

**MOA HAWAII'  
Officers & Directors**

Frances Okazaki  
President

Lester Nakamura  
Vice-President

Alan Aranaydo  
Secretary

Steve Tomino  
Treasurer

Jessie Nakata  
Asst. Treasurer/Director

Brian Nakano  
Director

Shawn Hamada  
Director

Gladys Yoshizawa  
Director

---

**MOA HAWAII' STAFF**

Norman Oshiro  
Executive Director

Kathleen Hasegawa  
co-Executive Director

Alan Aranaydo  
MOA Wellness Center Director

Roy Goshi-Otaguro  
Arts & Culture Program Manager

Teri June Amuro  
MOA Wellness Center  
Assistant Director  
Healthy Life Network Manager

Ruby Gines  
Operations and Facility  
Assistant Manager

Dick Mills  
Administrative Assistant

Daniel Mills  
Nature Farm Manager

Joseph Wargo  
Farm Worker

---

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: [info@moahawaii.org](mailto:info@moahawaii.org)

Website: [www.moahawaii.org](http://www.moahawaii.org)

---

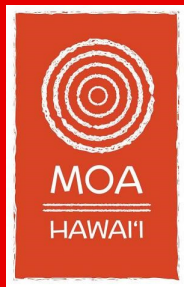
**MOA Wellness Center**

**Office Hours**

Mon Tues Th Fri 9:00am-5:30pm

1st Wed 12:00-8:00pm

Sat. 9:00am-1:00pm



# MOA Hawai'i Newsletter

VOLUME 3, ISSUE 5

MAY 2016

## Executive Director's Message

This month's theme is "Nature Farming."

The following is Mokichi Okada's essay on the *Principle of Nature Farming*.

*"The basic principle of Nature Farming is to give full play to the great powers inherent in the soil itself. Hitherto, people have not known—or perhaps it is better to say they have not been told about—the true nature of soil. A lack of knowledge gave rise to the idea that fertilizer was useful, and the use of fertilizer gradually came to be considered as essential. Nowadays, people have a blind faith in it. This is evident from the fact that no one would listen to my notion of Nature Farming when I started advocating it, no matter how hard I tried. People would dismiss it with a laugh. However, my efforts have been bearing fruit in that, in recent years, the number of farmers practicing Nature Farming is increasing steadily, and all of them are reaping astonishingly successful harvests. Although such farmers are mostly members of our organization at present, an increasing number of people among non-members in various regions are coming to see eye to eye with us; and judging from the speed with which they are adopting the Nature Farming method, I expect that our method will spread throughout Japan in the relatively near future. In view of the above, one may say advocating this agricultural method is an initiative to overcome the blind faith in fertilizers.*

*The system employs only natural compost, rejecting all artificial stimulants such as human manure and mineral or chemical fertilizers, to which Nature in the name refers. Natural compost is natural because its raw materials, both dead leaves and dried grasses, are products of the (local) natural environment. Whereas, chemical fertilizers, animal manure, fish meal, and wood ash, though provided by nature, neither fall from heaven nor arise from the soil and, since they must be transported from somewhere else and introduced by human hands, run counter to nature when used as fertilizer.*

*Fundamentally all things are blessed by Nature without exception; that is, all things are composed of and given life by the three elements of fire, water and earth. In terms of modern science, these three elements correspond to oxygen, hydrogen, and nitrogen respectively, from which no agricultural product deviates. Reflection on this principle makes clear that God has created the world in this way so that the earth will produce grains and many vegetables required for food in just the right amounts, with no scarcity and no superfluity. It is hardly possible that God should allow human beings to be born and then fail to provide them with the food to sustain their lives. A nation that is unable to feed its population must be doing something contradictory to God's natural laws, and will be unable to solve its food problems as long as it remains unaware of the principle and the violation it is committing." (November 22, 1950)*

### Upcoming Events:

A Nature Farming Seminar will be held on Sunday, June 19, from 10:00 a.m. at the Toho No Hikari social hall. The seminar will include a lecture and handouts on *Starting a Nature Garden*, and hands-on training in the garden. Cost: \$20 for MOA members and \$25 for non-members. See flyer for details.

