zoroaster or the religion founded by him and marked by belief in a cosmic war between good and evil.)

In Zoroaster cosmology, black squares (yang) and white squares (yin) total 64.



This shows two forces: yin force and yang force.

Present day chess game is based upon this. When you play chess, you don't know it is the constitution of the universe. One person wins (yang) and one person loses (yin). If you loose, you say "O.K., let's go have a drink.". That's how it should be in life. You can do anything; you can cheat other people, and you get caught, and then you say "Oh, oh, you saw my trick.". But if you eat meat and sugar, life gets serious and you get rigid and want to put the person in jail.

Also, you get a feeling of "a mission". When you are healthy, you have no mission, but you are happy and you make everyone else happy.

You know the symbol of Erewhon. 8 points and in between are other petals which equal 16. East-West Foundation is the same, except in a circle. This is the symbol of world unification, the coming world, also the symbol of the world spiritual government, wherein no one rules. The Order of the Universe rules in this government that has no political system. In the Talmud, this symbol is called the "Crest of the Messiah".

As long as you go along with the Order of the Universe doing your own work, if you ignore society's laws, you can go along without harm and become happy. Jesus was a criminal according to Roman law; Socrates was a criminal according to Greek law; but before the Order of the Universe they were not criminal. Whichever side you go, you have to choose and select your life.

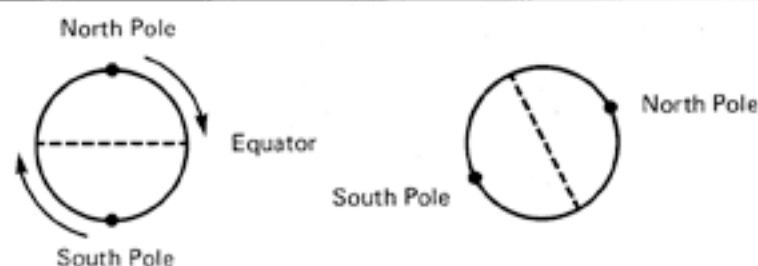
Let's eat well and challenge the world.

Mon., March 12, 1973

### The Axis Shift

12,000 years ago a big event occurred that destroyed world peace or paradise. This was a great catastrophe due to an earth axis shift.

The position of the North and South poles changed and the position of the equator therefore changed.

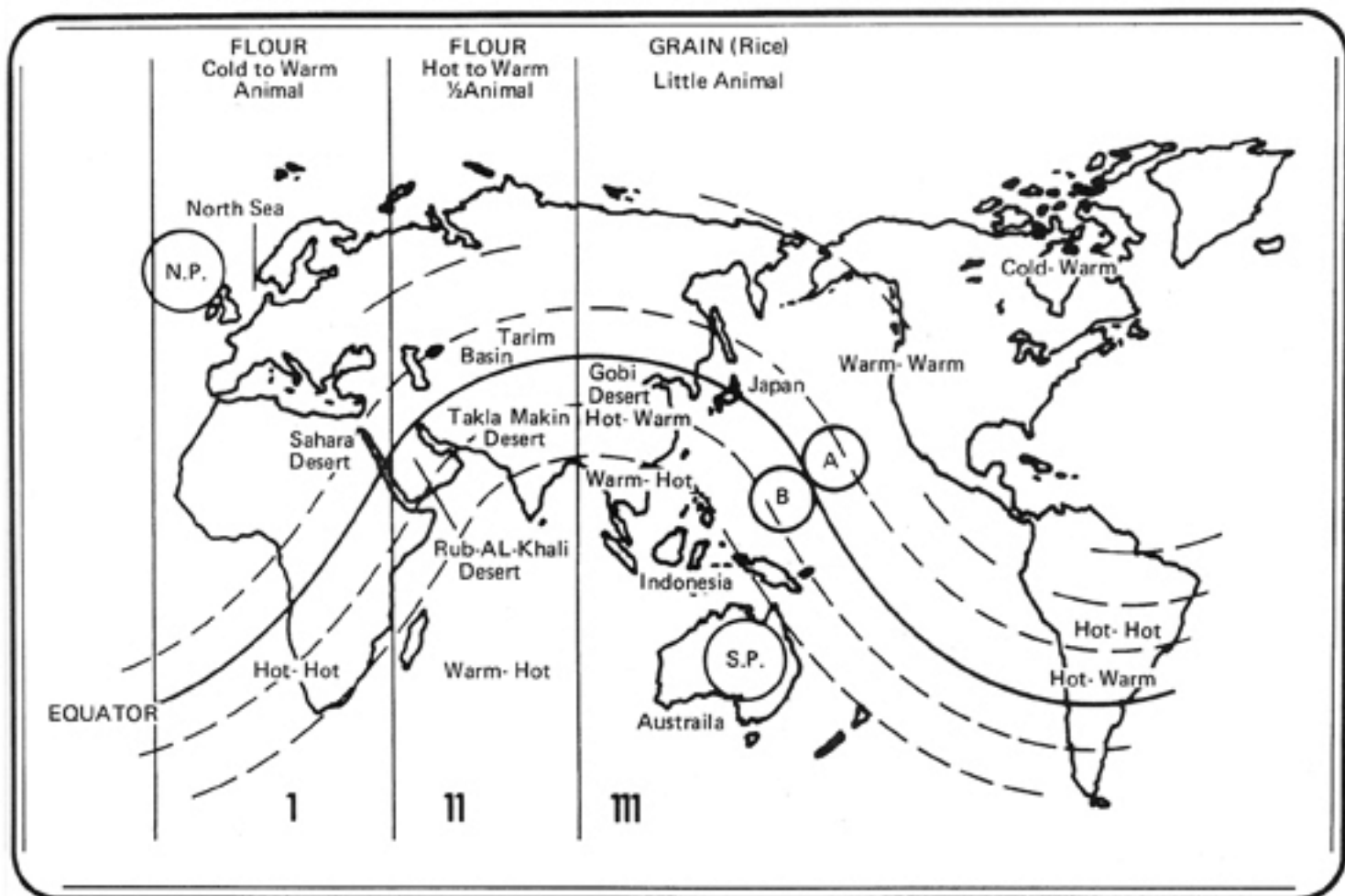


Before the axis shift, it was easy to go from the warm territory of Siberia to the warm territory of North America. (See map on following page.) From present day Far East it was easy to have transportation to South America along the trade winds. See (A) and (B) on the map. These two continents were called Mu Continent. Present day Indonesia was cold. (The thick black line shows the position of the equator before the shift when the North Pole was located near the North Sea and the South Pole was located around Australia. The dotted lines show the climatic belts that extend from the equator that we call zones.)

Around the warm territories, through travel, people had an exchange of trade and also an exchange of ideas. They built big ships of wood and sailed across the ocean. It took 30-60 days or sometimes 6 months. You know that after the end of the war, 3 times a Japanese boy sailed from Japan to San Francisco in a small boat. It was a sail boat only big enough for about 3 people. It took 3½ months for him to do this. Now, in ancient times with a lot of people, they could build a big boat and it would take less time.

Similar way, the territory around India was a bloc. Before the shift they were eating MB'ly according to climate and geographical order, making cereal grains their central food and eating vegetables of the land and sea. So whole world could have the same kind of vision and same kind of dream. They also had the same language.

After the equator changed to present position, because the equator had a tendency to go down, the deserts had a tendency to move down, while the Sahara desert had a tendency to move up. Those territories were eating MB'ly. After the shift, European territories which were covered by ice experienced the ice melting and those territories became warm. African territories - not much change. Generally stayed hot. Middle territories like south of Siberia and west of China changed from hot to warm. China and Japan changed from hot to warm. So. America changed from hot to hot and hot to warm. North America changed from cold to warm except for western part which was warm to warm.



In ancient times, they were eating grains as principal food plus vegetables. Animal food was seldom eaten. European territories suddenly became colder after the axis shift. Soil on the east coast of America was shallow. Plants started to grow and were not rich enough because of the underground rock underneath the soil. As a result, the plants were small. In southern part of Europe, plants were tall. Northern part of Europe also had small plants. Crops were not growing satisfactorily. Although the people there wanted to depend on grains and vegetables for food, they could not. One grain of rice or wheat should produce at least 80-100 grains. In these territories that got cold, people struggled and sometimes one grain produced one grain, which had to be kept for the next year. It was difficult to do water cultivation. Wheat, barley and millet were easier to grow, but still not satisfactory. So, they were compelled to depend on animal food through hunting when they lived inland. On the coast, they depended on fish. It was a luxury for them to eat grains. (See I on the map.)

Also, grains were harder so they had to crush them before eating and they made flour which was used to make bread. In China and Japan and Indonesia, they continued to eat grains. Humid climate was there from the trade winds and they could depend on rice. (See III on the map.)

(See II on the map.) This territory was warm, but not humid, and therefore desert land. You know, how in the summer, many MB friends say they can't eat rice, but they can eat noodles and pancakes. This territory depended on flour.

In this way, three big territories came out. After everything settled down after thousands of years, these three ways of eating came out.

When a territory needed animal food, then domestication of animals came about which brought with it the use of dairy products.

### The Three Territories Compared

I was poor in agriculture whereas III had very good agriculture. In III they kept some kinds of life like ancient paradise. II had less of an ancient life; I had even less.

I - Way of thinking was: The future will come but it will come not by us, but by God. (more material development because it was poor)

II - We must do more spiritual development to have future paradise. (more spiritual development and this brings a tendency to think that after death we will have paradise)

III - Didn't have either of these ideas. Daily life itself was more or less satisfactory and their idea was that paradise is here.

So three different ways of thinking came. What kind of psychology came from this?

I - They ground grain in order to eat it. We think that we crush everything and from there we begin. We start from the small.

III - From the largest it begins. From wholeness, we begin and then crush inside our mouth and digestive system. (They ate whole grains.)

## II - Was in between I and III.

As a result, their expression and words came out like this:

### Territory I

John Washington  
112 Broadway  
Boston, Mass.  
U.S.A.

(Begin with the  
smallest one - the  
person)

### Territory III

U.S.A.  
Massachusetts, Boston  
Broadway 112  
Washington John

(Begin with the  
biggest one - the  
country)

## Language and Sounds

In Japan, I was known as Kushi Michio. This changed when I came to this country.

In Genesis it says: "In the beginning God created heaven and earth. " Japan's "Book of Old Events" says: (This is a direct word for word translation)

"Heaven-Earth of beginning of time (when), High Heaven  
Field at Manifested God of name is  
Heaven of Center of God."

It says: "In the beginning of heaven and earth, God came out and his name was....."

You can't do simultaneous Japanese translation into English until the person completes the sentence.

Although we express the same things, western way and eastern way is different. The underlying thought is different. American language words, Arabian language words, Siberian language words, Japanese language words - these are all complimentary to each other. Ex: Erewhon. This is the name of a country that Samuel Butler coined. The opposite is Nowhere. Ex: The word "book". The opposite is "koob". In another language "koob" may mean book, or it may mean the opposite of book. Suppose you speak very good English. You record your speech on a tape recorder. It sounds very nice. Then you play it back only backwards and you can't understand it at all. But for some other person in another place or perhaps from several thousands of years ago, or even a person from the future, this may have a beautiful sound and also have the same meaning or an opposite meaning. Originally, all language (sounds) were one. If you gather all the language words and all pronunciations and mix them up and make a record and then a standard language comes out, that would be the nearest language to the one world language of the ancient world.

## The Alphabet

When you read our alphabet (English alphabet), in order to understand the ancestors' language, you should pronounce the letters by their sounds, not by their names. Then you can know ancient people's minds. Because the sound of nature is in these sounds of the letters. For example, the sound of "F" is a common sound to languages.

A	B	C	D	E	F	G	H	I	J	K	L
M	N	O	P	Q	R	S	T	U	V	W	X
										Y	
										Z	

Go through these letters and make the sound of each. Then you can see.

- A Most yin. Represents infinity.
- B Vibration which created two (yin and yang).
- C (Sound of Shhhhh when telling someone to be silent) This creates "D".
- D This is the sound of the spiritual world. Therefore, words came out like devil, demon.
- E Sound of creation, earth, more physicalized world.

Thus far, A, B, C, D, E represent Infinity changed into vibration which changed into silence and created spiritual world and physical world.

- F Sound of wind.
- G Sound of thunder.
- H Sound of fire.
- I (ē sound) Solidification.
- J Sound of water.
- K (yang expression) Sound of matter.
- L Sound of spiral.

Now we begin the 2nd line. M is the opposite of A.

M This is infinitesimal (A was infinity). From M sound on, gradually the letters have more yang sound.

A and M combined is the name of God: AMen.  
BrAMen  
NAM

When you pronounce these two sounds the opposite way it is infinitesimal: thus MA like in the word MAN.

X This is a cross. It is yin and yang crossing. In mathematics, it is used to express the unknown quantity. This is God, the unknown one.

Therefore, sounds from M to X shows from infinitesimal one to Infinity.

You can see the alphabet is the story of Genesis and creation. Also the



first 12 sounds (A thru L) and the second 12 sounds (M thru X) correspond to the 12 meridians, the 12 months of the year, etc.

There are five vowels. Vowels can be pronounced by themselves, whereas when you are pronouncing the consonants you are actually saying the sound as though a vowel came after the consonant. Look at the relationship of vowels to consonants.

(A) B C D (E) F G H (I) I K L M N (O) P Q R S T (U) V W X Y Z  
           3          3          5          5          5

Between the vowels the consonants are in groups of either 3 or 5.

3 = Trinity

5 = Transformations (fire, wood, metal, etc.)

8 = Hexagram

The person who made this alphabet was a wonderful person who had Supreme Judgment.

### Japanese Alphabet

This is based on the 5 vowels (same sounds) only not in the same order as English alphabet, i.e. A I U E O

There are 51 sounds. N is by itself.

N	WA	RA	YA	MA	HA	NA	TA	SA	KA	A	Metaphysical heaven
	WI	RI	YI	MI	HI	NI	TI	SI	KI	I	Manifested spirit.
	WU	RU	YU	MU	HU	NU	TU	SU	KU	U	Shows matter
	WE	RE	YE	ME	HE	NE	TE	SE	KE	E	
	WO	RO	YO	MO	HO	NO	TO	SO	KO	O	

The I row represents spirit. Therefore you see the word KI. The word TI is Japanese word for blood, therefore blood is regarded as spirit.

