



MOA Hawai'i Newsletter

VOLUME 6, ISSUE 12

DECEMBER 2019

PAIN—Who to Blame? Part III-C

By: Ceronda Enocencio

Merry Christmas, Happy Holidays, Happy Living, Happy Learning, Happy Hearts and Happy Eternal Families—

MOA Newsletter Fans



As we prepare to maximize our credit limit and bellies, reach out to those we feel impressed to reconnect with, serve our families, community and those around us, as well as decorate our homes, work spaces, vehicles and bodies with holiday themes including but not limited to: lights, pine or fir trees, garland, icicles, the “ugly Christmas sweater”, anything red, green, silver and/or gold—[for some of you—the theme of purple, royal blue, Star Wars, Harry Potter, Disney’s Frozen (and soon to be released—Frozen 2)—and yes Ruby and Brianna, I’m referring to you] during this incredibly magical season which warms our hearts while simultaneously freezing our bums—can you see and feel the incredible BLESSINGS upon you?

Below are some friendly reminders of a few—just in case your memory needed a brief “jog”.

In four (4) successive articles, you have received personal learning and experiences of “Pain” and a few tips on how to fully heal from such. This is BLESSING number one.

BLESSING number two—if you heeded my recommendation to check out the resources shared, kept an open mind, heart and spirit—your soul was filled with the abundant possibilities of the cosmos—Woohoo!!!

BLESSING number three—if you are reading this article, you are experiencing one of the greatest blessings of all—the gift of BREATH—of LIFE—whether it is to express the Laws of the Soul: Faith, Hope, Generosity, Aspiration, Patience, Sympathy, Non-Interference, Kindness, Courage, Forgiveness, Duty and Love—or the Laws of the Mind: Fear, Worry, Selfishness, Vanity, Anger, Criticism, Envy, Greed, Hypocrisy, Prejudice, Jealousy or Hate.

May we strive to reach peace, happiness, health and prosperity as we seek for truth and righteousness—experiencing the “physical” aspects on this earthly plane.

Till next time—Live Light, Love Light & Love Life!☛

“We hang in the possibility” ~Michael Bernard Beckwith





HO HO HOLIDAY SPICES AND TASTY SALTS

Thank you to everyone who showed up to my holiday spices and infused salts class! In this class we started with a spice taste test where everyone got to see and taste the whole roasted and unroasted versions of spices commonly used for holiday seasonings. We then moved on to making infused salts - lemon, chili pepper and basil. Then everyone got to make a bag to brew hot apple cider, mulled wine or chai tea and a container of pumpkin, apple or gingerbread spice. We ended the day with a light lunch where the gingerbread spiced nuts and hot apple cider I made were a hit! A special thank you goes to Lisa and Florence who stayed to wash dishes after class. For those of you who wanted to come but couldn't, there will be salts and spices available for purchase at the MOA Wellness Center and could be tasty stocking stuffers for you to give to loved ones. Next month on December 13th at noon please join me in my class for infused oils and honey.

