



MOA Hawai'i Newsletter

VOLUME 6, ISSUE 9

SEPTEMBER 2019

PAIN—Who to Blame? Part III-A

By: Ceronda Encencio

Happy Fall season MOA Newsletter fans!

September is here and you know what that means—Labor Day weekend sales; barbecues; beach parties; the slow transition to cooler temperatures; scrambling for the late abundance of locally grown summer fruits and vegetables (lychee, mango, banana, papaya, pineapple, watermelon, taro, beans, etc); the summer equinox and so much more.

What you may or may not already know is that the Autumn season is also an opportunity for each of us to contemplate the process of “letting go”—as nature (and Elsa from Disney’s Frozen), like clockwork—so elegantly, automatically, and gracefully does over the course of three months.

This season brings me back to a text message I received a year ago from a dear friend of mine whose close friend—whom I had the opportunity and blessing to administer to— had passed away.

This young man had been experiencing constant pain—often times excruciating and debilitating— day in and day out. You see, this young man lost his Mom— his cherished friend—to cancer two years prior— only then to be later diagnosed with lung cancer himself a year later. This young man persevered and soon his lung cancer cleared— only to discover that the cancer was now in his brain.

As I write this, I clearly remember how my body, mind and spirit reacted to what this young man was going through— my heart and respiration rate increased; perspiration slowly formed on the palms of my hands, the soles of my feet, under my armpits, on my nose and just above my lip. My muscle tissue methodically contracted and a pressure, tension and warmth began to fill my body from the crown of my head to the tips of my toes. In an instant, I experienced an incredibly powerful sensation which I will name— a rush of HOPE; and in a blink of an eye—a lump settled in my throat and a funny feeling in my stomach. I immediately turned my thoughts to God and asked for guidance and peace—of which I was fully granted.

Meeting this young man in person was indeed a great blessing and learning in my life. I witnessed the miraculous power of true LOVE and how it can “boot out” and replace sensations and feelings of pain, discomfort, doubt and worry out of the soul—if one chooses to make room for it and receive such with an open heart and contrite spirit.

Many of you may be asking, “What is “true LOVE?” This kind of LOVE that I am referring to is the genuine kind of LOVE that bears no restrictions; it awakens the greatest in our souls; it is pure and of the Divine—the most powerful spiritual force in the world.

L O V E D - Lifting Others Vibrations Every Day

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

“We hang in the possibility” ~Michael Bernard Beckwith

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]

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

Starting from Scratch: Shio Koji Making Workshop

I just want to say thank you to everyone who came to another Starting from Scratch MOA cooking class. This month we made shio koji, and we had so much fun! For those of you who are not familiar with shio koji, it's a fermented rice product made with water and salt. Shio koji can be used instead of salt, and adds a salty flavor along with sweet *umami* (savory taste) undertones bringing a more complex flavor to a dish. On top of that it's used as a simple marinade that can be used for meat as well as pickling vegetables. Another thing I love about this product is that it allows you to easily add probiotics to your food because salt is in practically everything! Shio koji is slowly becoming more and more popular (and



you can usually find some in the Japanese grocery stores next to the miso. So even if you missed the class, you can still buy some shio koji and try it with your food at home.) and whenever people talked about MOA cooking classes, shio koji always came up. So I took on the shio koji challenge, and I am so glad that I did. I'm so happy for everyone who got to take home their very own baby shio koji. And I am especially proud of the people who used a kitchen scale for the first time today. My heart is full of gratitude for Itsuko, Chloe and Danny who were



instrumental in making this class happen, and without them my class would have been a disaster. MOA would not be where it is today without the help of our volunteers and this class was no exception. I welcome anyone who loves food to volunteer with MOA in our kitchen to help make more classes and other special food events possible. Next month on September the 13th, we are making vegan mochi ice cream. Hope to see you there!

Mahalo, Aisha Asami



Starting from Scratch: Vegan Mochi Ice Cream Making Workshop

Friday, September 13th
MOA Wellness Center

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



FOODLAND GIVE ALOHA PROGRAM (from 09/01 to 09/30) MOA HAWAII #78653

Book Sale

MOA will have books for sale on September 14th from 9:00am to 3:00pm in the Multipurpose Room at the MOA Wellness Center. Books on “The Paleo Approach” or “Red Light Therapy” are just two of the many different books (some include CD’s) that will be available. Come on down and see what’s available!