All Japanese children memorize this table both ways. The English alphabet was the story of Genesis. It is like chemical compounds: This goes from this to the next thing. It shows the process. The Japanese alphabet shows principles like Atomic Table.

A shows God.

WA shows "I".

Both combined: AWA means foam (like on the ocean) which means ephermal.

RA across through KA shows various kinds of metaphysical heaven. The expression "High Heavens Field" mentioned before comes from these sounds. (The sounds in the top row.)

If you combine all alphabets in the world and study, you will see that some show the principle and some show the story, and you can make a mandala, cosmology. You can create the unifying principle in the field of language. I hope many friends will spend years trying to do this.

By original sounds of the letters:

KOTO TAMA  
/ /  
word Spirit - This means: Spirit of the word. Then you know that  
word is spirit.

In ancient time, they had a common sound. From common sound which was changed, various sounds of languages which were diversified resulted, and present day language came out. All babies say, "mama". Occidental people put the meaning "mother" to this sound. (The mother thinks the baby is calling her name.) Oriental meaning of "mama" is "food". (The Oriental mother thinks that the baby is calling for food.) Adults interpretation is different. But for all babies, there is one universal meaning. In this way there was a common sound. It was interpreted differently because of what people were eating. Therefore, if we return to common food, then common interpretation comes. Then when you speak, everyone can understand. You won't understand the foreign words, but you will understand by the sounds of the words what the person means.

Have you noticed that most MB people have a clear expression when they speak? Listen to non-MB people on the train. Their speech is not clear - the sounds are run together and not clear.

Also, you know when a slang word comes out and then disappears after a few years. I don't like slang very much. Like the word "groovy" which is supposed to mean wonderful. Something is groovy means that it is wonderful. But listen to the sound "groovy". To people who started using that word, it sounds good. But to someone who is eating MB'ly well, when you hear the sound of "groovy" it is difficult to imagine it means "wonderful". To me it sounds like some kind of stew all mixed up with all kinds of things in it; or else I think of something thick, greasy and dirty.

Music - the sounds of it is like this also.

The Tower of Babel. This was the symbol of Babylon like the old time civilization. After the collapse, people could not understand each other.

In order to make a world community, it will be important that through a common food, a common language will come out. Even though people will retain their own languages, you can understand by the sounds, what they mean when they speak.

Tues., March 13, 1973

### The Ancient World Before the Axis Shift

Before the shift, more than 12,000 years ago, what kind of memory did the people have? Today our study of the ancient world depends on our memory. Same way, ancient people had memories that encouraged them. They had memory similar to what we have: (1) Memory of catastrophe that man experienced before; and (2) Among the people who were eating MB'ly really well, they had far-back memory from one million years before when their ancestors came from other planets to this earth. This memory included:

- (a) Heavenly descended people from other planets;
- (b) Earth-developed people that were on earth when the heavenly descended people came.

People on earth at that time were in various stages of development. Some were covered with hair, some had great big ears, some were giants, some had tails, some had horns. It depended on locality -- what they were eating.

The heavenly visitors carried with them the Order of the Universe and knowledge of how to use fire, knowledge of cultivation. They taught earth people all these methods including how to make salt, making calendars, how to write, etc. They also carried the idea to make one family world on earth. That is the principle of love among people. The heavenly visitors intermingled with the earth people. Unsuitable people died out. Finally the descendents were a superior race that developed on the earth. By this intermingling came out the ancestors of present day mankind (last 1/4 millions years, i.e. homo sapiens). This selection of nature, the survival of the fittest, took almost a million years. During this time, mankind experienced four big ice ages and 4 warm periods in between. Until the 3rd interval, 200 to 250 thousand years ago, various kinds of different people remained. As Ice Age repeated itself, those unsuitable races were extinguished. Finally the ones that remained were our ancestors. Their burning dream was to make this entire world one community. By that spirit, all these people were inspired, and they made one world community which was destroyed by catastrophes, and again this world community was rebuilt and again destroyed by catastrophes, many times. This is the homogenous dream we cannot erase from our heredity of spirit. By that many people were encouraged. Many great people came out. Same thing, today we have the same dream whether or not you know it. You were seeking and so you discovered the Order of the Universe and its practice and the spirit of one family world. You are now going to make those dreams materialize which your ancestors carried from their ancestors who were the heavenly visitors. The biggest immigration of heavenly visitors was 1,700,000 years ago. There were smaller ones later. People of today have forgotten, but they are thinking about it because of flying saucers, etc. But there are very few who have a definite memory because they are not eating like their ancestors so they can't have the same memory.

These things were all told by legends. In Genesis it says that from heaven, angels came and saw human beings and saw that women on earth were fair and they "got married". Children were born and became great heroes. You know Greek mythology. A God married an earth woman and a child was born who became a hero.

(c) Another memory ancient people had was this. They could (or their ancestors could) communicate or transport between this life and the world of spirit. They had no barriers to the spirit world. Long ago when man was eating more natural way, they could attain higher spiritual abilities. They could dissolve their bodies and go to the world of death (world of spirit). Then they could assemble their bodies and come back. Ordinary people could do this. They were living in the visible and invisible world as one. ESP was a common daily experience. By seeing a person, or by just thinking of a person, you could know what that person is now, and also where he is now. Today there are a few people who can do this. But it will become universal after natural agriculture comes. Sometimes you remember something, and that thing is true. Such an experience is when your physical condition is not too yang or not too yin and you become one with the universe (this can happen with non-Macrobiotic people). Then two minutes later you go to either yin or yang and are no longer in this state. But if you could maintain this state all the time, you can see in the distance. This is difficult to do if you are eating every day food. On MB's after 2-3 months with some people, you can have this experience. But after 15-20 years on MB's it becomes a daily ordinary event. If we change MB's by using natural food, without taking time, our quality gets very spiritual. This natural state, ESP, will not be difficult for everyone.

When you have that ability, you will know how silly the things are that we are doing: government, big business, education. Then you will understand that MB's is fundamental way to develop mankind. Since ancestors had free communication with dead people, just as they talked, they could feel, see or talk with dead people. Worship of ancestors came after people lost these abilities to communicate with the dead. Some Oriental countries still have this sense. They offer the first part of food and serve it to the dead parent or child. They talk over important events in the family with the deceased person. However, most people have become dull. After we bury our parents, we are only interested in how much money they left. Once a year we go to the cemetery with flowers. We clouded our communication, but that world of spirit is still there. There are spirits in this room. Some are protecting, some are trying to get you to leave, some are encouraging, some are listening.

Unless you have the wholehearted spirit of the spirits, you cannot achieve this. Throughout the world are spirits and souls standing behind us. They are dead because of sickness, war and accidents. They are encouraging us: "This is the right way--no more sickness or war." Because they had bitter experiences.

This communication and transporation between the physical and spiritual world generally happened about 1/4 million years ago (250,000 years ago). In the last Paradise (the world before 12,000 years ago) many people had this ability. But since the catastrophe 12,000 years ago, many people lost it. After this time, pyramids, etc. were built. Before then, they were unnecessary.

## Language

15-20,000 years ago, ancient people's language unit was KO. Children were called Ko. Ground flour was called Ko. A unit of measurement (like on a ruler) was called Ko.

The word that meant "reading" was Yomi.

Ko Yomi is the meaning of "calendar".

By sounds of words, you can understand the meaning.

Example:            Yasashii            Muzukashii  
(One means "difficult" and one means "easy".) (Yasashii = easy)

Example:            Yasai            Niku  
(One means "vegetable" and one means "meat".) (Niku = meat)

Niku means "hate". (They added "i" to the word for "meat".)

Niku-Niku-Shii: (See the word "meat" in this word.) The meaning of this is: egocentric, selfish. It is the opposite of the gentler Yasashii.

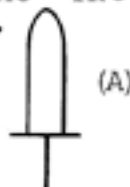
If you go by the sound, you can understand words.

## Calendar

In the beginning they used a stick that they held on the ground so the sun would cast a shadow (like a sundial). As they developed more, they started to use a cross. They put it on a mountain and could tell the equinox. The cross has a long history.



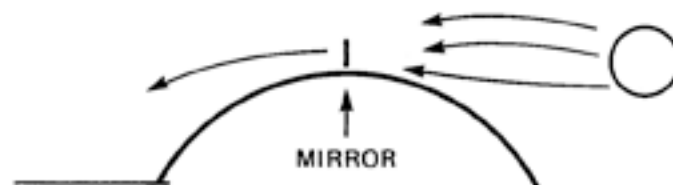
Furthermore, in the ancient world they had metals, mostly bronze with some irons. With bronze they made a blade. (A) They put the blades on a mountain. Light could reflect. Distant villages could see. At that time there were no wars or battles. This blade is called Hoko. Ko = unit of measurement; Ho = fire (meaning warmth from the sun). After catastrophe, weapons began.



They made these smaller and carried them with them. They would signal to the people before they got to their destination.

## Mirror

Another instrument they used was the mirror. The back of it was a design like mandala. It had either 8 divisions (to show soltices and equinoxes) or it had 12 divisions (to show constellations). When they hung this mirror, the back of it was a calendar. The front of the mirror was polished to reflect sunlight. If village was in a valley they could know where the sun was.



Sometimes they used two or three mirrors to reflect the sun. Later around 12,000 years ago, they developed a mirror which from the side view was indented, so it could focus well.



## Beads

Beads were composed of 365 beads or 80 beads. If the beads numbered 80, each 10 bead was carved. Also the color ranged from yang to yin. They represented the soltices and equinoxes.

The shape of the carved beads came from the e-m energy field -- its shape, that is created when the earth revolves around the sun. See "A".

When earth receives radiation from the sun, the e-m energy field changes in shape. See "B".



They further combined this shape:

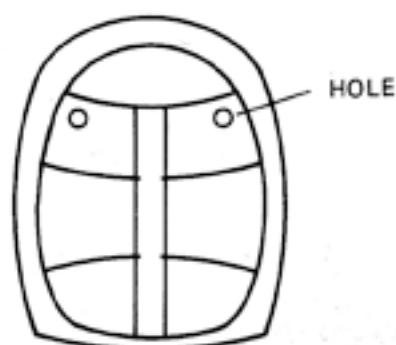


They made this the symbol of yin and yang.

Men and women carried these beads. Women carried them to check time of ovulation and menstruation, so they could practice birth control, and also to know when pregnancy occurred. Later these beads were worn as an ornament.

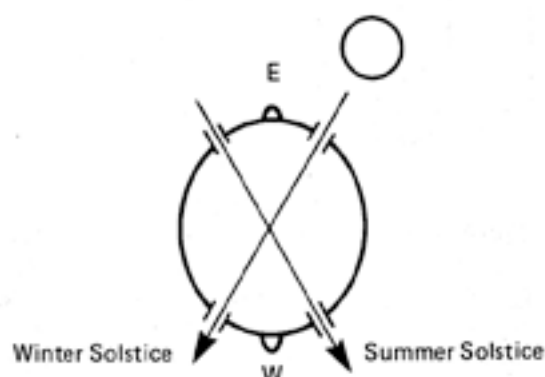
## Observatory

When people lived in a community village, in order to know when to plant and harvest, they made an instrument. These are being excavated from underground in different places in the world. It was thought to be a gong used for festivities. It had 6 sections on each side, making 12 sections.



Dō Taku is the name of the holes.

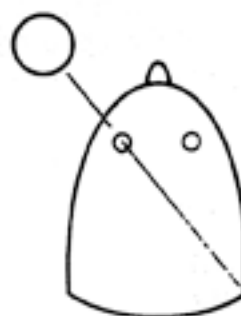
Seen from the Top.



They placed this permanently on a hill. At the time of winter solstice the rays of the sun would come through the other side, and they knew that was the winter solstice.

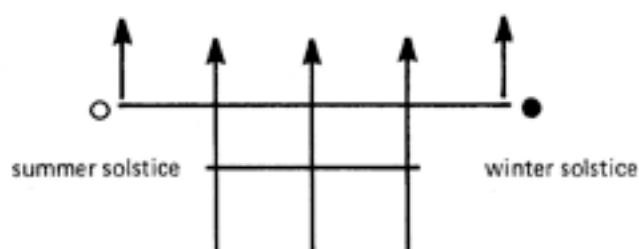
Side View

The sun could make a shadow.  
This was an observatory.



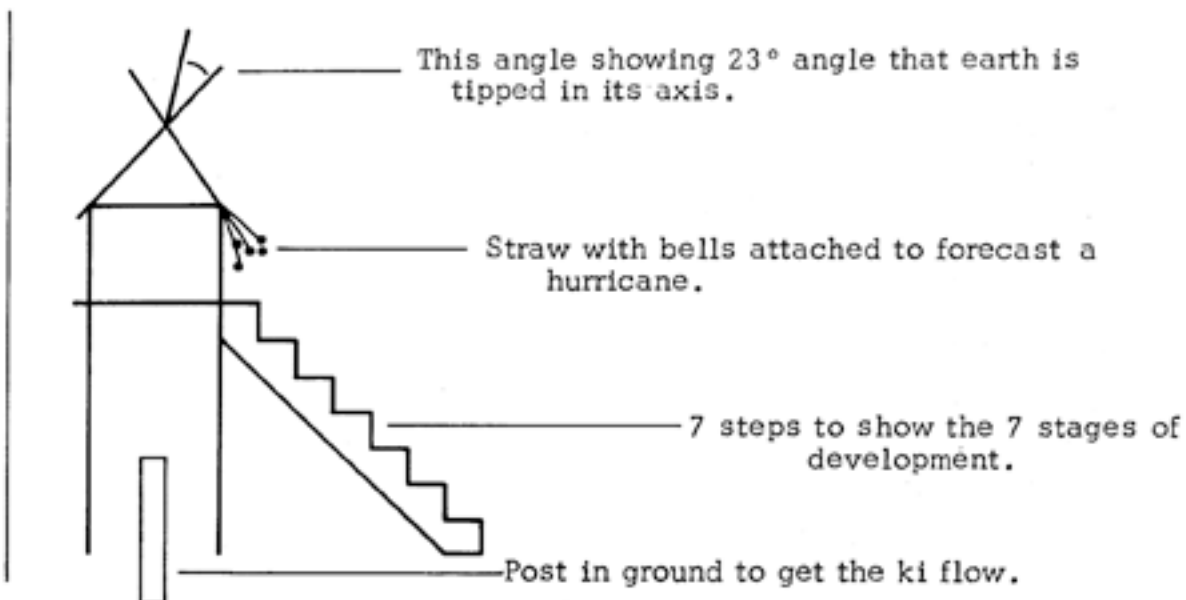
Central Information Place

They started to make a building for a central information center in which they put the mirror and swords. On the roof they put swords.



