



MOA  
HAWAII

# MOA Hawai'i Newsletter

VOLUME 6, ISSUE 11

NOVEMBER 2019

Ceronda will be back next month with her continuing series on "PAIN—WHO to Blame?" Get well soon, Ceronda!

## Children and Youth Day 2019



Mahalo to all who gave up a part of their Sunday to volunteer at this event!



## “To Be or Natto Be”



Thank you to everyone who joined us for the natto class! I had fun learning from Norman Oshiro who has been making homemade natto for decades and then being able to share that knowledge with people interested in making it. Natto as a fermented food has probiotic benefits as well as being a great source of vitamin K2, which helps with calcium absorption into your bones. Natto also has a special enzyme called nattokinase that can also help with blood circulation. Something that inspired me to want to try to make natto, is the idea that natto is frozen before being sold in grocery stores. When natto is frozen a lot of the microorganisms creating all the probiotic goodness are killed in that process. So I thought to increase the health benefits of natto, fresh might be best! Hosting this class was interesting because whenever I brought up the class I would see people's eyes light up from their love of natto or wrinkle in disgust. So for those of you natto lovers please let me know your favorite ways of eating natto. And for those of you who just want to dip your toes into the sticky goodness of natto maybe consider blending some natto with miso and cooking with that. If it wasn't for the support I get from the people who come to class or the volunteers who help in front and behind the scenes these workshops would not be possible. My heart is still full of gratitude, and my belly full of natto from that class. The next class will be the second Friday of November where we can taste and play with herbs, spices and infused salts as potential gifts for the upcoming holiday season. Hope to see you there.

Cheers,

Aisha Asami



### Save the Date

Friday,  
November 8, 2019

“Starting from Scratch:  
Herb and Spice Blends  
and Infused Salts”

12:00 pm to 2:00 pm

Taste how herbs and  
spices can elevate  
flavors of food with a  
light lunch.

(Good Stocking Stuffers  
or gift giving)

# Japan Study Tour in April and November 2020



To further enhance our healthy mind and body and to learn how the MOA Community Enrichment movement is taking place, Steve Ichikawa will be hosting a study tour to Japan in the Spring and Fall. This past May and November, he took 40 participants and they toured Japan. All tours differ in the locations that they visit.

In June 2018 and 2019, Steve, with help from MOA Los Angeles staffer, Teru Ueda, visited Japan and held study sessions three youth members from Hawaii, one from Los Angeles, and three from Miami. Steve is planning another youth tour from June 29 to July 8, 2020. This tour is geared toward youths and students. A portion of the tour is funded through various fundraisers. If your children or grandchildren are interested, please contact Steve ASAP.

Steve is also planning a MOA tour from March 30 – April 11, 2020 that includes Shikoku Island where you will enjoy viewing the cherry blossom trees.

The October 30 to November 11, 2020 tour will include Niigata Prefecture, where you will enjoy the red colored maple trees and fall colored mountains. There will be a large variety of seafood, fruits and vegetables in season.

Both tours will include the study of Mokichi Okada [1882-1955] and his vision centered on the sacred grounds and museums in Hakone and Atami, as well as the Wellness Center concepts by visiting MOA's Tokyo Wellness Center.

In Shikoku and Niigata, we will stay at various Hot Spring hotels and enjoy seafood and famous local dishes to satisfy our stomach.

Okada taught us the importance of eliminating spiritual clouds and living a life of not increasing spiritual clouds. He came up with various wellness programs like Purifying Therapy, Nature Farming Method 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 the enjoyment of beauty and art in daily life. That is what we will do.

During the tour, the participants will help one another and enjoy good food, beauty and the hospitalities of Japan. They will laugh a lot. They will walk a lot.

The dates & schedule of the tour may change without notice. If you & your family or friends are interested in joining the April or November tour, please see Steve at MOA or call (808) 952-6900 for more details.

