



MOA Hawai'i Newsletter

VOLUME 6, ISSUE 10

OCTOBER 2019

PAIN—Who to Blame? Part III-B

By: Ceronda Enocencio

Let's be efficient and effective about our time here on this earth and talk about FALLS—and not by coincidence of course that we are mid-way in the Fall season.

Since the beginning of time, men (including women) have fallen—literally.

Many of us know that the Patriarch and Matriarch of the human family, ADAM and EVE, “fell” when they partook of the fruit of the tree of knowledge of good and evil.

History teaches us that powerful empires fell—Persian, Roman, Arab (more familiarly known as Caliphate), Mongul, British—just to name a few.

Recently, I received calls from family members as well as few clients that they experienced a fall—and at times, multiple falls over the course of a few days—where they unexpectedly, unintentionally or unplanned—landed on the floor, other lower level, or on the ground. A couple of them sustained some sort of physical and visible injury while the others experienced a hurt ego—which in my personal opinion, takes a bit more time, effort and nurturing to completely heal.

As you may already know, classes and training sessions are offered across the world—including our hometown here in beautiful Hawai'i—on how to properly fall, how to prevent falls, etc.

What I'd like to share with you are some valuable resources that have assisted thousands on getting up **after** a fall.

You will learn about how your body and the intelligence within you works; some movements that you can put into practice now to maintain and increase your strength, agility, proprioception, flexibility, and connection with one's self and the environment, as well as techniques/modalities offered by Practitioners to be on the look out for with results that speak for itself.

Check it out! Resources are listed in alphabetical order by the Practitioner's first name. Official websites have been included for your convenience for those that existed.

As always, when you accept full responsibility for your decisions and all that is happening in your life—be ready and expect to receive further light, knowledge, enlightenment, and healing.

Use your gift of discernment in all things.

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

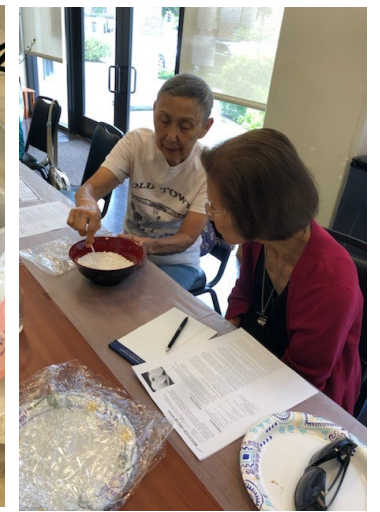
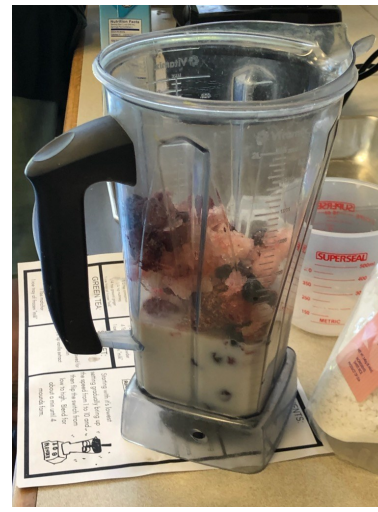
Ms. Bonnie Bainbridge Cohen
Movement Artist, Researcher, Educator and Therapist and the developer of the Body-Mind Centering®
approach to movement and consciousness.
<https://www.bodymindcentering.com>

Ms. Louise Hay
<https://www.hayhouse.com>

Dr. Pete Goldman
<https://www.zonetechneque.com>

Mr. Moshé Pinchas Feldenkrais
Feldenkrais Method

Mr. Mokichi Okada
Keeping Families Together



Thank you to everyone who came out to our MOA mochi ice cream party! We all had fun making mochi and adding homemade vegan ice cream to eat. This party would not have been made possible without the help of Bri and Danny who helped make my vision become reality. My favorite part about these workshops is the fun we have cooking together. For those of you who missed out, the recipe I used for the mochi can be found on the website: <https://www.justonecookbook.com/mochi-ice-cream/>

(Because the mochi ended up being really soft, I would consider adding a couple tablespoons extra shiratamako to the recipe to make it a little easier to work with.)

To make it easier for people to plan ahead, I decided that every second Friday of the month will be the Starting from Scratch workshops. I know that Friday's don't work for everyone, so eventually I would like to add something on a different day of the week. If you are one of those people, please don't be afraid to contact MOA and let me know what days would be better for you. Next month on Friday, October 11th from 12:00, we will be making natto! Natto besides having probiotic benefits is one of the few plant based sources of Vitamin K2 which helps support heart and bone health.

Can't wait to see you there!

Aisha Asami



Starting from Scratch: Natto Making Workshop Friday, October 11, 2019

MOA Wellness Center

Please call (808) 952-6900 to reserve your place for this workshop

Halloween Spooktacular

MOA Wellness Center

October 11, 2019

1:00pm to 5:00pm

Executive Director's Message:

Aloha,

This month's topic is "Spiritual Development"

Mokichi Okada wrote about Kindness, Modesty, and Refinement:

"On the whole, when looking at people today, I would say the qualities most lacking are kindness, modesty, and refinement.

Here, I will begin by trying to write mainly about this organization. For example, there is a single standard to know how much one's faith has advanced, how much one's soul has improved and become refined. This is not very difficult. More than anything else, one comes to dislike conflicts with others, kindness wells up in one's heart, and modesty and refinement come into being. One may assume that one will attain such a disposition and attitude only when one has been improved and refined. This point most fully reveals the worth of faith. ...

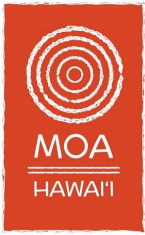
Looking at today's world, however, the aforementioned kindness, modesty, and refinement are excessively lacking. Wherever one looks, truly ugly matters like faultfinding, malice and hatred, and expressions of strong disapproval or harsh criticism toward others are conspicuous. In particular, it may be safely said that qualities like modesty and refinement are overly absent in modern people. They are not concerned about matters like putting their own interests first in everything, making matters known without discretion, being inclined to arguments and rationalization, and being disliked by others. I judge the reason to be nothing but liberalism has exceeded reasonable limits; and selfishness, self-indulgence, and willfulness have become expedient conduct. The most disgusting are excessiveness when it comes to exposing matters of others, and extreme exclusiveness and cold-heartedness. Society is becoming dark because such people are increasing, and people who view life with indifference and pessimism are increasing. Accordingly, the sources of numerous recent suicides might also exist in this kind of situation.

Therefore, a genuine cultural society is one in which people embrace the morals of gentlemen, as in England, and philanthropism, as in the United States of America. A pleasant society that is comfortable to live in will come into existence through such individuals increasing and thoroughly putting social morality into practice. If a society that has become like that definitely is a paradise of this world, paradise is truly within reach.

Furthermore, when looking at this from another aspect, the tourist industry is presently being advocated as a most vital matter as far as national policy is concerned. It is true that physical facilities are also very essential, but I would say a much more indispensable matter is making a favorable impression on visitors from overseas countries. Meaning kindness, modesty and refinement, and cleanliness together might be the most effective attractions that really do not require even a penny when coming in contact with visitors from abroad. And, after all is said and done, the fundamental condition to train and develop this kind of person is faith. This organization is going forward undaunted based on that objective."

(October 25, 1950)

Learn more about **Spiritual Development** by attending the monthly study session at the MOA Wellness Center on Wednesday, October 30, 2019 from 9:30 AM – 11:00 PM



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 Enocencio, Brianna Goo, Teri June Amuro

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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