Near entrance was a water place. People would take their drinking water there and compare it to the quality of the water in this place to see if the quality was the same.





This observatory was the origin of shrine. They were built on mountains. They were not for religious purposes. As the community grew to a national scale, they built pyramids to observe the stars and movement of the constellations. Most of these pyramids are covered with soil. There are some even in America. In Western United States several must be there. Now, they look just like mountains. These were built before the catastrophe. In Japan, they are covered with soil and look like mountains. But there are four there. Only ancient world scholars know about them and some villagers who live there. You can't find them in the eastern U. S. because they are covered by ice. But in California you will find them and I hope you do.

#### Important Developments in the Ancient World

- 1) How to obtain good agriculture. They had calendars. They were aware of the universe and learned the Order of Universe. Later this became religion.
- 2) They developed letters, then words, then alphabet, then communications, then later became education.
- 3) They learned how to use fire, how to use it for cooking, then applied it to health, then used it for medicine, and then for religion. (As things are eventually used for medicine and religious purposes, then decline comes.)

#### Technology in the Ancient World

- 1) Ocean boat
- 2) Observatory
- 3) Airplane
- 4) Factory
- 5) Highway
- 6) Channels (through jungles)

The east coast of No. America and So. America was good for the development of highways, even underground highways. Also the N.E. coast of South America had these. Tibet also had these highways.

They had a natural life, but had huge technology. Airplane was called "heavenly floating ship". Airplanes could fly long distances. They could fly all over the world, but with a lot of stops in between. They were of very simple construction.

### Ancient Medicine

1. Prayer (self-reflection). You know the medicine man in India who puts on a devil's mask and dances very hard and then falls down. We think this is very strange. But he was telling the sick person "This is your mind- your way of thinking is wrong, and now you have fallen down sick."

They used water to clean themselves (later this became baptism.) Sometimes there was a sacrifice of animals. Read Leviticus in the bible. A man would get a skin disease and then would make a sacrifice of an animal. We think that he was offering the animal to God. But that was in the time of Moses which was only several thousands of years ago. When a person had a skin disease in the ancient world, they apologized to villagers and they said: "I ate meat and developed this skin disease, so I will give my goats and cows to you, so I don't have them any more." For certain diseases caused by animal food, they made an animal sacrifice. For sickness caused by fish, they brought fish to the villagers. If the sickness was caused by fruit, they knocked down their fruit trees and brought fruit to the villagers. This sacrifice is like when MB friends throw out ice cream and canned foods from their house.

Alcohol - They made it out of unrefined grain. It was a dark color. When festival came, they refined the grain and the wine was more clear color. They called this black wine and white wine. They drank it at the central observatory place. They learned that it was strong. So they set a code (not a law) for the size of bowl which was the limit of how much you should drink. Therefore, a whiskey shot glass shows the limit of the whiskey you should drink. Saki cup shows the limit of saki you should drink. It is small. We should never drink out of a glass.

Weak wine was used. Jewish people used this. At the Last Supper, Jesus gave them unleavened (macrobiotic) bread. He gave wine. Drink this wine and eat this bread and we will become the same (our blood will be the same). That wine he used was a weak wine, something like tea. It was used to decompose the hard type bread they ate.

2. Food. These two methods of medicine were used (prayer and food). Later massage and acupuncture and herbal medicines came out after food became bad.

### Marriage in the Ancient World

At that time, marriage was not governed by law. If a man and woman decided to live together, that was marriage. Present scholars have two opinions.

Some scholars say there was confusion, no order, that people mated like flies. They call it chaotic. There was no concept of wife. Relatives cohabited. (Father and daughter; mother and son; aunt and nephew; uncle and niece.) Then this narrowed down to mating with the same generation, rather than parent and child, it was just brother and sister. Then this narrowed

down to same tribes, same generation. Then it narrowed down to brother and sister. This was not blood brother and sister but like this. Suppose there are 3 brothers. The eldest marries a girl. Then his 2 brothers marry this girl's 2 sisters. They are all considered brothers and sisters. Or else: If there is only 1 boy in the family and he marries a girl that has 2 sisters, his wife's younger sister's are his wives also. But if he marries the 2nd oldest daughter, then only the younger daughter is his wife. (The eldest daughter does not have to be his wife. He only gets the younger sisters of his wife.)

Then this type of marriage narrowed down to 1 husband/1 wife. This developed to 1 husband/1 wife plus mistress or secret lover. This is up to the 19th century.

This is one opinion of scholars as to the nature of marriage. The other opinion is that people always lived as 1 man and 1 woman. This is considered a sacrament. At the beginning of the 20th century, scholars had self-reflection. They felt that there were always these 1 man/1 woman relationships. They felt that the previous ways mentioned above were the exception rather than common practice. These are the two views of the ancient world living. What do you think?

(Someone asked Michio: Wouldn't incest cause children to be crazy? Answer: Not if the parents were eating well.)

#### Superiority of Women in the Ancient World

There is the idea that man has always been superior to woman because Eve was made from Adam's rib. But in the past, the female was superior. Because sometimes when three sisters married three brothers and all were each other's mates, and the wife was pregnant, her husband did not know if he was the father or if his brother was the father. Sometimes the wife knew who was the father, and sometimes she didn't. But she did know that this baby was her baby. (A man is in a weak position, because when his wife has a baby, he can't be sure if that is his baby. She tells him it is his baby, and he looks at the baby and hypnotizes himself saying "Oh, this is my baby.") There is no method of a man to know. He believes his wife. But the woman knew that baby was hers. As a result, the mother was strong and she was the center, because children respect their mothers. The child had many fathers, but only one mother.

So when a boy wanted to get married, he would go to the girl's house to live. Today, until recently, the girl would go to the man's house to live, and get up early in the morning to clean, etc. Now Women's Lib is coming.

This is all scholastic theory. What do you think ancient time marriage was?

#### Marriage as Related to Food

We must go by what they were eating. By the food. For example, if you have fruits or salad for a long time, every day, and if you have 5 wives, you cannot satisfy them. Also, if you are eating dairy food every day, same thing. Among yin food eaters, they can't have many wives or husbands.

Yang food eaters could maintain more strong vitality. But if this yang is animal food, their activity would be a very wild type (like Marquis de Sade). So they could not maintain long term relationships. They would have chaotic, short term relationships.

Grain and Vegetable Eating: Yin way and Yang way is here.

Fruit-eating people, in hot climates, if they have sex a lot, they say sex is bad. Meat-eating people think sex is bad, because they go wild and next day can't work. Grain-vegetable eaters think sex is wonderful. For yin type grain-vegetable eater, the 1 man/1 woman ratio is good. For yang type grain-vegetable eater, he sometimes like variety. But about 90% of the people were 1:1 ratio in their relationships.

Recently, men have been eating a lot of fruits and girls have been eating a lot of meat. So now we have male/male relationships and female/female relationships. Then this extends itself to 1:3 ratios and 1:5 ratios, etc. and this goes on.

Before the last catastrophe, they were generally maintaining 1:1 ratio. In some territories unusual cases were there. But nobody said "This is bad.". Because they lived according to the Order of the Universe and they knew that the Order of the Universe would take care of this type situation. With five wives, you could get very tired and you would die.

If you find your balance in a person of the opposite sex, you will find 1:1 balance. Especially when you eat her cooking, you change without even knowing that you are changing and you become more and more her slave. And you become changed by her. For this reason, women never surrendered cooking. She was in charge of the fire and of cooking. She would give in to her husband on any other matter, and talk softly to him, agreeing with him, and saying "Whatever you want - whatever you like, etc." But when man wanted to cook, she would not let him do so. Modern women have forgotten this and they have surrendered, and trouble begins.

After the system of women doing the cooking was set up, women had the leadership in the home, and man had the leadership outside of the home.

When a man had 5 wives, other boys would envy him, but they did not resent it. A woman might have 5 husbands. Nobody said anything. There was no definite marriage code, so generally, it was 1:1 ratio. Sometimes according to the territory, they had a festival once a year. On that day, people were free to be loose. This custom remains in some races. If the wife conceived, you had to think that child was conceived by God or spirit.

Divorce - They just left each other. When they married, they called relatives and friends for a celebration, when they decided to live together. After the catastrophes, there was more of a social system, and marriage became legislated and controlled by law.

Please study what kind of marriage will be good in the coming world. Please think about this.

**LOST PARADISE, Serpent Constellation**

**Star Vega**

**6,450 Years**

**DARK AGE (night-time)**

**POWER**

Huge Stone Constructions, Observatories; Myths

**HUGE STONES**

Kingdom Empires, Battles Trade

**KINGDOMS**

International Trade, World Wars

**INTERNATIONAL**

World Government

**WORLD GOVERNMENT**

Natural Agriculture

**NATURAL AGRICULTURE**

Spiritual and Social Peace

**PEACE**

**BRIGHT AGE (daytime)**

**12,900 Years**

**1973 A.D.**

**North Star (2,102 A.D.)**

**Rediscover Paradise, Tree of Life**

**1** PROSPERITY

Solar System, Golden Age

**2** SOLAR SYSTEM

Solar Age

**3** PEACE

**4** NATURAL AGRICULTURE

**5** WORLD GOVERNMENT

**6** INTERNATIONAL

**7** KINGDOMS

**8** HUGE STONES

**9** POWER

**10** SUFFERING

**11** DECOMPOSITION

**12** CATASTROPHE

Natural chaos, survival

Animal Food, Survival

Artificial Agriculture; N. Europe, E. Americas

Slaves Law, Power, Rulers

One-quarter of this cycle = 6,450 years.  
One-half of this cycle is 12,900 years.  
Divided into 12 = 2,150 years in each section.

### First Age - Age of Decomposition

From now, back 12,000 years ago, a great catastrophe occurred. (see on chart - page 102) There were floods, climatic changes because of the axis shift. The earth was wobbling as it made the adjustment. This 2,150 year period was a period of chaos and earthquakes. People who lived through it were concerned with trying to survive. Difficulties arose. This is Decomposition Time.

### Second Age - Age of Suffering

The earth conditions were getting settled and new climatic environment came here and there (except for some regions that stayed more or less the same). They needed mass efforts to secure food. Artificial agriculture began, using fertilizers, implantation of various plants, selecting weeds that were edible, and making monocultivation. This was about 10-11,000 years ago. Before that time, we cannot trace systematic agriculture. Cereal grains were cultivated artificially. The first cultivation might have occurred on a large scale in S. E. Asia (present day Burma, Vietnam and Indonesia). Check map on axis shift. Europe and the east coast of America and Canada became inhabitable. People who moved there could live there. The west coast of America and southern Europe were already inhabited. Animal food eating started. They needed mass manpower.

### Third Age - Age of Rulers and Slaves

The people were recovering from the Age of Suffering. Rulers and followers (slaves) came out according to the use of power and politics. Artificial law began and government was by power. This was about 8,000 years ago.

Then came the peak of the Dark Age.

### Fourth Age - Age of Huge Stone Construction

Fruit eating along with animal food came because of the change in climate from warm to hot. Some past memory started to return, among the leaders and thinkers. They started to build huge stone constructions like Stonehenge using manpower of the people. Interest in the movement of the celestial bodies returned, and various observatories were built. Calendars were composed. There were 3 calendars: calendar for the sun, calendar for the moon, and calendar for the stars. They started to realize the Order of the Universe using memory. Greek myths and other mythology began.

### Fifth Age - Age of Kingdoms and Governments

The people sought unification in local government, but still it was by power. While unification was going on, various kinds of conflicts arose and there were wars and battles. Trade between nations began. They thereby exchanged ideas and customs as well. Philosophy and theories came out like Greek and Chinese philosophies (Plato, Socrates). The idea of Atlantis came, as they started to remember the past. This period of conflicts and commerce was in order to unite the world.



In the last 2,000 years the Pax Romana was achieved, but it was by man-made law. Alexander the Great tried to unite the world. They wanted to achieve world unification, but by the use of power. Some people started to feel the influence of Star Vega and said, "No, it should be by the law of God or the law of nature." These people appeared towards the end of the Fifth Age and the beginning of the Sixth Age. They were Moses, Confucius and Jesus.

#### Sixth Age - Age of Internationalism

Internationalism arose. Village community had local elections and then more international elections. Commerce and trade was more universal -- like world commerce. Wars became world wars. All over the world developed the ideas of democracy, communism, socialism and Christianity. This is preparation for one world. People feel such a world is coming, and so they unite.

Now the North Star is approaching and a great epoch is coming. Power may not be able to secure this one world. As Buddha and Jesus said, "The Law of God, or Order of the Universe, would be the solution. Power is still going on. One power group goes by power, another by money, another by religion, another by various "isms" like communism. Also Science is another power group.

At point "A" on the chart, this was a catastrophe by water (floods). It became less and less as the before-mentioned ages occurred. As water became less and less, fire became more and more (bigger and bigger) and there is a possible destruction by nuclear warfare.

You know the principle of yin and yang. If the surface is yang, then the inside is yin (gentle). A person who is yang on the outside (talking loud and overbearing) inside he is yin. Same thing here. On the surface internationalism is going on and inside thinking is divided. This is yin and yang making balance.

Psychology decomposed to analytical thinking.

#### Seventh Age - Age of World Government

This epoch represents world government. Still power ideas are going on. So two types of world government occur:

(1) Those developed and existing nations by power and money will unite. This will be achieved by leaders of the United Nations.

(2) The unification by the Order of the Universe. This will be by people who have no power. It will be unification that is spiritual, educational and social. The purpose of food will be for harmony, and spiritual and physical development. This type of food has already began -- it is our macrobiotics.

Religious prophets prophesied world unity that would come under God's law. During this Seventh Age, mankind's Dark Age (night-time) starts to change to the Bright Age (day-time). In the Bright Age (beginning of 10th Age on chart) the Milky Way will be over our heads. Even night will be brighter. People



will gather under the banner of the Sun and will take the initiative. People who gather under the banner of the Moon, such as Indian spiritual movement which is invading the U.S., and has a tendency to take over star countries. During the dark period, people under the banner of the star took the initiative. But this is a temporary phenomenon. Some friends who will do natural agriculture will begin. Until natural agriculture expands all over the world, this will take some time. This will be the next age.

