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

Ruby Gines
Operations and Facility
Assistant Manager

Dick Mills
Administrative Assistant

Ceronda Enocencio
Administrative Assistant

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: info@moahawaii.org

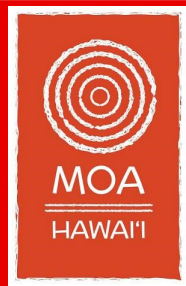
Website: www.moahawaii.org

MOA Wellness Center

Office Hours

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

Sat. 9:00am-3:00pm



MOA Hawai'i Newsletter

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EXECUTIVE DIRECTOR'S MESSAGE

Aloha Everyone,

This month's theme is "Nature Farming."

In order to understand the true essence of Nature Farming, we must consider Okada's philosophy on spiritual science. Everything in this world has a physical and spiritual aspect to it, including the soil. The following is an excerpt from Okada's writings:

"I will thoroughly explain the true nature of soil from the viewpoint of spiritual science, but you must know in advance the basic significance of soil. At the beginning of the world, when the Creator made human beings, he also made soil in which human beings could produce just enough food for sustenance. Seeds sown in the soil germinate and gradually grow to put forth stalks, leaves, flowers, and finally fruit. In the fall, we happily welcome the harvest season. The soil that produces rice is a truly wonderful technician. Isn't it proper that we treat it well? Of course, this is natural power, which should indeed be the subject of scientific research. However, science has completely misjudged the soil. Its error has been relying excessively on human or artificial power more than natural power.

Then, what is this natural power? Natural power, or X, is generated by the sun, moon, and earth; that is, the harmonious fusion of the fire, water, and earth elements. It is common knowledge that the center of the earth is a mass of fire, which is the source of

the generation of ground heat. The energy of this ground heat, which penetrates the earth's crust and fills all space up to the stratosphere, is composed of spiritual and material aspects. Its material aspect is what science calls nitrogen; its spiritual aspect is as yet unknown to science. The fire element, which is the energy radiated from the sun, also has spiritual and material aspects. The material aspect is light and heat; the spiritual aspect is also as yet unknown. The water element, which is the energy radiated from the moon, has a material aspect—all forms of water—and a still unknown spiritual aspect. X is the result of the combination and union of the three unknown, spiritual aspects of these elements. All things come into existence and grow through this X. Though apparently nonexistent, this X is existence itself. It is the source of life of all things. Consequently, since the growth of agricultural crops depends on this power, this power is indeed an unlimited fertilizer. Therefore, recognizing this, and cherishing and respecting the soil will strengthen its abilities to an amazing degree.

There is another important matter here. 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.

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MOA Spring Art and Wellness Tour to Japan

Twenty-three MOA friends from Oahu, Maui and Big Island took part in the MOA Spring Art and Wellness Tour to Japan from March 31 to April 9, 2017. Participants gathered at the Honolulu International Terminal for the midday flight to Narita. Many of the tour members were meeting each other for the first time but we all became fast friends shortly.

After arriving at Narita, we were whisked by bus to Tokyo for an overnight stay and one day of sightseeing around Tokyo. We were able to view a few Sakura trees in Tokyo but the blooming season had just begun.

Before we knew it we were on our way to the ocean side city of Atami, just minutes from the MOA Museum of Art. Many of us were extra excited because we were about to take part in a Kohrinka class taught by master Kohrinka practitioners



and instructors. Thanks to the help of Mrs. Karen Takane and Mr. Steve Ichikawa we were able to understand the content and techniques shared by our host instructors about bringing out the beauty of our selected flowers in our arrangements.

We were also treated to a Sakura arrangement created by our instructors in a teahouse on the museum grounds.



(sakura arrangement in background of class photo)

Our next major stop was in Izunokuni City to see the MOA research and production farm and tour the Wellness Center that looks down onto the farm from high above the valley.

On our way to Hakone we had a brief yet exciting glimpse of Mt. Fuji with snow patches along the way. We continued our adventure to Hakone for our stay at the Hakone Gora Onsen.

The following day we were treated to a tour of the MOA Hakone Museum, the beautiful moss garden and Sangetsuan Teahouse. By the afternoon we were on our way to Hiroshima by bullet train where the Sakura were in full bloom. The Sakura at

the Hiroshima Peace Memorial Park was in full bloom with a spirit of hope in the air. We were also guests of the MOA Wellness Center in Hiroshima where we experienced the Okada Health and Wellness Program by wonderful therapists.



Fully energized, we visited Miyajima Island on a rainy and beautiful afternoon full of shops and beautiful Sakura trees.

Mr. Ichikawa even arranged for us to attend a very exciting Hiroshima Carp baseball game in the evening.

Osaka was our final destination where we had time for final shopping and packing.

Thanks to all our MOA friends that made the trip possible. Mahalo!

Comments from the participants:

At the MOA Museum of Art, we attended a lecture by Mr. Yashiro. In Japan, the Department of Education is trying to develop students in three areas – firm academic ability, healthy physical body, and rich heart. From these three, their objective is to strengthen the students' power to live. Since the objectives of the MOA Museum are similar to that of the Department of Education in various parts of Japan and the world, MOA works with the schools. I learned of a case report of improvements at a school that was going through chaos. In some cases, MOA receives government grants from the Ministry of Education and Culture for the MOA Arts and Culture Instructors to provide flower education at public schools. I shed tears when I heard that MOA offered Flowers and Tea Ceremony to the people of East Japan following the earthquake to ease their minds, instead of offering clothing and shelter. As taught by Okada, beauty can unknowingly improve ones' spirituality. I hope to study Okada's philosophy more and incorporate beauty in my daily life and help to increase the number of individuals and families filled with beauty.