Cheers!
Aisha Asami



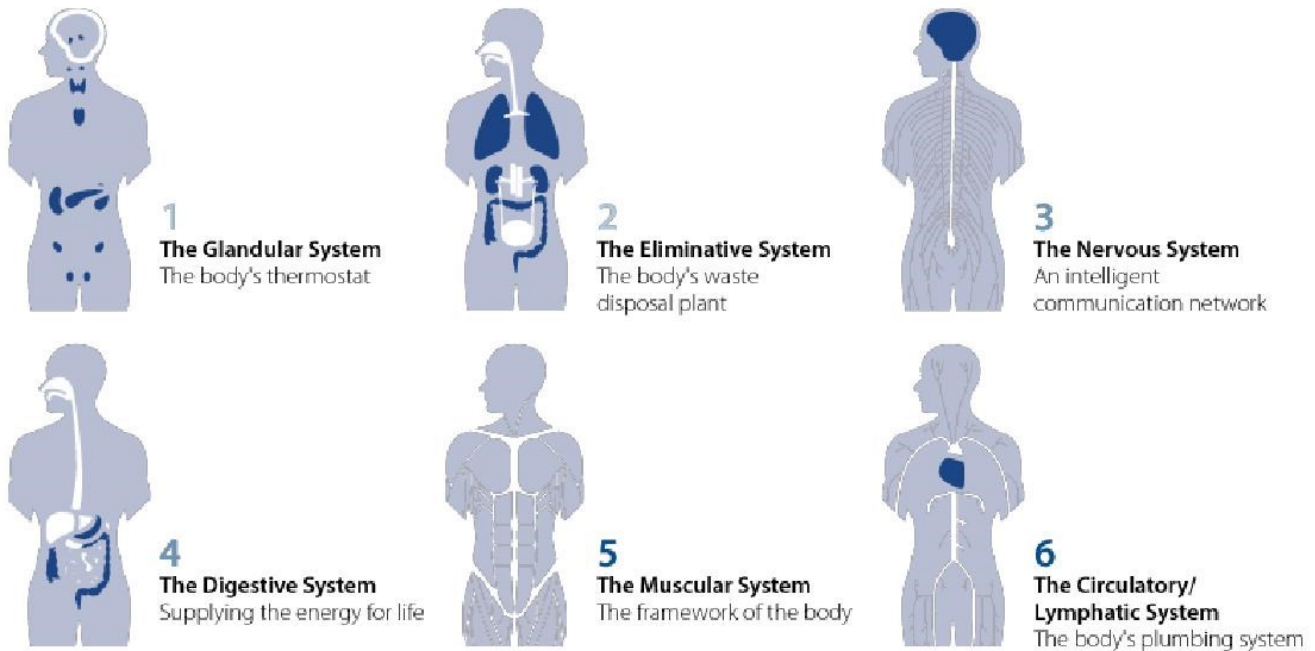
Starting From Scratch Cooking Series for 2020: January 10th-Miso; February 14th-Naturally Colored Sweets; March 13th-Konnyaku; April 10th-Soba Noodles; May 8th-Tofu; June 12th-Pickles and BBQ Spices; July 10th-Miso; August 14th-Tofu; September 11th-Shio Koji; October 9th-Holiday Spices; November 13th-Shio Koji; December 11th-Soba Noodles. These classes and times are subject to change due to attendance and ingredient availability

The Zone Technique

Did you know that all diseased conditions, aches and pains, and other discomforts are a result of an imbalance (or disturbance) in one of the six systems of the human body? These are GLANDULAR, ELIMINATIVE, NERVOUS, DIGESTIVE, MUSCULAR, and CIRCULATORY. And, each of these systems or Zones are controlled by a specific nerve center in the brain.

With gentle palpation to six points on the back of the head, the Zone technician will identify which of the brain centers are not in harmony with the systems they control. When a brain center is not sending the proper signals to its system, all bodily material associated with that system suffers. To correct this, the zone technician stimulates specific points along the spinal cord which communicate with the brain center that needs balancing. The balanced brain centers are then able to transmit healthy nerve signals to the body's systems. Whether you have muscular or joint pain, digestive discomfort, stress or other illnesses, the Zone Technique will enhance your body's innate capability to heal itself.

Zone Technicians at MOA are also trained in various healing methods and may apply supplemental therapies to support your body's healing processes.



A Continuing Education workshop was recently held for both local and mainland therapists at the MOA Wellness Center. Two of the therapists, Ellen and Ceronda, who practice this method, can be found perfecting their skills at the MOA Wellness Center. For more information, call the MOA Wellness Center at (808) 952-6900.

Instructing the 2020 Cherry Blossom Contestants in Kohrinka (Flower Arrangement)

Instructed by Roy Goshi-Otaguro, Arts and Culture Program Manager



MOA Kohrinka (flower arranging class)

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 (3) 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.

