



MOA Hawai'i Newsletter

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AUGUST 2019

PAIN—Who to Blame? Part II

By: Ceronda Enocencio

In most articles—especially those that are part of a series, the writer will begin by reviewing and briefly highlighting his/her previous article that they had written and systematically transition you into the present topic. Be rest assured—that won't happen here.

If you missed Part I, get a copy of July's newsletter and be sure to add it to your collection of reading material. Put it into the wicker basket you have on the floor to the left or right of your toilet. For some of you—on your toilet tank cover.

I will continue where I left off in Part I by providing a brief yet simple answer to some of the most common questions I am asked.

Now here comes the disclaimer—my personal responses to the following questions have been developed after years of training, research, hands-on experiences, discovery and learning. If it stirs or awakens you in any way—A W E S O M E! You are A L I V E!

1. *What is "Pain"?*

"Pain" is a sensation.

2. *Where does "Pain" come from?*

The sensation is generated by a signal from the brain.

3. *Is "Pain" good or bad?*

It depends.

As you know, your body is changing, multi-million cells per second. Need some hard core evidence other than what's published in numerous scientific journals and/or reading materials? For example, trim your fingernails or cut your hair. Overtime, your fingernails and/or hair will regenerate and you will be due for another cut or trim.

"How does that relate to the subject of "Pain"?" you may ask. Well, if you were seeking help for a problem, know that part of your body—whether it's your organ, your skin, your tissue, your bone—whatever—can heal because your body's is changing at a rate of over a million cells per second. Pretty bold statement, I know, but quite simple and true.

"If it's so simple and true, why are hundreds of thousands of people suffering from "Pain" even after seeking resolve through various modalities?" you ask.

The thing is that the multi-million cells that are changing per second in your body is changing in response to the brain signal that is coming down the spinal cord through the nerves. So if the brain is sending the wrong signal in the first place, that part of the body can remain faulty—hence a reason why some people get ill and stay ill. Amazing, yes?

At this point, I'm certain your conscious mind has generated many questions in response to what you have just learned. GREAT! Write it down and you can cross them off one by one when you receive the answers to such.

In Part III, I will share with you a few experiences that have changed my life and the lives of those around us. I also expect it to change yours.

Till next time—Live Light, Love Light & Love Life ♥

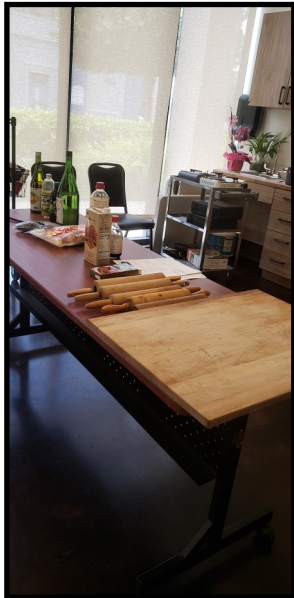
Starting from Scratch: Shio Koji Making Workshop

Nutrition Program Manager, Aisha Asami will be back next month with a new and interesting article. In the meantime, she is preparing for her August workshop. Next month, she will be having a “Starting from Scratch—*Shio Koji* Making Workshop.” *Shio koji* (塩麹, 塩糍) is a natural seasoning used to marinate, tenderize and enhance the *umami*, or richness in foods. It’s made up of a few simple ingredients: salt, water and rice *koji*. *Shio koji* is a result of the fermenting process and increases the amount of vitamin B1, B2, B6, H and Pateton acid. The Vitamin B group helps you to recover from fatigue, so it’s perfect when you feel lethargic. Also, *shio koji* has a fair amount of lactic acid, which is known to be effective for intestinal disorders. All nine essential amino acids that cannot be synthesized in the human body are also contained in *shio koji*. It is a healthy substitute for salt.

COST: \$30 for non-MOA members; \$25 for MOA member

(Advance payment will be applied. 100% refund 72 hours before the class, 50% refund before 24 hours, and no refund within 24 hour cancellation.)

Photos from the Starting from Scratch: Noodle Making Workshop



We had oodles of fun making noodles!!! I was a little worried because it was my first time teaching how to make this, but everything came out delicious.

Mahalo to everyone who came in person, or in spirit!