#### Eighth Age - Age of Natural Agriculture

This will take 2,000 years. The power world government will become diminished. The government according to the Order of the Universe will become stronger. Many factors will diminish. There will be no more concept of power.

#### Ninth Age - Age of Peace

1,000 years after natural agriculture, this age will come. The idea of wars and battles will vanish. Social peace and also psychological peace will begin.

Then the peak will come.

#### Tenth Age - Age of the Solar System

People's individual development took 6,000 years up to the peak. Now they will begin various world scale technologies. This is the age of the Solar System. This is not only confined to the earth, but releases ourselves to the solar system. This will be the time of huge technology. There will be no more medicine, no more religion. It is really a prosperous time.

#### Eleventh Age - Age of Prosperity

This will occur about 10,000 years from now. Wise men will come out and start to warn the people that our prosperity will not last and warn of decay and destruction. They again will teach the Order of the Universe once more in order to prepare for the destruction. They will say that everything changes, and that everything that has a beginning has an end, and we must prepare. Just like 2,000 years ago, prophets warned us. Because of prosperity, many people will not listen much, but that decay will come. History repeats itself.

#### Twelfth Age - End of Cycle

Towards the end of this age, a catastrophe will occur, and the cycle starts again.

From now to the next 2,000 years in the future, longevity will increase. Man will live to 125 years of age and even longer.

So now you can understand that the people who are learning MB's are leading towards the time of Natural Agriculture. You can understand there is nothing new, everything is repeated in this universe.

Also, things that appear to be conflicting are actually pushing towards unification of the world. Even World War II and the Vietnam War, even Coca-Cola and sugar are leading towards this end.

At point "A" on the chart, this was Lost Paradise (under the influence of the Serpent constellation). At point "B" on the chart, is the rediscovery of Paradise.

### How to Prepare for New World

#### 1) Wipe out misconceptions:

Power is justice.  
Science or analytical method can reveal truth.  
Medicine can cure sickness.  
Nation is the sovereignty. (So they demand your life when war arises. Your life came from Infinity. Nation is not real. People are taught that their nation is "there", but actually, no nation is existing.)  
God is somewhere. (God is all including us)  
Idea of Savior.  
Exclusive idea of only this is the right way.  
Man can own land. (Man can use land, but cannot own it. The land produced man.)  
Food to be commerce. (Eventually our food operation should be everyone's food operation. Same with air and water. Everyone breathes the air - you don't have to pay for it. Everyone should be able to use water. Same with food. All birds are eating food and it doesn't cost them anything. Only man makes food cost money and water cost something. Even in Tokyo, they sell oxygen to people on their lunch hours. Food, especially basic food should be free to everyone.)

2) Diminish artificial agriculture so that grains and vegetables return to their wild form.

3) Go towards the abandonment of national boundaries.

4) Cease discussions on who is superior, man or woman. Man is man and woman is woman. This is yin and yang. There is no superiority or inferiority. This is balance.

5) Release all medicines except that which takes care of acute sickness.

6) Change jails, hospitals and mental institutions into beautiful macrobiotic clinics. Automatically, criminals loose criminal ideas, and sick people lose their mental and physical illnesses. Present day system of jail as punishment and present day mental institutions are nothing but a symbol of violence or ignorance.

7) Education. Technical education and knowledge is good. But fundamental one is the way of life or the way of man. You can call this Tao. This is most important. Its aim: not to give knowledge, but to develop the student's judgment and let him discover and let him have big dream.

Many people say that we should have "cosmic consciousness". They say this is good. "I feel bliss.". But this is sentimental self-masturbation seeking self-contentment. If you have cosmic consciousness, you immediately act in daily life in a practical way, such as changing people. This other method of attaining cosmic consciousness is not real. It means that you "feel" it, but you don't really know what it is. If you can't give something to your friends, if you can't cure yourself of sickness, if you can't have a baby, if you can't make yourself free, then you don't really have cosmic consciousness. This so-called cosmic consciousness is a misconception. If you really have it, then you can cure people, you can help them, and you can change society. Whatever idea or philosophy that cannot change us and others and society is useless. Therefore, we are presenting the most practical way -- macrobiotics. Some people complain that MB's is not spiritual because they want to have this sentimental self-contentment.

We have millions of years background to gather together like this. This is called EN which means relation, cause and effect. Even before mankind appeared on earth, we had this EN relationship. We all selected this time and place to gather and meet and to try to establish understanding of the Order of the Universe and to find out what is real justice, what is real freedom and real love. Do not waste your life. Still many of you are young, but from your age to my age is just a "blink". From my age to death is just a "blink". Having this long time EN, you should use your life wisely.

8) Never become a salaried employee. Now is fine, because you are studying. But later, never be this, because then you are not free. Therefore, never become an expert at anything. Never seek to be one type of expert.

Question from the Class: Aren't you an expert?

Michio: No, I am naughty. Whenever I have to fill out a form and it says occupation, I leave it blank. Also, I don't have any identification. Sometimes I can't check into places (hotels) because I don't have any identification. I explain that I am Michio Kushi and they want some identification. I tell them that I am right here, but they don't believe me. It is a crazy, upside down world.

In order to enjoy this world you have to be like all other people in it. If you start to make yourself different from others (by eating), then you will start to see what this world is. Be a free man. No protection and no security, but be free man. Your world will come. It is there before you.

Question from the Class: Will there come a time when we will have to leave Boston and the cities, because of all this crazyness here?

Michio: No, you stay. You change that crazyness. If you have fear, you don't have love. You have to change your fear to understanding.

Do you recall the Berlin Crisis? You were probably teenagers then. Everyone was worried about a 3rd world war. George Ohsawa was lecturing in Europe. He announced that all MB people must evacuate where they were living. He said this in New York, too. He appointed a 3-man committee to

evacuate several hundred MB people in one month. I was chairman of that committee. We made plans of what we would do when atomic bomb was dropped. Finally, I concluded there is no safe place in the United States. There are several places which are not so much affected because of the wind not carrying radiation there, etc. such as Arizona, Florida, Northern California, because of mountains and winds. One man went to Chico, Calif. and said "Let's move to Chico.". Another man argued we should go to South America or Australia.

So I called a general meeting of all MB people in New York. I gave people their choice. About forty people wanted to go to Chico. Several wanted to go to other countries. The majority didn't know. They asked me where I was going and I said I would stay in New York. It was easy for people to go in groups to California. But the people leaving the country couldn't go in a group evacuation, and they had to make arrangements to leave one by one.

Active, young people went to Chico, and later made Chico-San. They sold their homes, etc.

Then we waited for the war. Nothing happened. I felt very bad and wrote to those who had left and said don't feel bad towards Mr. Ohsawa.

Then I met Mr. Ohsawa at the airport one day. The first thing I asked him was "George, what do you feel, especially for friends who went to Chico?". His answer: "Oh, yes, they have fear, they are frightened." Later he went to Chico to visit them.

Whoever has fear, don't move. First demolish that fear. If you are moving by fear, your motion is wrong. Give up evacuation idea. Turn your fear into understanding.

Mon., March 19, 1973

### The Coming One-World Government

From what we were talking about last week, you already have an image of what this one-world government is. The time has come to start the foundation of one world government as you learned last week (from 25,800 year cycle chart). I would ask you to have a slogan for this movement "One Peaceful World" instead of calling it Macrobiotics (since a lot of people call it Microbiotics).

When we were first putting together the first book on Macrobiotics, in New York, George Ohsawa handed me the material in order to rewrite it. The title of it was "Zen Macrobiotics". I didn't know what macrobiotics meant. Herman (Aihara) asked me what does it mean? I said, "I don't know. If I ask George, he will say 'Oh, you are foolish.' ". We couldn't find the word "macrobiotics" in the dictionary. We checked further and discovered it was a Greek word derived expression: macro=large or long and bios=life. It means a big life or a long life. (Microbiotics means the opposite.) Besides the fact that many people mispronounce this word, there is another objection. The word "Zen" -- its present day meaning does not mean the same as the original meaning of "Zen". It now pertains to meditation. The followers of Zen have forgotten the way of eating and various kinds of training associated with Zen before 100 years ago. I knew if I used this word "Zen" in the title of the book, many arguments would arise. Lima Ohsawa was also objecting to the title. So, we met with George, and she said, "Papa, we think it is better to erase the word "Zen" from the title "Zen Macrobiotics". He said, "Don't you know that this is the meaning of the word 'Zen'?" (meaning what we were teaching was actually the original Zen) And so we published the original "Zen Macrobiotics" book.

Various attacks came from some Zen monks. Later to avoid confusion, we didn't use the word "Zen". And then the cookbook came out "Zen Macrobiotic Cooking".

Yes, George's interpretation was good, but it was too correct to make people understand. Now Macrobiotics has spread. At the same time, people think it is health food to get physical condition fine. Especially among people who don't attend lectures. MB's is different from the health food movement.

Therefore, our slogan should be:

"One physical, spiritual world through Macrobiotics  
(or through the Order of the Universe) OR

"Health and Happiness through Macrobiotics" OR

"The Unifying Principle and Its Application Through  
Diet"

or something like that.

Throughout history, as we have seen last week, now is the time to start one world, just as Jesus prophesied, and also as our ancestors felt and as we now feel that the time has come. At the same time, many people who don't know MB's, feel this also, and that the time is coming for one world. The wars we experienced were going towards this end result. Now science, religions and spiritual movements are serving to build one world. Sooner or

later the world government will be formed by the present leaders according to the modern concept of world government.

### Early Attempts To Create A World Government

Most of you were children at this time. When World War II was over, a world wide movement arose to establish a world government. President Roosevelt and many European leaders, including Stalin, joined to form the United Nations. The U.N. is not a world government, but an association of various nations to debate various problems in the world. It has no power to rule over any nation. However, many people wanted to have a more powerful organization. This type movement was ideological and spiritual and was led by men like Gandhi, Upton Sinclair, Thomas Mann, Albert Schweitzer, Bertram Russell, Albert Einstein and Robert Openheimer, along with others. They all thought that a world government was necessary, especially after the atomic bomb was dropped on Hiroshima and Nagasaki. Many people also wanted a world government.

A proposal was made to draft a world constitution. More than 70 different draft proposals were written. Ninety percent were made by Westerners. Few were proposed by Asian people. I studied their constitutions when I was young. I found Western and Eastern proposals were very different regarding underlying thinking. Example: An Indian scholar proposed one that was rather short. He emphasized the spiritual consciousness, the ethical, moral aspect of a world society. All Western proposals were based upon law and legal structure. The most studied one was that proposed at Chicago University under the leadership of the chancellor of Chicago University, Robert Hutchens. Several scholars signed and formed a committee and drafted a huge volume of a constitution for a world government. This world constitution was a unique, comprehensive produce of Western legal thinking. It was translated into various languages and distributed throughout the world.

This constitution proposed that we should have a world federal government. It would make the world into a federation just like the United States. Each nation is a member of the federation and it should have two congresses. It should have: (1) national representative and (2) people's representation.

The national representation would represent each local national government and the people's representative would be elected by the people throughout the world on the basis of population. This would be a two-house system. We should form this federation as soon as possible. In order to promote this, we should appeal to all governments to start to prepare their foreign policy to establish this world government.

The U. S. being democratic, is sometimes very liberal and does very liberal things. After World War I, they already adopted in Congress a resolution that the last goal would be the formation of a world government. Every year they adopted this resolution especially at the end of World War II.

This kind of tendency was arising.



## United World Federalists and The People's Convention For A World Government

People then formed into two groups. One group was the United World Federalists (UWF) and the People's Convention for a World Government (PCWG). The UWF set up many places and many students joined just like present day spiritual movements that attract students. Their goal was to change the structure of the U.N. from an association to a government with power to which all nations would surrender their atomic weapons and their sovereignty.

The People's Convention said that the U.N. cannot be changed. It is just a representation of nations and does not represent the views of the people. Therefore, people themselves should set up a world government. These were the two main currents of thought.

Soviet territories at the end of the war were starting to build up and they had strong control of the people and the people did not know of these movements. The UWF was a conservative attitude. The PCWG was more taken up by Soviet countries.

Then Gandhi was assassinated. Thomas Mann, Schweitzer and Einstein died. Upton Sinclair, who was macrobiotic, took brown rice and went into the desert to live in case there was a nuclear war. Then tension between the U.S. and Russia came. The Berlin Crisis and the Cuban Crisis came. These peace movements decreased gradually.

There had been different opinions as to how to achieve a world government. Example: North America would be one unit; South America, another unit; Western Europe a unit; Africa a unit; Soviet Union a unit; Asian territories a unit and S. E. Asia another unit. Then they would form an allegiance between these units. They they argued. The U. S. people are well educated; African majority is not educated, so that is unfair. Some white thinkers said that white people were a minority compared to yellow and black people. Then, further, maybe the world capital should be in Hawaii, or in the middle of the Atlantic Ocean, etc. Then, further, what kind of language would be used.

## Macrobiotics and the World Government

Meanwhile, Mr. Ohsawa's house in a suburb of Tokyo was built like a barracks-style dormitory. About 10-15 dirty boys were sleeping there. On top of the house was a sign that said "WORLD GOVERNMENT". Neighbors thought, "Either a genius or a mad person lives there.". These young boys who were dirty and were eating miso soup and brown rice were talking about their dream of a world government. George Ohsawa published a newspaper under the name of World Government. It was only 2 pages long, front and back, and cost \$1.50 per copy, which was very expensive. It was published two times a month. The girls who lived there had to sell these papers. They went to public places like train stations to sell the papers. It was hard to sell a paper for \$1.50 and Japanese girls are very timid, not like American girls. They couldn't sell the papers very well.

But eating brown rice, miso soup and a little pickle, they got thinner and more yang. They were then able to speak to people going by. By this experience they learned so much.



It was against the law for them to sell these papers. The police would arrest them and take them to the station. The girls would say they were sorry and would sign a paper saying they wouldn't do it again and would take an oath also. Then next day they would be back to selling papers. They would get arrested again and go through the same thing. After about 10 or 15 times, the police would see them and look the other way, pretending they did not see.