Falling Safely For Seniors Demonstration presented by Kupuna Aikido

The “Falling Safely” demonstration was presented by Bill Doi and Dennis Jinnohara. They demonstrated several ways of falling, to try and prevent broken bones in your hips, pelvis, arms or shoulders and to especially not injure your head. They stressed the importance of remembering the basic formula for fall prevention: “ABC”

A = Awareness: always remember to walk heel to toe and to lift your legs when walking

B = Balance: develop the muscles in all your limbs; consider taking Tai Chi and Yoga to develop strength and brain to muscle connections.

C = Control: take the safest route to get to your destination, even though it may take longer to do so; install hand rails in your home, grab bars in your tub or shower, and remodel your tub or shower with a minimum step into the tub or shower.

To receive notifications of upcoming class sessions, go on-line to join their mailing list: www.kupunaaikido.org. Most classes are held at the Higashi Hongwanji (1685 Alaneo Street, Honolulu) or Mililani District Park (94-1150 Lanikuhana Avenue, Mililani)



Improve Your Well-Being Without Surgery, Drugs, or Painful Therapy

The science of neuroplasticity has shown that the brain is able to change throughout one's lifetime. Now, the focus of much attention is how to harness that ability and use it to improve our daily lives. What we know is that just as the brain controls the movement of the body, so does the movement of the body give the brain the information it needs to function. This interdependent relationship can either spiral up to better movement and function, or spiral down to inaction and mental/physical decline. So what can we do to keep our minds and bodies functioning at their best?



Mindful Movement

Re-connect your brain and body



Mindful Movement classes are available at the MOA Wellness Center in Honolulu, featuring Anat Baniel Method (ABM) Transformational Movement Lessons (TMLs) and Moshe Feldenkrais' Awareness Through Movement (ATM) lessons. Re-connect your brain and body with these movement lessons designed to improve balance, promote ease of movement, and enhance overall health and well-being. In these gentle movement lessons, the Practitioner will guide you through an experiential learning process, creating new neurological pathways and leading you to a life with renewed energy, pain-free movement, mental clarity and alertness. Though many people look for this kind of therapy due to a specific event (such as a stroke or accident), everyone will eventually experience some kind of mental and physical decline as they age and this work can significantly delay or slow that process.

Led by Mika Keaulii, ABM NeuroMovement Practitioner, lessons are done either standing, in a chair, or on the floor based on the participants' abilities. Class size is limited to six (6) participants. There are special discounts available to Silver Sneaker members and HMSA members. Please see Mika's website www.sandbox-hawaii.com for more information and a calendar of classes.

Congratulations! Kai Morigawara

A member of the MOA family, Kai Morigawara, PT, DPT, who practices Physical Therapy at the MOA Wellness Center was recognized as a "Top Physical Medicine and Rehabilitation Physician" by The Leading Physicians of the World Organization.

This organization's goal is "to continue to recognize physicians for their outstanding contributions to research, philanthropy and clinical advancements."

Some of the conditions that Kai treats include: injury prevention, dizziness and vertigo, functionality/mobility limitations, musculoskeletal disorders, neurological disorders, fall risk/imbalance. In addition, other services include: optimizing biomechanics, neuromuscular re-education, strapping, and therapeutic activities:

Kai can be reached at (808) 286-0194. His email address is kai.morigawara@gmail.com.



Executive Director's Message:

21st Century Medicine

21st Century Medicine, created by Mokichi Okada, can be described as a form of comprehensive medicine. Having been awakened to the truth that human life is derived from the spiritual, he achieved deep insight into human life and determined that it is an inseparable union of the spiritual and the physical. He also advanced a theory of pathology that attaches importance to the interrelation between body and spirit, and he originated Okada Purifying Therapy as a means of freeing people from illness.

"I have so far explained from various perspectives that the spiritual prevails over the physical in the world of Day. The human body can be construed according to the same principle; toxin, a fundamental cause of illnesses, refers to physical matters that accumulate in the body, and when the physical body retains such accumulations, the spiritual body retains clouding in the regions corresponding to the locations of these accumulations.