Classes at Toho no Hikari Social Hall

Jessie Nakata: 2nd and 4th Tuesday – 6:30 pm to 8:30 pm
 2nd and 4th Thursday – 4:30 pm to 6:30 pm
 Karen Takane: 2nd and 4th Saturday – 9:30 am to 12:00 pm
 Yoshiko Morimoto: 1st Saturday – 10:00 am to 12:00 pm
 Roy Goshi-Otaguro / Phyllis Tom
 4th Saturday – 10:00 am to 12:00 pm
 Brian Nakano / Hiroe Suenaga
 4th Saturday – 1:00 pm to 3:00 pm
 Frances Okazaki / Jon Liu
 2nd Friday – 6:00 pm to 8:30 pm

Class at MOA Wellness Center

Norman Oshiro: 3rd Monday – 6:30 pm to 8:30 pm

Cost

- Class fee: \$10 per session
- Students under 18 years: \$5.00 per session
- Plus cost of flowers

New Students

- Yearly MOA membership fee: \$25.00
- MOA Kohrinka Textbook: \$20.00
- MOA Kohrinka Guidebook I and II: \$8.00 each
- Kohrinka notebook: \$1.00





Japan Study Tour

As 2019 is coming to a close, MOA Hawaii is happy to announce tours to Japan for the year 2020. In continuing with the objective of creating healthy minds and bodies to advance the MOA Community Enrichment movement, MOA Hawaii will be conducting study tours to Japan in Spring and Fall of 2020.

The Spring 2020 Tour will take place from March 30–April 11, 2020, and includes visits to Shikoku Island. Spring is the best time to view the cherry blossoms in Japan.

The Fall 2020 Tour will take place from October 30–November, 11, 2020, and includes stops in Niigata Prefecture where you can enjoy the fall colors while eating seasonal fruits, vegetables, and seafood.

Both of these tours will include sessions on learning more about Mokichi Okada (1882-1955) and his vision which center on key locations like the Hakone Museum of Art and the MOA Museum of Art in Atami. Participants will also learn more about his Wellness Center concepts by experiencing MOA's Tokyo Wellness Center. Okada emphasized the idea of living a life of eliminating one's spiritual clouds and avoid accumulating them. He developed various wellness programs like Purifying Therapy, a Nature Farming Method, and a Healthy Eating Program. He said the easiest way to spiritually cleanse oneself is by occasionally visiting the sacred grounds in Hakone and Atami, as well as enjoying beauty and art in one's daily life. By going on these tours, we hope that you will experience these concepts and join us in expanding the MOA Community Enrichment movement in Hawaii.

Both tours also include stops at Hot Spring hotels where you can enjoy famous local dishes and delicacies and immerse yourself in a bit of Japanese culture. On these tours, participants become an 'Ohana, helping each other out, while enjoying delicious food and the beauty and hospitality of Japan. We laugh a lot, and we walk a lot on these tours.

The final dates and itinerary of these tours may change without notice. If you are interested in joining the Spring 2020 or Fall 2020 tours, please contact Steve Ichikawa at MOA Hawaii or call (808) 952-6900 for more details.

November 2019 Japan Tour



Executive Director's Message

Aloha,

This month's topic is "Humility"

Mokichi Okada wrote about the self-discipline of practicing great humility

"The Self-Discipline of Practicing Great Humility (The more learned one becomes, the humbler one's attitude [lit., "The ear of rice hangs down as much as it bears grains."]). Like the foregoing, the self-discipline of practicing great humility bears the virtue of modesty.)

The words "the self-discipline of practicing great humility" have existed since ancient times. It is unexpectedly important as far as conduct of life is concerned. ... In proverbs from ancient times, there are expressions like "A talented person does not try to show off [lit., 'A wise falcon hides its talons.'])" and "The more learned one becomes, the humbler one's attitude." All of these refer to the self-discipline of practicing great humility.