Aisha Asami

2019 MOA Japan Study Tour

Led by Steve Ichikawa, the 25 tour participants in May 2019 got to further their healthy minds and bodies, and learnt how the MOA movement of Community Enrichment is taking place. This tour started with the



study of Mokichi Okada [1882-1955] and his vision, which was centered on the sacred grounds, found in Hakone and Atami. In Hakone, we enjoyed a natural food lunch, which included organic ramen, and then got to admire the beautiful gardens of the Hakone Museum of Art. At the MOA Museum of Art in Atami, we enjoyed Utagawa Hiroshige's [1797-1858] exhibition on *ukiyo-e* (woodblock print). Utagawa was also the original manga artist of Japan. His woodblock prints of the Shizuoka Prefecture included the beautiful Mt. Fuji.

The tour then flew to Hokkaido. Hokkaido was the last frontier region of Japan after the end of the Samurai era in the 1800's. Many pioneers moved to

Hokkaido to achieve a better life, overcoming extreme cold winters. This resulted in the creation of the beautiful Hokkaido we know of today, with an abundance of seafood and successful farming communities of rice, acclaimed vegetables and fruits. In Hokkaido, we stayed at the various Hot Spring hotels and enjoyed the *Onsen (Hot Spring)*. We also got to appreciate the various seafoods and famous Hokkaido dishes that satisfied our appetite. No one was able to avoid gaining weight on this tour. Simultaneously, the tour provided visits to many fun museums and parks to satisfy our needs for the day.

Okada taught us the importance of eliminating spiritual clouds and of living a life to not increase the clouds that already exist. He came up with various wellness programs like Purifying Therapy (OPT), Nature Farming and the Healthy Eating Program. He said the easiest way was to visit his sacred grounds in Hakone and Atami from time to time, as well as to enjoy the beauty and art in one's daily life. That is what we did. We helped one another, enjoyed good food, looked at the beauty around us and



appreciated the hospitalities of Japan every day. We laughed a lot. We walked a lot. Although it was a long tour and some of us were physically tired, we sensed that we came home healthier in both mind and body, as well as gained wisdom to stay and promote further health.

We thank MOA for allowing Steve Ichikawa to do this tour again. We also thank Rev. Wally Fukunaga of the Sunrise Foundation for encouraging and assisting Steve to formalize the recent successful Hokkaido tour. We all had a great time studying, visiting beautiful places, shopping, soaking in the hot springs (onsen), eating, etc.

(see next page for November's tour information).



November 2019 Japan Study Tour

11/05 (Tue) – 11/15 (Fri) 11 days, 9 nights [3 nights in Atami, Osaka and Wakayama; dates and schedule may change without notice]



Members of Toho No Hikari, MOA's biggest supporter, visit Hakone annually to celebrate the completion of the original "Paradise on Earth" model in June and Mokichi Okada's birthday in December. However, the people of Japan, as well as international visitors, are currently choosing November as the best time to visit Hakone for its fall colors. More people go to see the Hakone Museum of Art has during the month of November. Are you interested? In addition to the bright red maple trees that fill the beautiful grounds of the Hakone Museum of Art, the tour will also visit the MOA Museum of Art in Atami, for its special exhibition commemorating the 3rd year renewal of the museum. The Museum will be exhibiting the work of Japan's finest pottery master artist, Ninsei Nonomura, from the 1600's. His use of the colors, gold and silver, as well as checkered and other designs is so modern for the 17th century. You wouldn't want to miss seeing his original works of art.

The tour will head to Osaka, the 3rd largest city of Japan by bullet train. Those who are interested in shopping, will have much free time. This tour will also include an optional tour to various fun and historical sites.

The tour will end with a visit to the Wakayama area. It is the southernmost point of the Kansai region, facing the beautiful ocean and mountains. There, we will explore many things such as temples, waterfalls, giant pandas, fresh tuna fish and more.

All the hotels we will stay in come with an *onsen* (hot spring) for your body and mind to relax. This helps to further enhance your purification process. We will eat plenty of special seasonal foods from the area—fresh seafood, mikan (seedless) orange, and chestnuts—to satisfy our hunger.

If you and your family/friends are interested in joining the November tour, please see Steve at the MOA Wellness Center or call him at (808) 952-6900 for more details.