Then the girls would visit the police at the police station and asked them for tea, and would give the police the newspaper to read. The girls noticed that when they ate even a small piece of apple, they could not sell papers that day. If they ate Diet #7, before they even tried to sell a paper, people were walking up to them buying a paper. Avaline was the best salesgirl and so she could come to America.

The East-West Journal in comparison is so thick, many pages, many interesting things and it is so inexpensive. I hope our friends can sell them in the street. If the Japanese girls could sell 100 papers a day, you could sell 1,000 copies a day of the East-West Journal.

While this was going on, I was studying world problems in college and I approached many of the leaders previously mentioned and also George Ohsawa. I had gone to the U. S. Then I returned from the U. S. to Europe and found that the People's Convention for World Government was meeting in Vienna, Austria. I received an invitation to attend this, and went to London. The Iron Curtain was in effect then, and Vienna was in Soviet territory. I applied for a visa in London and was rejected. So I discussed this with the Communist Party to see if they had a way to send me there. They suggested I go to Paris to try to get a visa.

I went there and again I was refused a visa. Many people who wanted to get visas were rejected. I approached the Communist Party in Paris. It was barricaded and guns were there. They watched me for a while and then let me in. I explained I could not get a visa. After a 10 minute discussion, they agreed to get me there. They said "We have an airplane. We will send you to Budapest and then you can go on to Austria.". I said, "Fine, when do I leave?" They said, "midnight on a certain date." I offered to pay, but they said there was no charge for this.

Then I went to the Soviet Embassy. I was about 24-25 years old then. The general consul came out. He was a big man and shook hands with me. He had a big bear's hand like when I shook hands with Nixon when he was Vice President. I thought, "Soviet is a strong country.". I explained for 10 minutes what I wanted. He asked me how long did I want to stay. I replied as much time as they would let me. Then he asked me to state a time, whatever I wanted. So I said, "one year.". I asked him if wanted to see my identification, but he said "no". (I was used to this from being in the United States, where you always have to show your identification.)

Then I left, and I noticed the French police following me. I reached my hotel, the Hotel Magenta. From the window of my room on the 4th or 5th floor, I could see the French police. I had to figure out how to sneak out on the day of departure. A couple of days passed. I was thinking: "If just by going to the Soviet Embassy, the French police are following me, then if I get into Soviet territory, how will I get out?" I knew I would have to go through Siberia to Japan. I felt ashamed. I would have to go back to Japan and my family situation would make it difficult for me to leave Japan again. Also, I did not achieve anything for the American people yet. It would not be wise for me to go back to Japan.

So, I figured out a way to get to Vienna without using the help of the Communist Party. France is an international country. Through a friend's introduction, I met a lawyer who was Jewish and very smart and who was an expert of smuggling in people. He said there were four ways and explained them. I chose one way - through Switzerland by walking from village to village across the border to Austria, and when I got in I would then take a train to Vienna. He said he would go with me to Switzerland. "When do we leave?" I asked. He answered, "Midnight the next night.". I quickly prepared. On the way to the station, my intuitive judgment was saying, "Once you get into Austria, you can't get out.". I had to decide quickly. What is good? Should I get into Soviet territory or should I stay in free country and work to establish world peace through MB's? I concluded, "I should not go.". "I should return to America.". So at the station, I told the lawyer, I changed my mind. He asked me why. I said, "I learned this in America -- this is their favorite expression, changing their mind.". Then I gave him some money and left.

I knew I must leave for America, but something had to be done here. There were three Japanese macrobiotic friends who had joined a peace demonstration in Paris and they were arrested, put in jail for a few days, and then released, but without their passports. They had to go every few days to the police station to get an extension of their visas. They were suffering. They were not allowed to get jobs. One had lung troubles. They could not eat MB'ly, because of not having any money. I gave them money to pay back rent or they would get thrown out of living quarters. They did earn a little money giving massages and doing errands for neighbors.

The Japanese Embassy had received a report from the French Embassy of what they had done. The Japanese government wanted them to return to Japan. They did not want to return. Once you are thrown out, or if you give up Japan, you can't return. So, when I decided to go back to America, we all met. I told one to go to Germany and begin MB's there and studies and eventually to please get into the Soviet Union. Another wanted to go to England. I had no official connection in England (except for my connection with the Communist Party in trying to get to Austria). Another one was so weak. His cooking was so good. When I wanted to eat an apple, he wouldn't let me and instead he cooked a baked apple for me using their precious sesame oil. He had the tender mind of a girl - more tender than most girls. He wanted to stay in France. I said, "This is trouble.". But I went to the Japanese Embassy with champagne and asked them to give him a passport so he could stay in France. They refused unless he would return to Japan. So I asked them for a "Certificate of Nationality". They agreed to this. I said that he intended to leave France and would no longer be trouble to you.

After I got this certificate, I took him to the Belgium Consul and asked for the top consul. My friend was waiting outside. I told the consul my friend wanted to leave France and wanted to pass through Belgium and needed a visa. He said, "O.K., show me his passport.". There was no passport, so I showed him the Certificate of Nationality. The consul said, "He does not have a passport?". I said, "I think he might have lost it. Please give visa. If you have any doubt, you can call the Japanese Embassy.". The consul said he would give a visa.

Then I left and took my friend to the Germany Embassy. I said he would be going through Germany to Belgium and needed a passport. They asked for evidence. I said, "Yes, he already has a Belgium visa.". "No passport?", they asked. I said, "No, but this is enough for travelling." So they gave him a passport. Now he could get into Germany. He left at midnight.

The next person was the one who wanted to stay in France. "Don't you have an yin drink?", I asked him. He said O.K. and made me a drink with crushed apples and tea. I drank it. Then I had a good idea. I said, "Do you mind if you have to stay in a hospital or sanitarium?". He said that he didn't mind. Next day we went to police headquarters and I asked to see the top policeman. Then my friend leaned on me like he was sick. The policeman jumped up. Then with poor English I explained why my friend must stay in France because of his weak, sick condition. Then the policeman arranged for a doctor and sanitarium. They cancelled his deportation order. So, he was all set.

The other person was the one who wanted to go to England. We thought he was the most materialistic person. I thought he should contact some Christian society so a priest (minister) would help his case. The very next day, we saw a priest on the train. I started to talk with him. When he got off the train, we got off, too, and continued to talk with him. He invited us to go with him. He agreed to help and he did. All three friends were all settled. About ten years later, the boy who was not well, died.

At that time, George Ohsawa was waiting for news from these three Japanese men. Every day he lectured to the MB boys living with him, telling them to follow the good example of these three men (not knowing, of course, the trouble they had been involved in). However, these boys were having a lot of experience.

In comparison with the international movement, Mr. Ohsawa's movement was so comical and so trivial. Yet they had a burning desire to make this world into a world of peace. Without having any direction, not knowing what society is, these people were doing it. Finally, I could understand. The organizations were depending upon power. They were making use of the "majority" which is power based on numbers. Instead of using people's love, they were using masses of people.

So, I gave up all study of political law, and started to study chemistry and biology. Now I started to think. When Mr. Ohsawa said that food was the basis, now I could understand. Since then I set out to spread MB's. I had to polish my English and make friends.

Gandhi's principle was "nonviolence". When he worked for India's independence from British control, his motto was "nonviolence". However to the Far East, his method was also violence. He did not use guns, but he mobilized multitudes of people who did such things as lying down on railroad tracks. This is a different kind of violence. Gandhi didn't notice this. He was such an honest person. He searched for truth his whole life and reflected, "I should not drink goat's milk; I should not take any animal food", and yet, he could not stop.

Therefore, India was split in two. He was despaired. He didn't join the Congress, he refused. He traveled from village to village teaching we should have one India. He really was an honest man who didn't want violence, but he was surrounded by violence and he could not escape from this level.

Likewise, it is the same thing with various religious movements involving masses of people. This is violence. Majority decision is violence. Best way to develop love and friendship is mind to mind. By using "masses of people" we are threatening.

I saw these things throughout the Berlin Crisis, the Korean War and the Vietnam War. Sooner or later the world federal government will occur. But still it will be based on law and power. The time has come for one world. But if it is based upon law, people's happiness cannot be reached.

Which type "A" or "B" government do you choose?

"A"	"B"
Dictatorship	Government by a philosopher or wise man (suggested by Plato)
Aristocracy	or
Democracy	People invite a saint to govern

Political leaders want to achieve type "A". Many religious leaders want to achieve type "B".

Our motto is "Ultimately, nongovernment". This appears like anarchy, but it is different. Anarchy does not have order. But we have understanding of the Order of the Universe which Jesus had, which he called "Justice of the Kingdom of Heaven". This is our goal. "A" and "B" are not our goals. Meanwhile, while we are going towards our goal, the government can be either "A" or "B", so long as the leader or leaders have clear judgment and are eating well. Our way to establish one world government of the Order of the Universe means that no individual person rules. We spread MB's silently. We go into every kitchen, in the government cafeteria, in the White House kitchen, and from there we change the world. Our way is the invisible, modest way, yet it is the most powerful way, even more powerful than the atomic bomb. We change every single cell inside a person. We change the evolution of mankind.

We should not be concerned with American capitalistic system. If the Soviets want Communism, let them do it. We are concerned with the individual person's way of eating and with the understanding of the Order of the Universe. We are concerned with the physical, mental and spiritual evolution. For this we are working. This is the real government, sanctified by the Order of the Universe. Such kind of government never perishes. Whatever government is built by law will perish. Our way will always be there. As long as one person remains on this planet, he is the representative of the Order of the Universe. Our way is the eternal way.

Actually this has already begun. It is beginning inside of you. We are small but gradually we are becoming bigger and bigger and eventually will take over the whole world. It will take 2,000 years from now. (see 25,800 year cycle chart) But already, from now to 10-20 years from now, we will have some influence upon millions of people. Your friends and brothers and sisters will go this way. Whoever follows the Order of the Universe is imperishable; is representing God himself so therefore his work is eternal. Therefore, you are invincible, so you will achieve this dream.

While you are eating badly, your dream is clouded. If you are eating well, your dream is true dream. And you can follow it.

I believe America is the most hopeful country as the base for this new world of this world government. This is the melting pot of all nationalities. Also, America is fairly young and has not lost the pioneer spirit yet. It also has many climates. This movement will spread to Europe, etc.

There is only one trouble with America being the base of this one world. Present day young Americans have physical, mental, spiritual weakness. Soon they get tired. Soon they change their minds. If it is ice cold or slippery in winter, you hear the "No School" announcement. Then you stay at home sleeping. Other countries are not like that. When I was a child, regardless of hurricanes, earthquakes, fires, etc., there was school. Even if the teacher's house was burning or his parent was dying, he did not leave until his classes were finished.

When I was at the University during World War II, B-29's were flying over Tokyo bombing it every day. You would hear reports of 1,000 people being killed. Railroads were destroyed. There would be no electricity and no water. Yet my university was open all the time. I slept every night with my fatigue jacket on and with my supply of roasted rice. At midnight, the alarm would be sounded. We would get up and go to the shelters for 1/2 hr. to 1 hr. Then the next morning we would go to school on the train. Sometimes the alarm would be sounded. Everyone would get off the train and run to the shelters for about 20 minutes. During this time bombs would be dropping all around us. Then, if the train couldn't run, we would walk the rest of the way to school.

With that kind of training, their thinking was, "Even if the earth is destroyed, our present day thing is to study, and so we go and we study.". When we are doing something, no matter what happens, we continue doing it. We cannot relax or cancel because of rain.

This common dream of one world is the biggest dream which mankind ever had. This is far more important than what I studied under the bombing of Tokyo. Whatever happens, every day I must continue. If you have a big dream, every day you must continue. Please count how many years you have left to live. Those years soon pass away while you are playing. When you have a dream, you have to pursue that dream regardless of happiness.

Some friends puzzle me. They study here and leave Boston to teach in other places in the world. Then they return after 6 months, saying "I ate too much...I have pain here (in pancreas)...What can I do to cure this?" Please think over. If your wife divorces you, that is o.k. If you can't eat because of this (dream), that is o.k. We can't sacrifice that dream for anything else. Such dream you should have. You should have perseverance, will, courage, tolerance. Even if you are killed, even if your family is killed, you keep going on. Moses, Jesus and Buddha did this.

In comparison with these people, many of our friends are very sad. Your training was very sweet in the past. Also, plenty of sugar, plenty of ice cream every day has made you sugar-coated by sweet sentimentality. The following is fine: nice music, nice art, nice meditation. (meaning these are the things you think are fine, not what Michio thinks are fine) Then you get tired.

My dream of this one world began at the age of 14 years. I became a student of one world. I never changed my mind. Every day I went for that. Please find the biggest dream and go that way. If you have 10 friends who are like that, then you can change the whole world. This is the point. I can see many of our friends have such quality and have burning spirit. Then let's go and we can definitely change the world. That way we achieve all prophecies made in the past.



Also, please think the reason we gather here - the reason we meet here, this is not your selection. This is due to long-time ancestors' spirit in the past. In the past most of your ancestors were also thinking about one, peaceful world and the happiness of everyone. Or, most of your ancestors suffered because of the people's lack of understanding or love. This long-time spiritual background, please understand it well. A long time ago, generations and generations ago, your ancestors were macrobiotic and they were seeing the present vision. This spirit is reborn in you. Some of you were reborn of the spirit which designed this world into one world. This is why we gathered together now to accomplish this dream that we drew for ourselves in the past. Don't forget this. If you forget, you are eating too much food (overeating) and you lost the memory. Then eat small quantities and chew well and close your eyes and you can remember what you did generations ago and now you came out to realize that dream. If you can't remember now, that is all right. Just wait for a while, several years later you will understand. You were there and had a dream and so you came here to realize that dream.

What should we do? We will discuss this from time to time. For now, concentrate on the following:

- 1) Mastery of self (mastering ego)
- 2) Ordering household
- 3) Ministering country
- 4) Pacifying world.

In order to pacify the world (make world peace), we must make our countries sound and peaceful. In order to make our countries sound and peaceful, we must make our household orderly and sound. In order to make our household orderly and sound, we must master ourselves. There is no use in trying to pacify the world without mastering self.

While you are young, 1) Mastery of self is enough. Then, when you marry, or when you live with friends, 2) Ordering household is enough. Then you must leave and go to 3) country and 4) world.