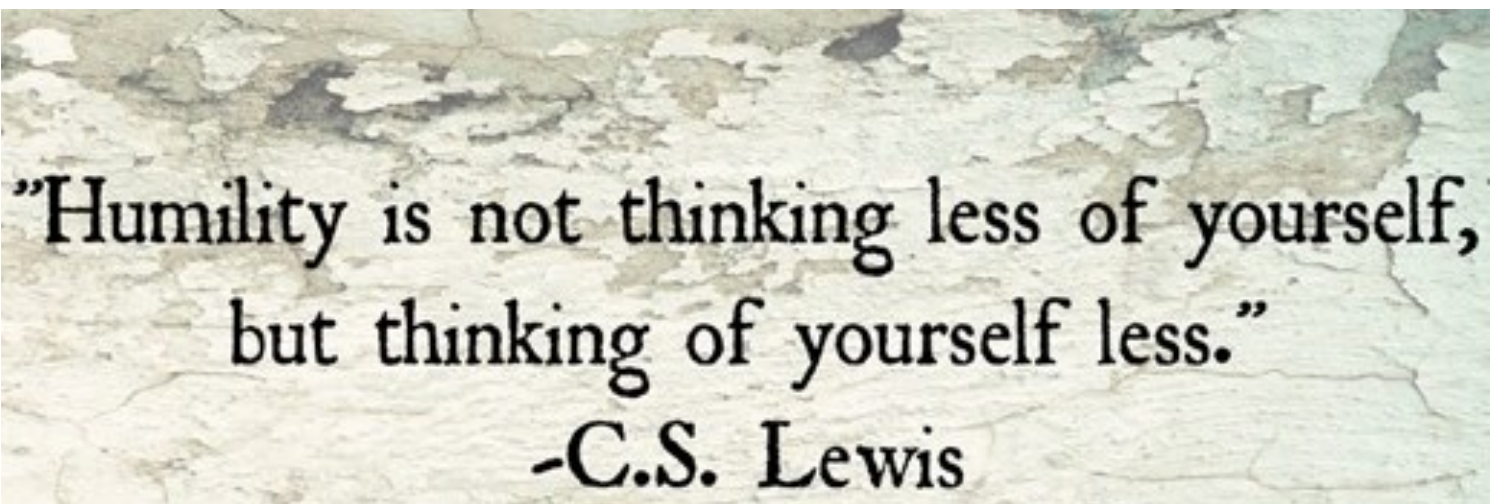
On the contrary, all envious desires—to assume an air of importance and treat others with contempt, present an appearance of greatness, pretend to be knowledgeable, and so on—produce a reverse effect. The desire to assume a bodily or mental posture [of importance] when they reach the point of being mentioned in some way—just a little—by others is the weak point of human beings. Until now, these people had previously been involved in average work in society, living the same lives as ordinary people, or had ended up at the bottom of society. When such people reach the point of being called an important person or "somebody", they initially felt happy and grateful in such a way that they wondered, "Do I appear that great?" With the passage of time, however, the ambition to be considered more important gradually arises in most people. They had been satisfied up to that time, but after that, it was somehow unsatisfactory no matter what they did. They begin to cause unpleasantness for others, but such people do not readily realize it themselves. ...

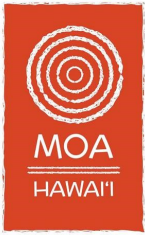
The virtue of modesty and the self-discipline of practicing great humility is something truly noble and precious. It is especially so in cultural life. In places where large numbers of people gather, when people board trains and the like, they arrogantly push people with the desire for the best seats. That behavior is a kind of monopolistic mentality, which is undesirable.

Peacefully creating a comfortable and pleasant society is precisely a manifestation of democratic ideology. This important matter is the same today as it was in ancient times."

(September 5, 1948)

Note: Due to the Christmas holiday, there will be no December study session.





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:
Phone:(808) 952-6900
Email: info@moahawaii.org
Website: 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.**

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.

MOA Hawai'i Staff: Norman Oshiro, Executive Director; Alan Aranaydo, MOA Wellness Center Director; Roy Goshi-Otaguro, Arts & Culture Program Manager; Aisha Asami, Nutrition Program Manager; Ruby Gines, Operations and Facility Assistant Manager; Administrative Assistants: Ceronda Encencio, Brianna Akama, Teri June Amuro

MOA Hawai'i Board of Directors: Frances Okazaki, President; Lester Nakamura, Vice-President; Alan Aranaydo, Secretary; Steve Tomino, Treasurer; Shawn Hamada, Dean Kanemaru, Brian Nakano, Cynthia Okido, Sandra Tam Sing, Gale Eckerd and Pat Ganaban

MOA Wellness Center Office Hours: Monday to Friday 9:00 am to 5:00 pm, Saturday 9:00 am to 3:00 pm
Phone: (808) 952-6900 Fax: (808) 566-6911 Email: info@moahawaii.org
Website: www.moahawaii.org