Executive Director's Message:

The August MOA Message is on **Happiness and Good Fortune** according to Mokichi Okada

"I think all people from ancient times to date have desired happiness and good fortune. That is because happiness and good fortune definitely are the first and last goals of human beings. Despite study, training, and efforts to acquire happiness and good fortune; I wonder how many people really have been able to grasp them satisfactorily. Most people continue to think they must acquire happiness and good fortune, but they actually exist in unhappy and unfortunate circumstances and pass away without being able to attain the joy of resolving their situations. This is the reality of the general public as a whole. If that is so, is acquiring happiness and good fortune that difficult? I want to affirm that it is not.

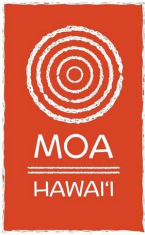
To begin with, everyone is aware that the basis of happiness and good fortune is resolving the three major problems of illnesses, poverty, and conflicts. In most cases, however, people inevitably resign themselves to their circumstances because it is easier said than done. Everything has a cause and effect. Of course, if the same is true even for happiness and good fortune, beginning by understanding their source really must be the starting point of solutions to problems.

Therefore, no matter how hard one works at acquiring happiness and good fortune, it is a matter of course that their realization is impossible as long as their source is unknown. Then, I will explain what the source of happiness and good fortune is. Proverbs people have been expressing since ancient times—Good cause produces a good effect and evil cause produces an evil effect, and As you sow, so shall you reap—really refer to an eternal truth. Understanding this principle and making efforts to make others happy and fortunate definitely must be the absolute requirement to make oneself happy and fortunate. However, there are too many people in the world who are trying to acquire happiness and good fortune only for themselves with no regard for the happiness and good fortune of others. They are doing nothing but trying to receive the result of happiness and good fortune while sowing the seeds of unhappiness and misfortune, so this is truly foolish. Water flows to this side of your hand when you push it away from you, and past your hand when you pull it toward you. Trying to acquire happiness and good fortune is exactly the same [i.e., they flow to you when you make others happy and fortunate and flow away from you when you try to make only yourself happy and fortunate].

The degree of people's need for religion is in this point. More specifically, instilling the altruistic concept of making others happy and fortunate from the perspective of both the love of Christianity and the mercy of Buddhism is the fundamental principle. Even this kind of simple truth is very difficult for people to understand. That was why God and Buddha created diverse doctrines; provided standards of thoughts, words, and actions; and informed people of the existence of the invisible things the eyes cannot see and guided their agents to believe in them wholeheartedly. However, saving even one person is not an easy thing to do. That is also reasonable. In general, people will not readily listen [to spiritual teachings] because their materialistic thinking has become established on the basis of education that is skeptical about invisible things the eyes cannot see. Their thinking is obstructed by false beliefs of materialistic ideology, so they wander and suffer in darkness; and they ultimately depart for the next world unchanged. I should say that is a truly vain and fleeting life.

On the other hand, there is a means through which people can exist in a state filled with religious exaltation as long as they are living and gain longevity, and become people of genuine happiness and good fortune. Then, this world would really have to be called a paradise that has something which makes life worth living. That being said, one might say that the resignation that it is hardly possible to become such a happy and fortunate person in this world of suffering is probably the thinking of people as a whole. However, we affirm [that it is possible]. We are beginning by offering this publication as a guide to instruct people in the secrets of becoming the happy and fortunate people as mentioned above." (Chijōtengoku Magazine, First Issue; December 1, 1948).

Join us on Wednesday, August 28, 2019 at 9:30 AM at the MOA Wellness Center to discuss more about Happiness and Good Fortune. Please call to reserve your spot today!



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

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ADDRESS CHANGES

To keep us up-to-date on your current address, please complete the MOA supporter form if you've moved.

CORRECTIONS

Send MOA Hawaii newsletter corrections via U.S. mail to the MOA Wellness Center at 600 Queen Street, C-2 Honolulu, HI 96813 or email us at info@moahawaii.org

MEMBERSHIP

MOA membership dues are paid on an annual basis. Being a member gives you discounts on the Okada Health and Wellness programs, Cooking classes, Calligraphy classes, Flower Arranging (Kohrinka) classes and various upcoming MOA classes offered.

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