The way of eating according to the principles of yin and yang develops mind and spirituality according to yin and yang. You can learn the principles of yin and yang: "Yin attracts Yang...Yin repels Yin...etc." in about 15 minutes. Yin and yang, the Unifying Principle is the basis of this development.

You should do all of these things, not from a sense of "mission" or "duty", but because you want to. If you feel you are doing this as a duty, it means you have overeaten. There can be no sense of mission. This should be an adventure.

Tues., March 20, 1973

### State of Crisis In Today's Societies

First, I would like to show you this book on the Shrine in Ise, Japan. Officially it was built 2,000 years ago. Unofficially, we don't know how long it was existing. The reason I want you to see these pictures is that this shrine was built by macrobiotic people in ancient times as a symbol of our world government.

This afternoon I was talking with lawyers and businessmen. The discussion went to present day American society. They felt that America is rapidly declining. They worry about the increase of crime. Ten years ago you could walk on the street at night. Now, everywhere people don't feel safe. Due to no reason, many killings are going on.

Also, family and other human relationships are experiencing "separating" like divorce, the ending of friendships, and even in business, partnerships are being dissolved. Degenerative diseases like cancer and heart disease are nationwide sicknesses. They say three out of five people are subject to cancer. Furthermore, mental illness is so extensive. Schools are losing their students' interest, etc. On top of that, the American economy is in danger. The annual deficit of the U. S. is accumulating. The U. S. dollar has devaluated. Furthermore, these businessmen's opinion is that whatever the U. S. government does, this deficit cannot be overcome but will increase. In the near future, the U. S. will face bankruptcy. The overall situation is very dark.

Not only in America, but all free, civilized nations have the same tendencies. Japan is opposite the U. S. in geographic location and they have a different culture. But now, following America, crime, divorce rate, mental illness, etc. is increasing. Japan seems to be in an economic boom, but sooner or later the limit of its growth will come, and they will face serious problems. They will follow the U. S. in the same crisis. Many other modern civilized countries are in a crisis without war. These are international crises.

### Role of Macrobiotic People In Today's Society

For those critical situations, this (goal for one peaceful world) is inevitable result of our orientation which we made some thousands of years ago. What do you propose to do to meet these situations?

(The following are suggestions from the class.)

- 1) Set up agricultural communities where we can become self-sufficient.
- 2) Macrobiotics has got to be established with farms and schools so a core is established.
- 3) Establish our own constitution and go out to other places.
- 4) Wipe out fear. (Michio: "How do you eliminate fear?")



5) We could set up a world government along with other world governments. As they declined, we wouldn't, because we would be eating well.

6) By making ourselves strong, by eating well and giving good example.

7) By getting our leaders (state, national) to eat well.

8) More gathering together of MB people and having a place to store food for a few months in advance and having a central place to gather.

9) Take a full page ad in magazines and newspapers, to let the world know.

10) By getting people to eat brown rice without mentioning the word "macrobiotics". It should be prepared the tastiest way, doesn't have to be short grain, can be made with shrimp, etc. This should be the indirect way, they would do this to lose weight or to become calm, etc.

11) You have to know what you are saying when you talk to others, not just paraphrasing what Michio has said.

(End of suggestions from the class.)

Now is the time for you to take action. For some it will be action for yourself, and for some it will be action for society. As many as possible, we have to have outside people change into healthy way. At the same time you must establish your judgment so well. No longer can we waste our time. It would be difficult for them to overcome this crisis without knowing our way. They would also like to save the American economy. Inevitably, they will form a world scale to control money. These steps will be symptomatic cures which will work temporarily. The fundamental cure is always necessary. This fundamental cure can only be made by changing our blood. To cure this social sickness throughout the world, everyone of you should be becoming doctors in the true sense, i.e. you can cure the country and society, as well as curing physical, mental, spiritual sickness. You must act to make yourself a true doctor.

Question from the class: What did you tell the businessmen this afternoon?

Michio: The fundamental, simple answer. They listened and agreed, but they cannot understand.

### Our Aims For New World Government

We must have a clear vision as to the kind of world we are going to establish.

1) Food - As natural as possible. Not only organic, but food must be developed the natural way. Eventually, food should cost nothing. We must distribute food free. The reason for this is that food is the source of life. When you were in mother's womb, nine months later did you pay any money for the lentils you ate? Do you pay money to the earth for rent? We are the products of food. We are the result of food. So food is something like our mother. We cannot sell our mother, and can't put our mother in the sense of trade. Since food is life itself, it should be free. All birds and animals eat food at no cost. That is the way. The reason we pay money for food is that present day agriculture

is artificial and systematic. Plus, profit making and trade is connected to agriculture. Like Erewhon. We have to pay rent, cost of food, etc., so we have to charge prices. But sometime in the future we have to make food the life source. Except some kinds of accessory food like apple pie or beer -- you can charge plenty. But basic food should be free.

2) Land - The use of land can be individual or by groups of people. But ownership of land is strange. The earth is our mother. It is the same thing with nationality. In some cases, economically speaking, we are socialistic or communistic, but we would allow people's freedom. But life should not be the purpose of trade and making money.

3) Education - The main crime of degenerating society is education. Teachers of the schools are criminals No. 1. Their education is of knowledge and technique. After high school and college, no one knows what is life, what is health, how to take care of sickness and how to love people, and what is justice.

One time I asked some Christian priests, "Where is the Kingdom of Heaven?". They didn't know.

Teachers now are nothing but trade. They are merchants of technique. They don't know Tao or Order of the Universe or the Way of Man.

I spent 22 years in school. If I took regular course, it would have been 24 years. What did I learn about life? Completely nonsense. Especially after high school. I am not using that knowledge at all. Present day dream I learned in my family, from friends, from Mr. Ohsawa and other teachers outside of school.

Food should be 50% or more whole grains, less than 1/8 animal food, and the remainder, vegetables.

In Education - 50% of education or more should be Tao, and less than 50% should be knowledge and technique.

A teacher should really be a person who is practicing Tao, who understands the Order of the Universe and is living with that. His personality should be a really wonderful personality. Then students love and respect him. Then when teacher scolds, the student understands it is out of love. The student should have total respect for teacher and for that, the teacher should have real practice of Way of Life. There is no such teacher in modern institutions.

When I came to Boston, I went to Harvard to give a seminar in Macrobiotics. I made a great mistake. Those students were not interested in learning the Way of Man. They were interested in getting knowledge. I tried. Finally, I gave up. They were not the people with whom I could be friends. They searched for knowledge, technique and their degrees, but they were not searching for the Way of Life.

When I graduated from the university, my friends were discussing what we should be. Some entered into government, banks, became lawyers, etc. They were wonderful people. At the farewell party, we discussed what kind of future we would have. One wanted to be a diplomat or governor. They all had dreams. My time came. I had no idea as to an occupation and I said, "I don't know."

"Why?", they asked. I said, "I was listening to you and I found that my dream is the biggest one among you and I don't know what occupation is suitable.". They laughed. I couldn't choose, so I continued with my studies.

I came to America, and worked making beds in hotels and carrying luggage. To make a tip, you have to have a gesture such as checking the windows, otherwise guest does not give a tip. I learned many things. Fifteen years passed and my friends were progressing to executive positions. Occasionally they come to America to visit and they call me, and we meet and talk. Every one of them says, "Michio, I am very sorry. I made a mistake when I chose my life. I remember when we were students. We had a wonderful dream to serve society and to make this world better. I started to work in companies and year after year I'm busy, and I forgot. I get promoted and now I am completely a slave of the company. I can't do anything that I really want to do. And you are so free and you are still pursuing our dream and you are so unspoiled."

Then, I ask them, "Why don't you quit?". They answer, "I already have three children and I have a lot of responsibilities, etc.". But I say, "You don't have faith in your dream and that is why you are stuck."

All of them have leading jobs and positions in Japan. All of them confirm they made a wrong choice. I hope that you do not make a mistake to choose your life.

Then, this is teacher's responsibility: to teach the Way of Life.

We have to have schools and education. A person should complete his education at the age of 17 years and then go into society to work. At that age, you become interested in the opposite sex and boys sit in classroom looking at the girls, so it is better for you to go into society at that age and work at different jobs.

4) Art - Present day art uses a lot of color and objects. But as people are eating MB'ly they become more sensitive to Infinity and they tend to express Infinity. Zen monks try to create this art using only black color and they leave plenty of blank space in their creation.

5) Music - The rests in between the notes should be developed. By sound, you express the sound-less state.

6) Expression - When you read a book, you read this book as words and try to figure out. But as your judgment gets higher, you learn to read between the words or between the lines. You find hidden meanings.

This is the same in daily conversation. Two people are debating. "A" says, "I don't like you." "B" argues back about this. He is taking what "A" person says literally.

But when you become sensitive, and "A" says, "I don't like you.", then "B" person will be able to see "A"'s mind. It may be that "A" likes "B" very much, although he is saying the opposite.

Customs show this sensitivity to expression. In America, if you are a guest at someone's house, and they offer you more food and you refuse, the host says, "Oh, O.K.". But in the Orient it is different. A guest is offered some more beer, and he says "Oh, no thank you." "I am full.". Then, the host must see why guest is saying that. The guest may be thinking it will disturb the host to get up and get more beer. Or, perhaps the host may think he is a drunkard if he accepts more beer. Or, maybe he is thinking, "I want more beer, but my host may not have enough beer for his family later on in the evening if I take some more.".

So the host cannot take the "No" answer literally. That would be discourteous. So, in some cases, the host has to insist the guest has more beer.

This is reading the mind without taking literally what someone is saying. With girls it is more difficult. There are some girls that say "yes" and they really mean "no", and vice versa. If you don't read between the lines, you give the impression that you are shallow.

Expression is not literal. You need good eating in order to know that the person really means. It is like when I am listening to some friend telling me something. I am not concentrating on what he is telling me, but I am trying to see what is on his mind.

7) Spiritual World - Same way, this world is somewhat an apparition. The underlying world, the spiritual world, we start to see. Example: You are doing something. It can be good or it can be bad. People say that you are doing this thing. But it can also be that it is your ancestors that are doing this thing. Or maybe part of your past life is doing this thing. Therefore, the invisible, spiritual world and the visible, material world becomes one.

8) Building of Shrine for All Mankind - At present time we must build our world and get our health, but at the same time we must make a community for all mankind. Ex: There is no place where we can go to worship or pray for entire mankind and mankind's ancestors. The Catholic churches are for Catholics, etc. But we need a place that will include all religions and races, no matter what color. This kind of place we must build. You, yourself, can be a shrine, but it is difficult for others to see, so we need to build such a shrine. We need traditional cooking and good salt and good water nearby. There should be the best quality of music and art to express Infinity and research should be the best way - to simplify. Then when people come to this territory, they have a solemn feeling. No one rules here. Anyone can come to this place. Even though all other societies decline, industry declines, currency drops, etc., this place will never change and it should be kept traditionally. Then after this world, thousands of years in the future, it falls down. Then your descendants visit here and think, "Our ancestors had a wonderful cosmology and really lived with the spiritual world; they must have been eating good food.". Then your offspring will study this and he and his friends will restore the world. Our present dream will be restored.

The Ise Shrine was built for that kind of purpose. Emperors, monks, policemen, housewives, etc. all go there.

(Michio asked Evan Root to tell the class about the Ise Shrine which he visited when he lived in Japan.)

Evan Root: "There are symbolic ceremonies for planting rice, etc. at the Shrine. The inner Shrine is dedicated to the Sun Goddess and the outer Shrine is dedicated to Rice. People only pay homage at the outside Shrine. The only one who can go to the center is the emperor. However, the people feel that he represents them when he goes there. This is like his Shrine because the imperial family is the living descendant of the Sun Goddess, who is the father of Japan in their "mythology". The sun symbolizes the most profound ancestor. Everything comes from the sun and the outer Shrine is dedicated to rice, produced by the sun.

Every other shrine in Japan has something to do with ancestral gods. But the Ise Shrine is the most fundamental one of God. Everything changes into the sun which returns energy (in the form of rice). This energy is flowing through Tao through the people of the land. That is the reason the emperor goes there every year in order to re-establish this connection.

The Shrine is rebuilt every 20 years. It is very peaceful and it has a very spiritual feeling. One would not act carelessly there. There is a terrible litter problem in Japan, but this is one of the few places that has no litter.

The Shrine is made of natural wood, cypress, using no nails. It is built by hand. Building it is an expression of man's direct communication with nature."

Near this Shrine they made sea salt using traditional technique. When they made a fire, it was by rubbing two sticks together. Same way, in various ways of living, they have kept all these methods. Scientists still go there and check the salt to check sodium and magnesium content.

When this Shrine was built, many people who came from China 2,000 years ago were there along with Western's people's descendants, including Jewish people. You can see the Star of David which is used in different places in the Shrine. All these people built this Shrine, not for the royal family, but for all mankind. But this Shrine's meaning declined. Nearby, they are doing old method of cultivation but with white rice. At ceremonial time they use brown rice and vegetables and white meat fish as offerings. Utmost beautiful way of cooking goes.

Many friends visit Indian temples, etc. but all say that this Shrine is totally different. No lock or metal is used. More or less rough wood in ancient way. Structure is so simple and so beautiful. Architects from all over go there and are surprised when they see the elegant design and wonder how could ancient people do this using simple materials. Because they were eating well.

But now the meaning is ending. Now we must begin by our efforts somewhere in a similar way to build a shrine. No one will have this, it is for all mankind.

In ancient times, education was going on.

Issen —————> Essen (Essene)

There is a legend of Jesus visiting here and participating with the people to help build the Ise Shrine.

We know where the equator was in ancient times before the axis shift. There were different blocs formed. Europe was one bloc, and they formed meeting places where MB people settled originally. This changed, and the center went west and is now in the U. S. which is declining and the center is now going towards China. So, here we need an example of mankind's history and also in 7 other places in the world. Eventually our friends will scatter in those places and build the centers, the tradition of mankind. This will directly serve as a purpose for world government. As long as whole-grain eating is continued, and sea salt is made from old method, and water is used from springs, then people will come to these places and their memory will come back. Just as we are now dreaming back to our ancestors' dreams. Same thing. Ten thousand years in the future, our offspring will remember back to our dream. We don't have to leave anything else but these shrines. During your lifetime you can build at least one or two. Some people can form a village nearby. Some friends can live in another place (not near the shrines). Among friends who want to keep this tradition, they can form their community near the shrine. You can record mankind's history and record constellations. And in the morning and evening, you can pray for the spiritual world for all mankind. I hope sometime during your lifetime, really, please build in this continent, and in Europe, Africa, Asia, etc. We can leave writing, the calendar, alphabet, language, but we can leave (by building this shrine) a visible symbol of the actual Way of Life. I hope you seriously think of this as our common, mutual purpose.