# Message from the Executive Director:

Our theme for November is “Gratitude”

Mokichi Okada said:

*“If things do not go as you would like, it means you are not yet qualified spiritually. When your spiritual body becomes purified and your soul is cleansed, things will go as you would like. It is that way in everything. Things do not go as you would like because you still have spiritual clouds. The essence of our organization is eliminating spiritual clouds pleasantly without suffering. For that, it is helping others. By doing so, you will constantly receive Light through the gratitude of people so your soul will be purified through that. You should help people and make them happy instead of practicing asceticism. You can get the same result through that. Accordingly, to help people, you should be able to speak, explain, or do something proficiently; so you must read my teachings. You will become aware of various truths through my teachings, so your soul will be purified. Your power to save others will also manifest to that extent. Thus, it ends up that one is improved as one saves others and makes them happy.” (Lecture; October 6, 1952)*

*“How grateful I am! Not only has my life been saved, but also I am permitted to administer the art of healing.” (May 28, 1951)*

Learn more about Living with Gratitude by attending the monthly study session at the MOA Wellness Center on Wednesday, November 27, 2018 from 9:30 AM – 11:00 PM.

## 20 Ways to Practice Gratitude

### Benefits of Gratitude

- Greater interconnectedness
- Good health
- Goal achievement
- More energy
- Better sleep
- More generous
- Less judgemental
- Better sharers
- UCA Gratitude Research


Those who kept a journal and detailed their gratitude were 25% happier than those who did not. UCA Gratitude Research

Practicing gratitude decreases depression.

People who practice gratitude are less self-centred.

A growing body of research shows that gratitude is truly amazing in its physical and psychosocial benefits. University of Texas Health Science Center

For those who practice gratefulness, there is a sense of respect toward others. Dalai Lama



Today I am grateful for...

### Quotes About Gratitude

Gratitude is an affirmation that there are good things in life and it's an affirmation of relationships with people who give us good things. Thnx40rg

If you've forgotten the language of gratitude, you'll never be on speaking terms with happiness. Ocean Robbins

The single greatest thing you can do to change your life today would be to start being grateful for what you have right now. Oprah

Gratitude is an opener of locked-up blessings. Marianne Williamson

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom. Marcel Proust

Gratitude turns what we have into enough. Melody Beattie

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## Purifying Therapy (Q & A)

### 1. What is Purifying Therapy?

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. It is an integral part of the Okada Health and Wellness Program.

When one catches a cold, coughing, mucus/phlegm, runny nose and/or sweating occur. Okada viewed those symptom(s) as the elimination process of the impurities/toxins from the body. The therapy enhances the natural healing ability innate in humans. By reducing impurities, one will feel better and gradually achieve a healthy mind and body.

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/impurities 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.

### 2. Who can practice Purifying Therapy?

By obtaining the MOA pendant and wearing it around the neck, anyone can practice the therapy. One can easily practice anywhere—at home, to yourself, and to your family.

### 3. Is Purifying Therapy effective?

There have been many scientific research conducted on the therapy. Nine rheumatoid patients received therapy for 2 hours a day for 3 months. All of the patients reported reduction of pain. One reported the almost complete disappearance of both swelling and pain. Some of them reached the point of feeling so healthy, they began to volunteer their time to practice the therapy to others. Other research has indicated the effectiveness for shoulder stiffness, diabetes, cancer, high blood pressure, etc.

### 4. Is it okay to receive as much Purifying Therapy as possible?

One might be wondering if the therapy has side effects or can worsen the symptom. In terms of the safety, one research was conducted on 100,000 recipients. 70% of them indicated the improvement in their pain level or other concerns. However, 2% indicated that their symptom worsened right after the therapy. Yet, those 2% did not report the worsening of the symptoms afterwards. This research suggested that therapy is a safe wellness program for anyone.

From reduced stiffness to reduced pain associated with injury, the merits of Purifying Therapy are often expressed by clients in the monthly newsletter.

