



# MOA Hawai'i Newsletter

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## PAIN—Who to Blame? Part I

By: Ceronda Enocencio

If this title caught your attention, the following statement is more than likely true:

You and/or someone you know currently has and/or have experienced in the past some form of physical discomfort whether emotionally, physically, mentally and/or metaphysically.

Now you may be expecting me to define and bombard you with all the details of this popular and very expensive four-letter “P” word—

Instead, I'd like to enlighten your mind and briefly share my personal learning and experience when administering to those experiencing “P” and provide you with a few powerful tips to help in the relief and/or elimination of such—over the course of the next few months.

When “P” is experienced, it is like a warning light that pops up on the dashboard of your vehicle. There are normally two warning lights that tend to capture our attention: the first being “it's time to change the engine oil”, also known as a maintenance light and the second, “check engine—exclamation point”, more popularly known as “this is going to cost me an arm and a leg light”.

When our vehicle's maintenance light pops up, two thoughts come to most of our minds:

Schedule an appointment to change the oil within the next few days or,

Disregard and keep driving—I can take care of it later since everything else seems to be running fine.

Now when the “check engine—exclamation point” light beams, Whoa!

You tap the light on the dashboard multiple times in hopes that it will disappear.

You reach for the Owner's Manual in your glove compartment in search for what could possibly be wrong—assuming your vehicle isn't already symptomatic—a distinct smell of something burning, smoke radiating out of your hood, or an unnerving sound of something ready to fall apart.

You call the first person that comes to your mind that you know will be able to support you in some way or another—whether it's giving you a ride, obtaining a referral to an honest mechanic, and/or being a listening ear.

When we experience a certain level of “P”, our response to it may be like the “maintenance light” or require an immediate reaction like the “check engine—exclamation point” light.

What is all aspects of our “being” trying to tell us when we experience “P”? Where does “P” really come from?

In our next series, I will provide you with answers to the above questions and some “food for thought” as the beliefs of the past are now changing.

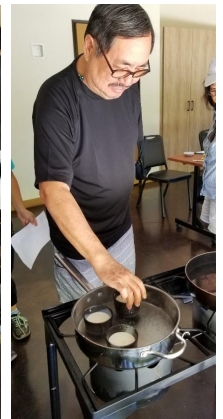
Till next time—Live Light, Love Light & Love Life♥

## My first cooking class! How to- tofu

This past Wednesday, I taught my first MOA cooking series- Starting from Scratch: Tofu. In this class everyone got to make their own silky tofu and I demonstrated a couple dishes people can make if their tofu doesn't come out. I was so nervous but everyone was supportive and enthusiastic so it ended up being really fun! I just want to say thank you to everyone who signed up for my first cooking class. I am also extra grateful for Gale Eckhard who helped me in the back cleaning all the dishes and taking photos during the class.

To be honest, I spent most of my life scared of cutting myself on knives and so I didn't learn how to cook until I went to school to study nutrition at the National University of Natural Medicine in Portland. It was there that I was taught the basics of cooking and how cooking can make eating healthy food much more affordable. Learning how to cook opened this new door for me, and now I get excited trying new foods and love discovering how to make it myself. Since I struggled with cooking for so long, I intend to design my classes to be as approachable as possible. I would love people to leave my classes thinking that they can easily repeat what we did in class and share my recipes cooking together with friends and families. I can't wait to share what I learned in my many food experiments. Next month we will be tackling noodles!

Looking forward to seeing you there!



Which would you choose? Plain? Or with filling?



When all else fails, make tofu patties or tofu soup!



### **Starting From Scratch: Noodles an MOA cooking class series**

On Friday July 12, 2019 at 12:00 there will be a noodle cooking class teaching people how they can make their own fresh noodles. Depending on the seasonal ingredients the class will either be taught how to make fresh udon or pasta.

Class will be \$30 for non-members and \$25 for all MOA members and includes recipes from the lesson, a light lunch,

## Executive Director's Message:

### Divine Mysteries

*"I have just explained about a mysterious light ray as the power to heal illnesses, but I will explain it here in more detail.*

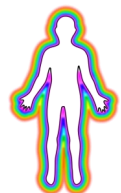
*The spiritual bodies of human beings have the same forms as their physical bodies. The only point that differs is a spiritual garment exists for the spiritual body. This spiritual garment is referred to as aura in western terms. That aura is constantly radiating a kind of light wave from the spiritual body. The [Japanese] word for aura means spiritual garment because it is something like a garment or covering of the spiritual body. Generally, its color is white, and there are also ones that are slightly yellow or tinged purple depending on the person. Differences of thickness are extreme. Usually, thickness is about an inch, but auras of sick people are thin. Auras gradually become thinner as conditions become serious, and disappear just before death. People often say things like a person's presence felt by others is weakening, which is the feeling that results from thinness of this aura. On the contrary, healthy people have thick auras. Virtuous people have auras that are much thicker and their light waves are also powerful. People like heroes have thicker auras than average people. Aura is even thicker when one becomes a great person. The auras of holy people are extraordinarily thick. That having been said, thickness of aura is not something that is fixed. It is constantly changing depending on the thoughts and conduct of that person. Precisely, aura is thick when one's basis is justice and righteousness, and one is practicing virtue; and thin in situations to the contrary. As a general rule, aura cannot be seen by the eyes of average people, but there are also people who can see them on rare occasions. However, aura can be perceived to some degree when even average people just calmly fix their eyes on it.*

*Thickness of aura has a great influence on the destinies and conditions of life of human beings. More specifically, people are happy and fortunate as much as their auras are thick, and unhappy and unfortunate as much as their auras are thin. People with thick auras also have warm natures that give a pleasant feeling to people with whom they come in contact. They attract many people because those people become enveloped in their auras. Conversely, people feel cold, unpleasant or uncomfortable, and lonely when they come in contact with a person who has a thin aura, which comes to mean that they do not want to be around such a person for a long time. In that sense, striving to thicken one's aura definitely is the basis of good fortune.*

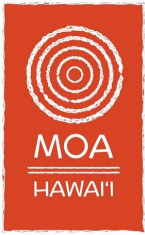
*Then, I will begin by explaining the essence of aura before explaining how one should thicken one's aura.*

*When we analyze every possible human thought and action, each is to be regarded as either good or evil. The thickness or thinness of one's aura is also proportionate to the amount of good or evil [thoughts and actions]. That is, when one thinks virtuously and performs good deeds, a feeling of satisfaction of one's conscience arises internally. That thought forms light, which is added to one's spiritual body, increasing its light. In situations to the contrary, evil forms clouding, increasing the clouding of one's spiritual body. From the outside, when people perform good deeds for others, thoughts of gratitude of the recipients of those good deeds form light, which travels through spiritual cords to the people who performed the good deeds. As a result, the light of people who perform good deeds increases. In situations to the contrary, thoughts like malice, hatred, and jealousy become clouding, which travels and comes [through spiritual cords], so clouding [of the spiritual body] increases. Even considered on this basis, people should perform good deeds and make others happy, and must never [do anything to] receive feelings like hatred, malice, and jealousy from other people..."*

Join us on Wednesday, July 31, 2019 at 9:30 AM at the MOA  
Wellness Center to discuss more about Divine Mysteries







# 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](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.**

### 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](mailto: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: Mallori Choy Rahimnadjad, Ceronda Encencio, Brianna Goo, 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](mailto:info@moahawaii.org)  
Website: [www.moahawaii.org](http://www.moahawaii.org)