Our Nature Farm at the Mililani Agricultural Park will be celebrating its 1-year anniversary on July 17 (3<sup>rd</sup> Sunday). Everyone is invited. Please mark your calendar and stay tuned for more information regarding this event.

Norman Oshiro  
Executive Director

### INSIDE THIS ISSUE:

Purifying Therapy

MOA Wellness Center/Kohrinka/  
Supporter

May Calendar

Okada Health and Wellness  
Program Pearlridge Center

MOA Nature Farming

## Purifying Therapy

Many amazing stories come out of the Purifying Therapy offered at the MOA Wellness Center. Purifying Therapy is a form of bio-energy healing method established in the 1920s based on Mokichi Okada's (1882-1955) unique vision and many years of healing practice. Okada viewed any illness and suffering as a form of "purification" due to the amount of spiritual clouds within the spiritual body and/or retained toxins within the physical body. The therapy offers energy to areas in our body where "spiritual clouds" have manifested as toxins, the cause of human suffering.



Okada said that Purifying Therapy is not just a method to heal ailments but it is an integral part of creating happy individuals and families and healthy communities.

By understanding the concept of "purification" and "spiritual clouds," one can find ways to overcome suffering and/or illness and also learn to accept things with gratitude and appreciation for their life events.

Okada helped over 20,000 people in the 1920s while perfecting this therapeutic method. Upon discovery of this therapeutic method and its effectiveness, he once said that this is the greatest discovery of humanity.

In regards to the clouding of the spirit and human fortune, Okada said:

*"Human fortunes depend on the amount of clouding of the spirit. Having this knowledge, one is as good as having joined the circle of happiness and good fortune. This is an eternal and invariable golden rule in the spiritual world that no one can afford to disbelieve."*

*"To minimize clouding is the absolute prerequisite for improving one's destiny and conditions in life. To be more precise, when one's soul is purified to a certain degree, there is no need for purification, so it turns out that unhappiness and misfortune change to happiness and good fortune. This is the truth, so the Japanese proverb 'good things come to those who wait' should have been 'good things come to those who are purified.'"*



Since Okada began sharing this method to the public at large and trained many therapists from the 1930s, today, millions of people are practicing this method worldwide to strengthen their natural healing power which might have been suppressed by the toxins from life choices, lifestyle and daily habits.

The therapy involves a detection of one's body to determine the key areas for administration of the universal energy detox.

A survey indicates that over 70% of people who received this therapy, saw noticeable benefits from the therapy. They expressed a reduction of stiffness to reduced pain associated

with injury as the merits of Purifying Therapy.

To learn Purifying Therapy, we have various classes available to fit your needs. Please call the MOA Wellness Center to schedule your introductory or trial appointment. Your first experience is complimentary.

**COME BY TO SEE IF THE THERAPY ENERGIZES YOU!**

**Make an appointment today!**

**Hours: Monday through Friday - 9:30 am – 5:00 pm • Saturday - 9:30 am to noon**

# MOA Wellness Center Update

Ruby Gines has been promoted to Assistant Manager of Operations and Facility at the MOA Wellness Center. Ruby has worked for MOA since the opening of the center in 2013. Everyone who comes to the center is greeted by Ruby. If you want an answer to any question about any event here at the center, ask Ruby. She does an amazing job organizing and running the office. We are very lucky to have such a capable person in such an important role in our organization.



MOA Kohrinka flower classes are based on Mokichi Okada's deep respect for the life of flowers and its positive influence on man. He arranged flowers using and expressing the best features found in Nature.