Following this principle, in order to resolve the toxin in the physical body, merely removing it physically renders the result only temporary, as it will re-emerge over a period of time. This is because the principle of Spirit precedes Body is in operation. Therefore, a fundamental removal of the toxin must involve resolving the clouding in the spiritual body, and this constitutes the proper method to ultimately accomplish the purpose of treating illnesses.

All existing therapies deal with the physical aspect alone, whose methods employ either removing the toxin physically or solidifying it. Such treatments can yield a temporary cure, but never a fundamental one, whose truth can be ascertained by the high incidence of "relapses." As I have just mentioned, medical science knows only two ways of dealing with the toxin: solidifying interventions and surgical removals. Meanwhile in folk medicine, there are solidifying interventions such as electrotherapy and light therapy (heliotherapy), as well as methods of physical removal such as moxibustion, which draws the toxin toward burns to eliminate it in suppuration.

In contrast, the therapy we endorse is based on the removal of clouding from the spiritual body. Its method involves a kind of spiritual wave, composed mainly of the fire element, and it is emitted from the therapist's hands. Tentatively, let us call this spiritual wave the "mystic ray." Every person retains it to some degree. It is perhaps more precise to say that it fills the earthly space boundlessly—or to be more precise, it permeates the spiritual realm on the Earth.

It must be noted that no one has ever managed to establish a therapeutic method to clear the clouding using the spiritual wave as described above because the world has been in the period of Night, as I have already explained it previously. It has been impossible to obtain the healing power—the mystic ray powerful enough to clear the spiritual clouding—as the world of Night was covered in darkness and the only light was that of the moon. It is not that the mystic ray did not exist before. For example, some saints and ascetics conducted healing with some successes, which led their religions to thrive remarkably, as we know. Nevertheless, the light of the moon is primarily the water element and for this reason its effects in healing are limited to certain kinds of illnesses and finite in duration. The light of the moon having the chilling property of the water element, the healing [of thing kind] is based on solidification.

In contrast, the Medical Art of Japan mainly employs the fire element, which makes it possible to produce marvelous outcomes for its property to dissolve any kind of solidified toxin. Given the above, two factors fundamentally drove me to discover this therapeutic method: that I perceived that the world was about to begin a transition from Night to Day, and that, because molecules of the fire element increase in the Day phase, a powerful healing ray can be obtained when the fire element is concentrated and put through a human body, and is able to effect great cure as emitted onto ailing parts in the body.

I must remind the readers that this healing can be easily construed in religious contexts for the apparent similarities with the healing manifested by Jesus Christ and some founders of other religions. I intend, however, that it is not treated as a practice of a religious nature. If it is conducted as a religious practice, people in society undoubtedly will [abstain from it as they] consider it superstitious because of so many precedents in which numbers of people were troubled by dubious sects and suffered misfortune. Also, [such misunderstanding will be a concern because] the police are highly alert to control such sects to protect people from them. It is also possible that devotional people of Shinto, Buddhism, Christianity, and other religions may hesitate to receive a treatment if they perceive a religious nature in this healing practice even in the slightest at the time they are suffering from illnesses.

In addition, rendering the healing practice into a religious context would be practically a confession of its inferior effectiveness because, as I have explained it elsewhere, cure would be partly accounted for by a faith, a subjective factor to induce a healing effect. It is undeniable that the same applies in a medical context to some extent. It is only natural that patients grow to have a sense of veneration and confidence for their physicians prior to treatment due to the physicians' doctoral qualifications, professorship, directorship of a hospital, eminent status in their specialties, or attendance to nobles. Then, such subjectivity will inevitably enhance the healing effect to some extent, which in itself is analogous to the effects of a faith in a religion.

Taking the above into consideration, the art of healing I initiated gains nothing from treating it as a religious practice because it does not require any enhancement by subjectivity as described above. On the contrary, there are a number of disadvantages as mentioned earlier. Therefore, I conceive of this therapeutic method in a framework of science, and propose it to the world as a scientific practice. It is my intention that this is medicine in the cutting-edge future science, originated with a Japanese and will be enjoyed worldwide."

(October 23, 1943)



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) _____

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- \$25 Individual
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PAYMENT

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- VISA MC Discover JCB

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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 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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