### The Next Axis Shift

With the next axis shift, where will the biggest change arise? (No one in class had any idea.) Oh, you will all have to die. Unless you can see where the next axis shift will have effects, your understanding of this axis shift we studied is not complete. And you have to foresee what nations and what continents will sink and where new continents will arise and what places in the future world will become prosperous. This is not difficult to see at all. Please open your map or examine the world globe, and think.

Edgar Cayce said that California would sink, and then Europe will collapse, as well as the western part of Africa. If you have to see clearly if his prophecy is correct or not. You know, when they said that California would sink, some people ran away. Then nothing happened. So they ran back again. They are back and forth, leaving every time they think California will sink. We call those people "slaves" because they have no judgment or understanding. Then you need not be afraid and when the time comes you can go.



Fear is the manifestation of your lack of faith. Faith is not belief. Belief is without understanding, you follow. Such as belief in the dogma of the Virgin Mary in the Catholic religion. I went to a priest one time, and asked him to explain this belief that Mary was a virgin. He said you have to accept it and believe it without understanding, if you want to become a Catholic. I said, "I guess I will not be able to become a Catholic."

Our motto is "Noncredo".

Recently a MB friend told me he joined some spiritual movement and got initiation and he experienced bliss. I asked him, "How did that work?". He did not know. Without understanding something and doing it because you feel fine, that is being a slave. MB's is teaching you to become a free man. If you have any kind of experience, you have to ask yourself, "Why does that work?". For that you have to learn the key to it. Then, you can invent a far better one for yourself. After we understand origin, then we can change it. Then we have faith. Before that we have fear.

In future world, these people are destroyed by cancer, disease, etc. The future world will consist of noncredo people.



Wed., March 21, 1973

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MAP OF ANCIENT WORLD- 16- 17,000 YEARS AGO



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- (1) HIUKE-EHIROSU is present day North America.
  - (2) HINATA-EHIROSU is present day South America.
  - (3) MIYOI-KUNI (has the sound of MU.)
  - (4) TAMIARA-KUNI
  - (5) AJICHI-KUNI is present day China.
  - (6) YOMOTSU-KUNI is present day Europe; also called Country of Night.
  - (7) HITOTSU-KUNI is present day Greenland.

This map shows that there was a community in the ancient world. This map is not detailed; it is very simple, like a child's picture. (Unless you become like a child, you shall not enter the Kingdom of Heaven.) They had a simple, whole comprehensive idea.

Two Styles of Letters Used in the Ancient  
World

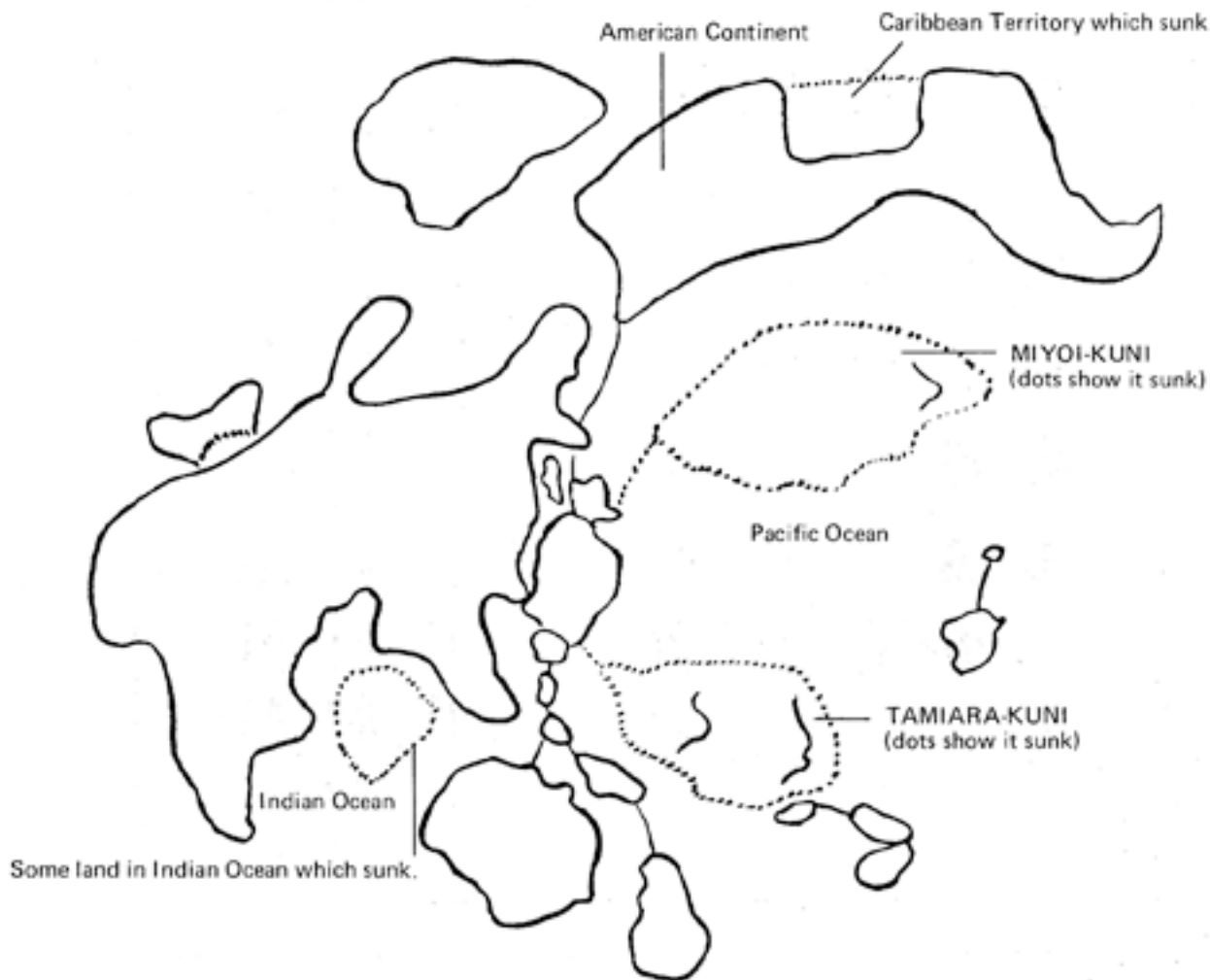
𐎠	𐎡	𐎢	𐎣	𐎤	𐎥	아	마	타	바
𐎦	𐎧	𐎨	𐎩	𐎪	𐎫	이	미	디	비
	𐎬	𐎭	𐎮	𐎯	𐎰	오	모	토	보
𐎱	𐎲	𐎳	𐎴	𐎵	𐎶	어	머	더	버
𐎷	𐎸	𐎹	𐎺	𐎻	𐎼	이	미	디	비
𐎽	𐎾	𐎿	𐏀	𐏁	𐏂	아	이	나	가
						이	미	디	비
𐏃	𐏄	𐏅	𐏆	𐏇	𐏈	비	미	디	비
𐏉	𐏊	𐏋	𐏌	𐏍	𐏎	이	미	디	비
𐏏	𐏐	𐏑	𐏒	𐏓	𐏔	비	미	디	비
𐏕	𐏖	𐏗	𐏘	𐏙	𐏚	가	하	사	
𐏛	𐏜	𐏝	𐏞	𐏟	𐏠	기	히	시	
𐏡		𐏢				기	히	시	
𐏣		𐏤				기	히	시	
						기	히	시	
						기	히	시	
						기	히	시	

These are only two examples out of several hundred styles of letters that were used in ancient times by various countries and various peoples. Although the letters are written differently in both alphabets, the sounds are the same. Some letters were made based on the human face, or based on a facial expression. Some were based on birds' foot marks or else branches of trees, or some more abstract form. Several styles of letters were made. Some styles became the origin of Sanscrit, Hebrew, Phillipine, Celtic, Miyoi and Tamiara alphabets. So many different letters were used in different territories and in different times. Pronunciation was the same and

it was clear pronunciation. That is why it says in the Bible that in ancient times there was one language. What it means is that the sounds were the same. When they pronounced "ah" or "ee", all places pronounced these sounds the same way. These two sets of letters are just examples. The origin of Sanscrit and Hebrew is similar. The origin of China and Japan letters were very similar. Ancient people's letters were very simple. Present day grammar became differentiated out of these origins.

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MAP OF ANCIENT WORLD- 6-7,000 YEARS AGO



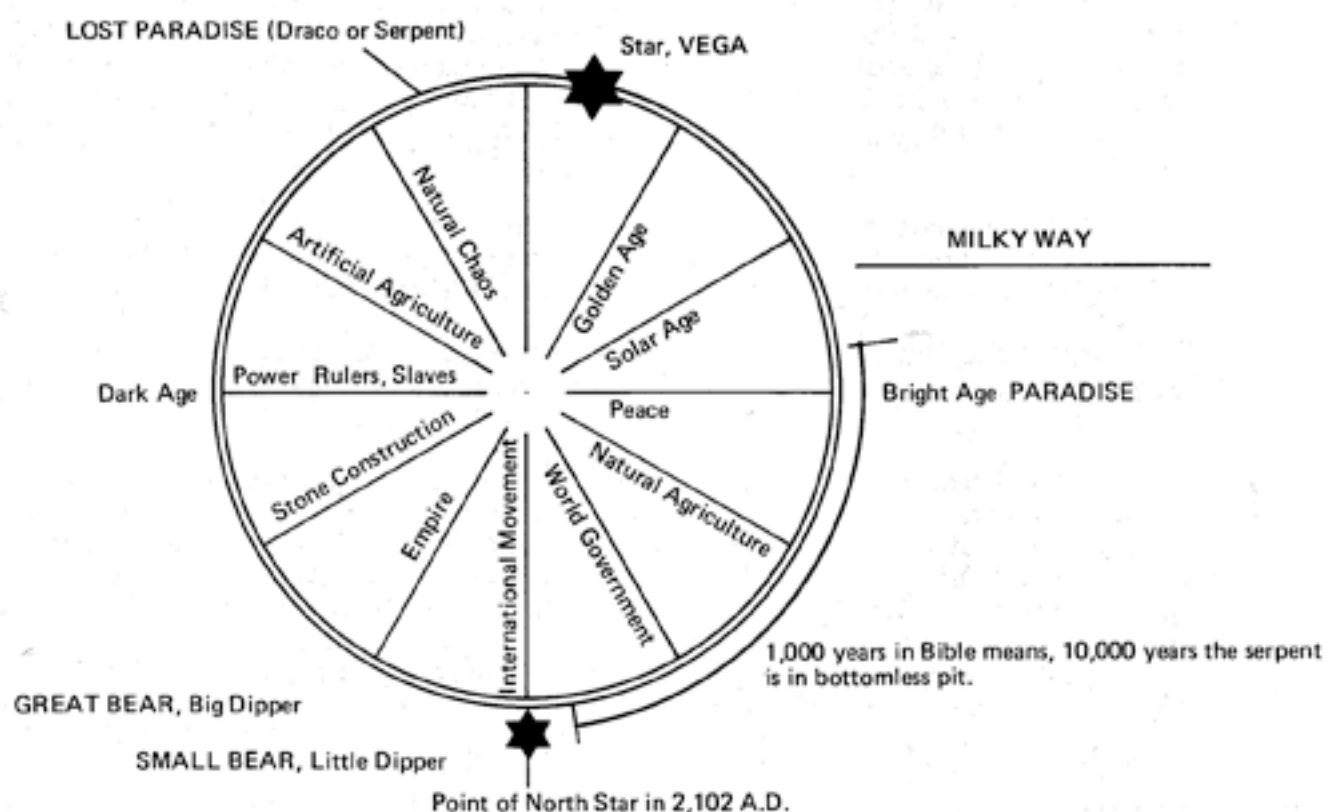

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This map was made 10,000 years after previous map of ancient world. The territories surrounded by dots show that they had sunk. Compare this map with present day maps, especially identify ocean beds. Atlantis is not shown on this map. I have a big question about it. It could be in area where territory sunk in the Caribbean or else outside of Africa in the Mediterranean Sea.

## Conclusions of Study on the Ancient World

The ancient people had a world concept and had the idea of "one world". They had ships that crossed the ocean and observatories, which were different shaped observatories than today, like the pyramid. They had flying machines like airplanes, but much more simple. They had highways. There probably was a highway on the west coast of America from Alaska, going down through Oregon, through California down to Mexico to Peru. Recently airplane research discovered in the Andes a huge ruined channel located in the Andes Mountains going from east to west. Also, Africa, southern Europe, Tibet and China must have had big highways for travellers and also channels here and there.

Then, we read the "Book of Revelations". We checked the 25,800 year cycle of magnetic north pole precession is revealed in the Bible. When the word "woman" appears, that is Star Vega.



When the North Star comes exactly over the North Pole, that will be the year 2,102 A.D. It says in the Bible, that on account of the serpent we lost paradise. The serpent refers to the constellation DRACO.

What will happen from now on? Refer to Book of Revelations (Apocalypse).

### Chapter 14 - "The Lamb and the Virgins (Brides)"

The lamb is the symbol of the North Star. Bride refers to Star Vega. As earth progresses to point of North Star in 2,102 A.D., Vega and the North

Star are closer to each other. The hundred and forty-four thousand people referred to who could learn the song refers to people who understand the Order of the Universe.  $144 = 12 \times 12$ .

#### Chapter 15 - "The Angels and the Plagues"

"And I saw another sign in heaven, great and marvellous, seven angels having the seven last plagues. For in them has been completed the wrath of God." These seven angels symbolize the seven stars lining up which is the "Big Dipper" (also called GREAT BEAR constellation).

#### Chapter 16 - "The First Six Bowls" This is now - 1973.

"And I heard a loud voice from the temple saying to the seven angels, "Go and pour out the seven bowls of the wrath of God upon the earth." And the first went and poured out his bowl upon the earth, and a sore and grievous wound was made upon the men who have the mark of the beast, and upon those who worshipped its image." (This represents sickness on earth, with the large amount of people dying from cancer, heart disease, etc. in modern society.)