The Kohrinka curriculum stresses three basic concepts:

- 1) Care for the flowers
- 2) Care for the implements
- 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

### Nuuanu (3510 Nuuanu Pali Drive)

Jessie Nakata

2nd & 4th Tuesday 6:30 pm—8:30 pm

2nd & 4th Thursday 4:30 pm—6:30 pm

### Kahala

Karen Takane & Yasuo Kikuchi

2nd & 4th Saturday 9:30 am—12:00 pm

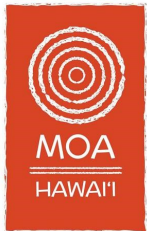
For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

### Cost

- Class Fee: \$10 Per Session (includes flowers)
- \$5 for students under 18 yrs.

### New Students

- One time initiation fee to join MOA (\$25)
- Textbooks
  - MOA Kohrinka Textbook (\$20)
  - MOA Kohrinka Guidebook (\$8)
  - Kohrinka Notebook (\$1)



## The MOA Supporter System

We cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all our outreach and community activities. Together, we will make a difference for the welfare of society.

Questions: please contact us at:  
 (808) 952-6900 • Email: [info@moahawaii.org](mailto:info@moahawaii.org)  
 Website: [www.moahawaii.org](http://www.moahawaii.org)

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_\_

Telephone ( ) \_\_\_\_\_

Fax ( ) \_\_\_\_\_

Cell Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

### TYPE

- \$25 Individual
- \$50 Family (2 or more individuals)

### PAYMENT

- Check enclosed
- Charge my credit card
- VISA  MC  Discover  JCB

Name \_\_\_\_\_

Card no \_\_\_\_\_

Exp. Date \_\_\_\_\_

Security code \_\_\_\_\_

Signature \_\_\_\_\_

Make checks payable to: **MOA Hawaii**.  
 Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawai'i are tax deductible.

# MOA HAWAII

## MAY 2016

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813  
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: [www.moahawaii.org](http://www.moahawaii.org) • Email: [info@moahawaii.org](mailto:info@moahawaii.org)  
 MWC Hours of Operation: M T Th F 9:00am–5:30pm, 1<sup>st</sup> Wed 12:00-8:00pm, Sat. 9:00am–1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Dr. Garcia 10:00am-12:00pm	4 <b>MOA Wellness Center Office Hours 12:00-8:00pm</b>  Kagoshima Soul/Comfort Food Café 12:30-1:30pm  MOA Board Meeting 6:30pm	5	6	7 Takane/Kikuchi *Kohrinka 9:30am-12:00pm
8	9 OHWP @ Pearlridge Shopping Center 8:30-10:30am	10 Dr. Garcia 10:00am-12:00pm  Iwata *Kohrinka, 9:30am-12:00pm  Shoda/Suenaga *Kohrinka, 12:30-2:30pm  Nakata *Kohrinka 6:30pm	11	12 Nakata *Kohrinka 4:30pm	13 Okinawa Soul/Comfort Food 11:30am-1:00pm  Okazaki/Liu *Kohrinka, 6:30–8:30pm	14 Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:30-11:30am  OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
15	16	17 Dr. Garcia 10:00am-12:00pm	18 Iwamoto Continuous Care Branch @ 7:00pm	19	20	21 Otaguro/Tom *Kohrinka 10:00am-12:00pm  Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
22	23 OHWP @ Pearlridge Shopping Center 8:30-10:30am	24 Dr. Garcia 10:00am-12:00pm  Nakata *Kohrinka 6:30pm	25 Intro to MOA Hawaii 10:00am or 6:00pm  OHWP @ Kaneohe Community Center 8:30-10:30am	26 OHWP Extended Session 9:00am-1:00pm  Nakata *Kohrinka 4:30pm	27 OHWP Extended Session 9:00am-12:00pm	28 OHWP Intensive Session 9:00am-4:00pm  28 <sup>th</sup> Annual MOA Museum of Art Children's Painting Contest Opening Ceremony at Linekona Art School Gallery @ 10:00am Exhibit (May 28-June 4)
29	30 <b>MEMORIAL DAY (HOLIDAY)</b>	31 Dr. Garcia 10:00am-12:00pm				* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive

## Okada Health and Wellness Program at Pearlridge Center



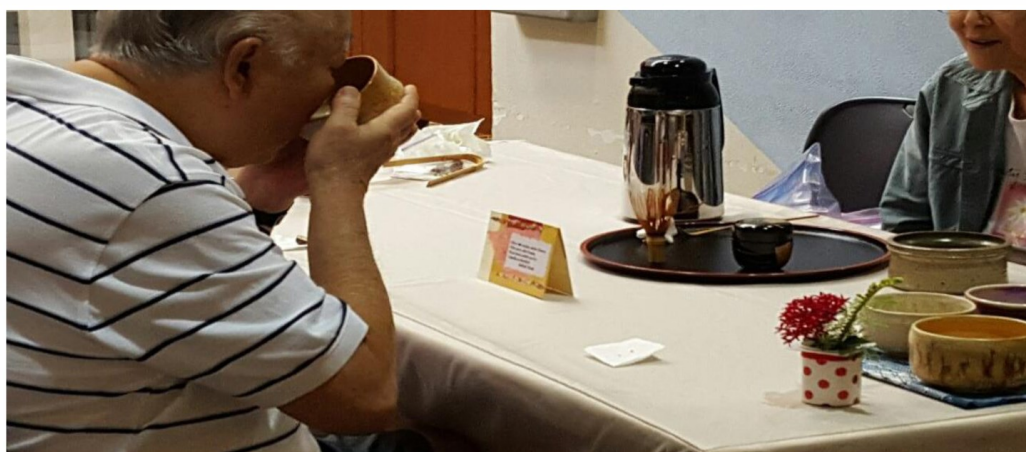
The Okada Health and Wellness Program is open to the public on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month from 8:30-10:30 a.m. at the Pearlridge Center (Uptown) to experience Purifying Therapy, Flower Therapy and Tea Therapy.



Volunteers assist with Purifying Therapy and Flower Therapy.



If any MOA certified therapist would like to volunteer at the Pearlridge Center OHWP, please contact the MOA Wellness Center at 952-6900.



Bontemae Tea Ceremony performed using Nature Farmed Matcha Green Tea from the MOA farm in Ohito, Japan.

# MOA Nature Farming

When we think of farming, we naturally think of the physical and biological aspects of growing plants. The physical structure of the soil includes: Permeability (the rate at which water moves through the soil), Water-Holding Capacity (WHC; the ability of a soils micropores to hold water for plant use), Soil texture (the relative proportions of sand, silt, and clay), Chemical Properties of Soil (pH, Salinity (EC), Cation exchange, capacity (CEC), Organic matter, C:N ratio (Carbon to Nitrogen). The biological aspects includes: bacteria, fungi, protozoa, nematodes, arthropods, earthworms.

Mokichi Okada also focused on the invisible aspect of farming. He said, *“Until today, human beings have believed that will and thoughts of reasoning and emotion are limited only to animate beings. People might be struck speechless with amazement when they hear that inorganic things are also capable of these things. Of course, the same holds true for soil and crops. Through respecting and cherishing soil, the soil itself will fully exercise its capabilities. More than anything else, soil will be filled with joy and become active if it is not polluted. The difference between the will and thought of animate and inanimate phenomena has to do with freedom; whereas animals are free and active, soil and rice plants are bound and static. If farmers pray for bumper crops with the spirit of gratitude toward soil and rice plants, their feelings will be communicated, and their prayers will be answered. Due to its ignorance of this principle, science has disposed of everything invisible and intangible as non-existent. This is the greatest flaw of science.”* (January 27, 1954)

MOA’s philosophy is to respect nature and conform to nature’s laws in every aspect of our lives, including our farming methods.

If you would like to learn more about MOA Nature Farming, we invite you to attend our seminars on Nature Farming. The first seminar begins on June 19 on “Starting a Nature Garden.”



MOA Hawai'i  
600 Queen Street, C-2  
Honolulu, HI 96813