### 5. How can I practice Purifying Therapy to many people?

If you are interested in practicing this therapy to others, the Basic and Intermediate Level Certification Courses offered by MOA is available. By obtaining the certification, you can practice the therapy at the MOA Wellness Center and other locations of continuous administration, including public sites. Many volunteers of the therapy receive satisfaction by practicing the therapy to others. There are also continuous education and seminars available for the therapists to continue to enhance their ability of the therapy.

To learn Purifying Therapy, we have various classes available to fit your needs.

### 6. Where can I receive Purifying Therapy?

Please call the MOA Wellness Center (952-6900) to schedule your education or appointment. COME BY TO SEE IF THE THERAPY ENERGIZES YOU!

### Meet Raymond Tanaka who enjoyed receiving Purifying Therapy



o

"After receiving the OPT, I feel good when I leave the Wellness Center. It really relaxes me."- he has had Multiple Heart Surgeries

# Flower Circle at the Maui County Fair

Kohrinka students Diane Orikasa & Kitty Yee, in charge of the hobbies and crafts section for the Maui County Fair, did flower circle for about an hour. Within the hour, about 120 people stopped by and participated. Diane and Kitty was assisted by Claire, Brian and Lori.



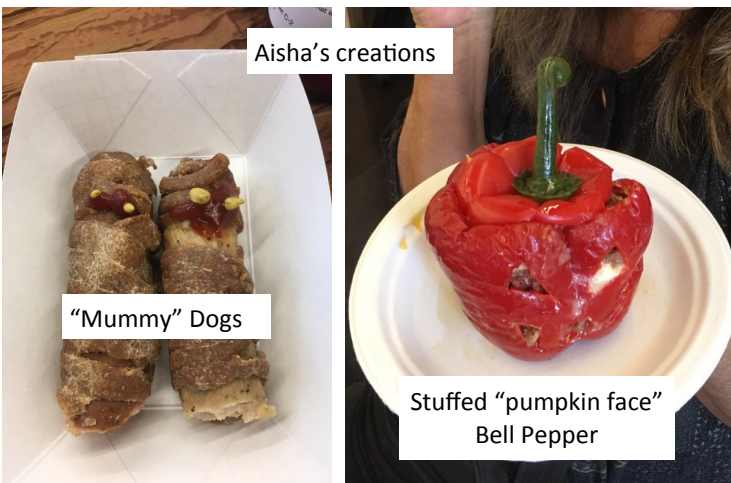
# “The MOA Wellness Center’s Spooktacular”



The butcher, the baker, the candlestick maker...



Mahalo to all who participated in this event!

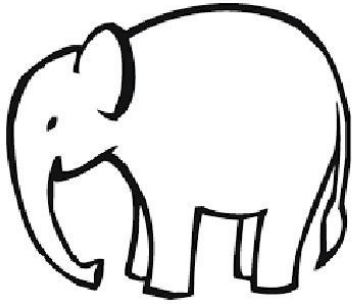


Aisha's creations

“Mummy” Dogs

Stuffed “pumpkin face”  
Bell Pepper





**MOA**  
**WHITE**  
**ELEPHANT**  
**SALE**

- ❖ Gently used clothes
- ❖ Used Books
- ❖ Wildflower Honey
- ❖ Tea Sets
- ❖ Bake Goods
- ❖ Plants
- ❖ Household Items

**NOV 30-  
DEC 7, 2019**

**MON-FRI**

**9 AM-5PM**

**SAT**

**9AM-3PM**

**MOA**

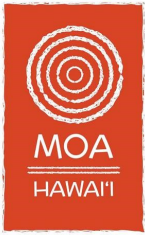
**WELLNESS**

**CENTER**

**MULTIPURPOSE**

**ROOM**

The MOA Wellness Center will be holding a "White Elephant" or rummage sale. If you wish to donate slightly used or unused items, these will be accepted at the MOA Wellness Center from November 1st. Proceeds go toward our Nutrition Classes as well as for the upkeep of the MOA Wellness Center.



# 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: Ceronda Enocencio, 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  
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Website: [www.moahawaii.org](http://www.moahawaii.org)