"And the second (angel) poured out his bowl upon the sea and it became blood as of a dead man and every live thing in the sea died." (This pertains to the fish in the sea that are dying - the pollution of the oceans, etc.)

"And the third (angel) poured out his bowl upon the rivers and fountains of waters, and they became blood." (We have contaminated our rivers and water.)

"And I heard the angel of the waters saying, 'Thou art just, O Lord, who art and who wast, O Holy One, because thou hast judged these things; because they poured out the blood of saints and prophets, blood also thou hast given them to drink; they deserve it.' (...the people who poured out the blood of saints and prophets are the people who were ignorant of the Order of the Universe.)

"And the fourth (angel) poured out his bowl upon the sun, and he was allowed to scorch mankind with fire...mankind was scorched with great heat, and they blasphemed the name of God who has authority over these plagues, and they did not repent and give him glory." (This refers to present day air pollution and the use of "big fire" by industries, nuclear weapons, etc.)

"And the fifth (angel) poured out his bowl upon the throne of the beast; and its kingdom became dark, and they gnawed their tongues for pain. And they blasphemed the God of heaven because of their pains and their wounds, and they did not repent of their works."

"And the sixth (angel) poured out his bowl upon the great river Euphrates, and dried up its waters, that a way might be made ready for the kings from the rising sun." (Kings of the east must be prepared for.)

The Unclean Spirits - "And I saw issuing from the mouth of the dragon, and from the mouth of the beast, and from the mouth of the false prophet, three unclean spirits like frogs. For they are spirits of demons working signs, and

they go forth unto the kings of the whole earth to gather them together for the battle on the great day of God almighty. "Behold, I come as a thief. Blessed is he who watches and keeps his garments, lest he walk naked and they see his shame." And he gathered them together in a place that is called in Hebrew Armagedon." (Dictionary definition of Armagedon: A final and conclusive battle between the forces of good and evil; a vast decisive conflict.) (The three unclean spirits symbolize the three troubles on earth: Sickness, War, and Separation. Separation is isolation of people from each other; egocentricity. The three spirits of demons working miracles refers to people being fooled.)

"And the seventh (angel) poured out his bowl upon the air, and there came forth a loud voice out of the temple from the throne, saying "It has come to pass." And there were flashes of lightning, rumblings and peals of thunder, and there was a great earthquake such as never has been since men were first upon the earth, so great an earthquake was it. And the great city came into three parts (was divided into 3 parts) and the cities of the nations fell. And Babylon the great was remembered before God, to give her the cup of the wine of his fierce wrath. And every island fled away, and the mountains could not be found. And great hail, heavy as a talent, came down from heaven upon men; and men blasphemed God because of the plague of the hail; for it was very great." (This is world war.)

#### Chapter 17 - "The Woman on the Scarlet Beast"

"And there came one of the seven angels who had the seven bowls, and he spoke with me, saying, "Come, I will show thee the condemnation of the great harlot who sits upon many waters, with whom the kings of the earth have committed fornication, and the inhabitants of the earth were made drunk with the wine of her immorality." (many waters symbolizes many nations)

"And he took me away in spirit into a desert. And I saw a woman sitting upon a scarlet-colored beast, full of names of blasphemy, having seven heads and ten horns. And the woman was clothed in purple and scarlet, and covered with gold and precious stones and pearls, having in her hand a golden cup full of abominations and the uncleanness of her immorality. And upon her forehead a name written - a mystery - Babylon the great, the mother of the harlotries and of the abominations of the earth. And I saw the woman drunk with the blood of the saints and with the blood of the martyrs of Jesus. And when I saw her, I wondered with a great wonder. (The woman in scarlet is today's civilization; the leaders are all drunk and everyone follows.)

"...the beast thou saw was, and is not, and is about to come up from the abyss, and will go to destruction. And the inhabitants of the earth - whose names have not been written in the book of life from the foundation of the world - will wonder when they see the beast which was, and is not. And here is the meaning for him who has wisdom. The seven heads are seven mountains upon which the woman sits; and they are seven kings; five of them have fallen; one is; and the other has not yet come; and when he comes, he must remain a short time. And the beast that was, and is not, is moreover himself eighth, and is of the seven, and is on his way to destruction."

"And the ten horns...are ten kings, who have not received a kingdom as yet, but they will receive authority as kings for one hour with the beast. These have one purpose, and their power and authority they give to the beast. These will fight with the Lamb, and the Lamb will overcome them, for he is the Lord of lords, and the King of kings, and they who are with him, called, and chosen, and faithful."

"And he said to me, "The waters that thou saw where the harlot sits, are peoples and nations and tongues. And the ten horns thou saw, and the beast, these will hate the harlot, and will make her desolate and naked, and will eat her flesh, and will burn her up in fire. For God has put it into their hearts to carry out his purpose, to give their kingdom to the beast, until the words of God are accomplished. And the woman whom thou saw is the great city which has kingship over the kings of the earth."

#### Chapter 18 - "The Fall of Babylon"

"And after this I saw another angel coming down...and the earth was lighted up by his glory...and he cried out ...Babylon has fallen...because all nations have drunk of the wrath of her immorality....and by the power of her wantonness the merchants of the earth have grown rich..."

(This chapter describes and explains this woman further and her failure or decline. This is very detailed and shows the end of modern civilization. Everyone is getting sick and more mad. Crimes are increasing. People distrust each other. Family is collapsing. Between generations there is mistrust. Commerce and trade is suffering. Various kinds of judgment is going on against modern civilization.)

#### Chapter 19 - "The Angelic Song"

"After these things I heard...a loud voice of a great crowd in heaven, saying "Alleluia - salvation and glory and power belong to our God; for true and just are his judgments who has judged the great harlot...and has avenged the blood of his servants at her hands..." (This is the time of judgment - the Order of the Universe working. If something goes to the extreme, it changes to the opposite. If yang becomes extreme yang, then it changes to yin. This is the justice of God. Modern civilization became too imbalanced and this had to be changed. Now modern civilization is finished. This is happening now.)

Then, the New World...

#### Chapter 20 - "Satan Chained"

"And I saw an angel coming down from heaven, having the key of the abyss and a great chain in his hand. He laid hold on the dragon, the ancient serpent, who is the devil and Satan, and bound him for 1000 years. He cast him into the abyss, and closed and sealed it over him, that he should deceive the nations no more, until the 1000 years should be finished. And after that he must be let loose for a little while."



(The 1000 years referred to represents the 10,000 years that the earth will not be under the influence of the Dragon (Serpent) Constellation. Refer to chart on page 129. This is the time period of Paradise. )

"And I saw thrones and men sat upon them and judgment was given to them. And I saw the souls of those who had been beheaded because of the witness to Jesus and because of the word of God, and who did not worship the beast or his image, and did not accept his mark upon their foreheads or upon their hands. And they came to life and reigned with Christ a thousand years. The rest of the dead did not come to life till the thousand years were finished. This is the first resurrection..." (This means people who did not follow the Order of the Universe cannot be in this world of Paradise. The word 'resurrection' does not mean that a dead person comes to life. It means that the ancient world is coming back. These are the cycles that are coming back in the future. The cycles as shown on the chart on page 129 are repeated in different form, but the tendencies are the same.)

"And when the thousand years (the 10,000 years of Paradise on earth) are finished, Satan (Dragon Constellation's influence) will be released from his prison, and will go forth and deceive the nations..." (this will be the period of catastrophe that will follow the Golden Age)

#### Chapter 21 - "New Heaven and New Earth" (passing North Star)

"And I saw a new heaven and a new earth. For the first heaven and the first earth passed away, and the sea is no more. And I saw the holy city, New Jerusalem, coming down out of heaven from God, made ready as a bride adorned for her husband. (the bride adorned refers to Star Vega)

The Promise - "And he who was sitting on the throne said, "Behold, I make all things new." And he said...

"It is done.

I am the Alpha and Omega (this is yin and yang)

the beginning and the end. (this is opposites; compl/antag but harmonious)

To him who thirsts I will give of the fountain

of the water of life freely...etc. "

The Heavenly Jerusalem - "...one of the seven angels who had the bowls full of the seven last plagues...epoke..."Come, I will show you the bridge, the spouse of the Lamb...the holy city Jerusalem...it had a wall great and high with 12 gates, and at the gates 12 angels...and the wall of the city has 12 foundation stones. And the city stands foursquare, ... and he measured it wall of 144 cubits, man's measure..." (The explanation of the new city is nothing but the mandala, Stonehenge, Aztec calendar; this is the city of God.)

#### Chapter 22 - "The River and Tree of Life"

"And he showed me a river of the water of life, clear as crystal, coming forth from the throne of God and of the Lamb. In the midst of the city street, on both sides of the river, was the tree of life, bearing 12 fruits, yielding

its fruit according to each month, and the leaves for the healing of nations." (The tree of life is the principle of life. The leaves of the tree for the healing of nations means that people would become cured and healthy and happier. )

The Throne of God and of the Lamb - "And there shall be no more any accursed thing (no curses)...." "And night shall be no more, and they shall have no need of light of lamp, or light of sun, for the Lord God will shed light upon them..." (no night means no sorrow; also the Milky Way will be over the heads of men, and even night will be brighter, not dark the way it is now. In France, ancient people painted in the caves - night time was brighter.)

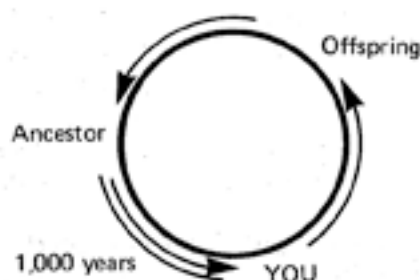
Words of Christ - "Blessed are they who wash their robes (those who follow the Order of the Universe) that they may have the right to the Tree of Life, and that by the gates they may enter the city." (Paradise)

The Book of Revelations begins with the story of lost paradise. By the tree of life, they gained paradise. The Bible covers this whole 25,800 year cycle. It also gives the hint that after the 10,000 years of paradise, a catastrophe will reoccur. The Bible was to guide people who lived in the period of the last 2,000 to 4,000 years. Then the new world will begin. We are building it. We are the first people who will be in paradise. You are the prophesied people and also you are the manifestation of the Order of the Universe who appear now to realize this key of heaven on the earth.

So, what should we do?

1) Eat well according to the Order of the Universe according to climatic conditions and traditional way.

2) Make your memory come back. Once you were there. Your ancestors' dream was the same as your dream. Please remember beyond time and space. Close your eyes and make yourself quiet and your memory comes back. You can remember what you did yesterday, yet yesterday has passed. Still we can make a mental image of what we did yesterday. Only the present exists. Whatever you did 1,000 years ago, when you close your eyes and focus, it immediately comes back. You have such a wonderful ability. Beyond space, your image-making goes. Memory that is excellent and good is secured by good eating. Otherwise it is destroyed. We are receiving this wave, but we can't interpret. So we don't know our past and origins, and we don't know our future. There is no past and no future. So past and future can become present. What your ancestors imagined for your time, that is your image. Your offspring will express your images thousands of years later.



Memory is the same provided you eat the same way and offspring eat the same way.

Suppose you think something. That influences the future: your offspring. Your thinking today was one your ancestors dreamed some thousands of years ago. This spiritual world, you must understand. Some friends say "I will make myself happy after 10 years.". That cannot work. You must be happy now and be doing something creative. The future is not existing in the spiritual world. There is no time. You cannot wait in the spiritual world. When you image, "I will establish one world.", then already in the spiritual world, it has been done. Then it takes time to happen, but it will come out in the physical world eventually. When you dream, it is already done in the spiritual world and gradually it appears before your eyes. You are really performing miracles. When you dream a true dream, that is already done so it doesn't matter if it is realized physically within your lifetime or 100 generations later. What matters is if you are seeing a true dream or not. If it is accomplished within your life, you can see it, touch it, taste it, etc. If it is not accomplished in your life, then your offspring will enjoy it. Your ancestors could not have such vision, without this.

3) Endless appreciation for everyone, for Nature, for Infinity. How wonderful our life is. You should have unconditional gratitude and appreciation. If you put conditions, then you are merchants or traders. As a result of this appreciation, your life is in the spirit of giving and distributing. Those who have no spirit of appreciation cannot create anything. Only a person who has great appreciation can create things: such as changing one grain of rice into 10,000 grains. If you have no appreciation, then you can only change one grain of rice into one grain. You give continuously, like dresses, land, money, etc. But more than that, give your life for others, for nature, for God, for the universe. You don't mind spending your whole life for the people's happiness. Then you become really happy. The universe is expanding constantly. If you expand through giving, then you are happy. If you hold onto things, you are going the opposite way the universe is going, and you become unhappy.

4) Gain faith in the Order of the Universe. Not faith in some person or in some religion or in doctoring. Do not believe. (Believing is following something without understanding it.) Our Motto: Noncredo. Don't believe macrobiotics. You have to test it yourself and then you do it. Never believe what I say and what George Ohsawa said and follow this blindly. Until you understand why that works, then belief changes into faith. You believe now that brown rice, miso soup and vegetables can work. You discovered this and so it becomes faith in the Order of the Universe. The trouble with great religions and why they are now all falling apart is that they believe without understanding. This made people followers instead of making them develop their thinking. So now these religions are falling apart. Please put faith in the Order of the Universe. Think over the word "faith" and find out what it means.

5) Become one with everyone and everything. When your friend becomes sick, you can't stand it because you feel pain, spiritual pain, and you have to help. You know when your child has a high fever, no parent can stand this. They are tormented. It is not from a sense of duty. It is because parents and children are one. When a child is happy, the parents are happy. Please gain this with your friends and with other people and with plants and animals, etc.

If one unhappy person remains in the world, you should not be able to stand this. If one person becomes healthy, you become so happy.

When I see friends becoming healthy, their faces looking very clean, I am happy. At the same time, when I see many people on the street with bulging faces and walking with a limp or in a sick way, I feel so sad. Such big joy and big sadness is going on. I like everyone. I fall in love very easily.

Not everyone is like that; most people are not. What kind of world are they living? They don't like to see friends, they curse, etc. This is so difficult to understand. We all came out from the same source, within the same solar system and universe at the same time. Our origin is one. Therefore, we should feel oneness with everyone and everything. Those people who do this are really entering the Kingdom of Heaven. I can see many of our friends are like that.

I am very happy to go with you to build this new world.

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