I visited the MOA Museum of Art three years ago. I was looking forward to seeing the newly renovated museum. The image of the beautiful museum and art pieces did not change. However, with the renovation, the main lobby was more bright and open. The hall leading to the exhibition room was more fitting to prepare us to see the ultimate Japanese artworks. The exhibition was really dignified with Japanese atmosphere. I was

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impressed. I felt like I was in heaven. I expect great things from the museum as the origin of Japanese culture from now.

It has been three years since I began taking the MOA Kohrinka class in Hawaii. I enjoy my arrangements with my family members. However, I was nervous to take a class conducted by Mr. Yamate, Mr. Toda, and Mr. Torii, masters in Japan. As I saw some flower vases I was familiar with from the Kohrinka textbook, I felt a bit at ease. Most of us think about learning various new arrangement techniques from the masters; however, it was a good class teaching us of Okada's vision, philosophy on nature, etc. Today, we live in a world of materialism so it was good to study and practice of the Heart of Respect and Love of Nature, and the Desire for Happiness of Others during the class.

Through the Kohrinka seminar in Japan, I was able to deepen my understanding of Okada's philosophy on the Power of Nature, Humans Living within Nature, and Respect of and Co-existing with Nature. We also reviewed photos of Okada's arrangements from 1953 and tried to implement his way of arranging flowers that was simple but beautiful. More than learning techniques, we kept on practicing to reach Okada's flowers as we enjoyed arranging flowers. I felt happy as I practiced and I felt this is a way to make others happy by seeing our arrangements. We were told to really spend time looking at each flower and/or branch and also to sense its weight. That way, we can arrange without using the stopper or some things to stabilize the flower and/or branch in the arrangement. Instead of us conquering Nature, we learned to respect and arrange to enhance the beauty of Nature. I learned the significance of the Kohrinka flowers.

I learned that Okada even designed the exhibit case of the Hakone Museum of Art. He designed the case so that visitors can enjoy art pieces as if they are holding the art in their hands. I was amazed of how detailed Okada was to make visitors enjoy the museum. We were also invited to visit a special guest room of the museum. Okada used Japanese architectural beauty in making the guest room with foreign visitors in mind. Okada wanted to treat foreigners, not just of Japanese artworks, but also the architectural beauty of Japan. I was impressed with Okada's thoughtfulness. I enjoyed the visit and being able to spend quality time.

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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)

Practice Points of Nature Farming

Enjoy Nature

- Observe nature carefully.
- Incorporate nature into daily life.
- Enjoy the four seasons.

Learn from Nature

- Learn the importance of order from nature
- Learn the importance of timing from nature.
- Start small (then, gradually grow)
- Learn the importance of joints or turning points (that shows the rhythm of nature)
- Learn the importance of following the way of nature.
- Learn the importance of improving everything step by step

Care For Everything with Love

- Treat Plants and Soil by Respecting Their Life
- Organize and Handle Tools With Care

Cultivate Crops in Harmony with Nature

- Keep the Soil Pure and Enhance Its Innate Power
- Make Sure the Soil Does Not Harden and the Roots Grow Well

- Use Seeds Collected At Your Own Farm
- Practice Agriculture Based On Repeated Cultivation

- Management of Soil and Crops should be flexibly adapted to various conditions

Harvest and Consume Crops by Appreciating the Blessings of Nature

- Enjoy the cooking of vegetables you grew
- Enjoy arranging the flowers you grew

Norman Oshiro, Executive Director

**MOA Purifying Therapy
Continuous Education Courses**

Level I

Basic Therapist: Monday, May 15 - 3:00 p.m.

Basic Therapist: Wednesday, May 17 -

9:30 a.m.

Level II

Intermediate Therapist: Monday, May 8 - 9:30
a.m. (Japanese)

Intermediate Therapist: Wednesday, May 10
- 6:30 p.m.

Intermediate Therapist: Friday, May 12 -

9:30 a.m.

Intermediate Therapist: Saturday, April 15 -
1:00 p.m.

Extended OPT Session

Thursday, May 25 - 9:00 a.m.-1:00 p.m.

Friday, May 26 - 9:00 a.m. - 12:00 p.m.

Intensive OPT Session

Saturday, May 27 - 9:00 a.m. - 4:00 p.m.

Okada Health and Wellness Programs

May 8 (Monday) – 8:30-10:30 a.m.

Pearlridge Center-Uptown

May 13 (Saturday) – 12:00-3:00 p.m.

Valley of the Temples Byodo-in

May 22 (Monday) – 8:30-10:30 a.m.

Pearlridge Center-Uptown

May 31 (Wednesday) – 8:30-10:30 a.m.

Kaneohe Community Center

29th Annual MOA Museum of Art Children's Painting Exhibition

LEEWARD/CENTRAL OAHU DISTRICT—Pearlridge Center Uptown Mall

Exhibit – May 5-7

Awards Ceremony - Saturday, May 6 - 10:00 a.m.

STATE EXHIBITION AND OPENING CEREMONY

Honolulu Museum of Art Linekona Art School Gallery

Exhibit – May 27-June 1

Opening Ceremony - Saturday, May 27 - 10:00 a.m.

("Best of Show" paintings from Hawaii, paintings from the MOA Museum of Art International Children's Painting worldwide exhibition and from MOA Nagaoka will be displayed.)



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