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Healthy Life Network Manager

Mai Fujii
Natural Foods Program Manager

Roy Goshi-Otaguro
Arts & Culture Program Manager

Ruby Gines
Administrative Assistant

Dick Mills
Administrative Assistant

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: info@moahawaii.org

Website: www.moahawaii.org

MOA Wellness Center

Office Hours

Mon-Fri 9:00am-5:30pm

Sat. 9:00am-1:00pm

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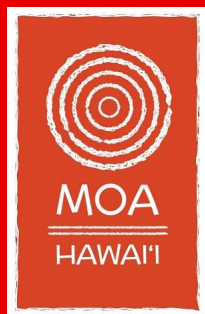
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MOA Hawai'i Newsletter

VOLUME 2, ISSUE 6

JUNE 2015

Executive Director's Message

Aloha,

This month's theme is "Purification." Mokichi Okada said, "*The purification process does not occur only among human beings. The purification process is true for everything in this world. This is a universal law.*"

"... low atmospheric pressure comes into existence if impurities accumulate in the spiritual world above the Earth. Such impurities are blown away by wind, washed by rainwater, and dried by sunlight. Along with that, a process through which impurities disappear comes into existence. This is the purification process of the space between Heaven and Earth. Consequently, purification of spirit occurs even in the illnesses of human beings. When this is duplicated in the body, toxins are liquefied through the generation of fever, changed into various bodily wastes, and purged out of the body. According to this principle, the human body will become pure as much as impurities are eliminated, so helping the purification process is definitely genuine therapy."

"... when filth accumulates on the ground, Nature will blow it with the wind, wash it with the rain, and dry it with the sunlight. Also, in a household, when dust accumulates, people will dust it, sweep it, wash it, and wipes it in its cleaning. This is same in the process of illness; that is the purification process for human beings."

If you are suffering from a cold, illness or misfortune—congratulations—it is all part of the purification process. By being grateful for this process, it helps to accelerate the process; and you will be able to get through your purification with a peace of mind.

Update on Hawaii Nature Farms LLC



SHOUT OUT TO ALL VOLUNTEERS! We are now ready to plant the various vegetable seeds as the green manure crops have been mowed and incorporated into the soil. We are looking for volunteers who would like to help with planting seeds. We also received plant donations and need help in transplanting them.

If anyone has carpentry skills, we need your help in constructing a lean-to against the 40' storage container for shelter and classes. Please call Norman at (808) 281-2331 if you can help.

Mahalo,

Norman Oshiro
Executive Director

Testimonies

Many amazing stories are presented through the Purifying Therapy offered at the MOA Wellness Center. It is a form of energy healing technique based on Mokichi Okada's (1882-1955) unique vision and years of experience. It views any illness and suffering as a form of the purification process. The therapy offers energy to areas where spiritual clouds has manifested in our body as toxins.



Hi, my name is Francine Hollinger. Before my surgery, my massage patient recommended that I receive Purifying Therapy from MOA. Not knowing anything in detail, I visited the MOA Wellness Center last September. Since then, I have been coming weekly to participate in the Okada Health and Wellness Program. Not only is my recovery from the surgery going well, various pains are relieved after receiving Purifying Therapy. I also receive lots of emotional support from MOA, and enjoy organic green powdered tea, flowers, as well as the many healthy diet tips from MOA's eating program.

Today, I am a certified basic level therapist of Purifying Therapy. I hope my story will encourage you to come and try Purifying Therapy and improve your lifestyle with the help of MOA's Health and Wellness

Program.

Aloha! My name is Kay Kurakake and I am 93 years old. Thanks to my friends Karen and Jeanette, I receive Purifying Therapy twice a week from certified therapists to improve both mind and body. I'm so lucky to have the wellness center in town. I rely heavily on MOA and its programs alleviate my physical problems like low back and knee pain. I also enjoy healthy foods and the art therapies provided to me at the MOA Wellness Center. I hope many people will come and receive the benefits of Purifying Therapy like me.



to



Konnichiwa! My name is Aki Sekino. I am visiting Hawaii from Chiba, Japan. Last November, I met Mai Fujii, MOA Natural Foods Program Manager, at a yoga class in Waikiki. I shared my illness with her and she recommended that I try Purifying Therapy. Since then, I have been receiving Purifying Therapy weekly. Although my ailments still exist, I have good and bad days, but I truly appreciate MOA's total support. I have been eating healthy foods and receiving Purifying Therapy which alleviates my pain levels from high to low.

I am leaving for Japan in May, and I hope I can continue the MOA programs in Chiba.

To learn and experience Purifying Therapy, call the MOA Wellness Center at 952-6900 to schedule your appointment. Your first experience is complimentary.

Purification

by Mai Fujii, Natural Foods Program Manager

When you have a fever, cough, or diarrhea, these are symptoms that your body is in a purification state. Your body tries to get rid of toxins by creating mucus and generating fever to fight the bacteria. At that time, you probably don't have a good appetite. This is natural because your body needs to use the energy for fighting the bacteria and to replenish itself rather than to use the energy for digesting foods.

Mr. Okada states that a vegetarian diet is the best for people who are sick. "When you are disabled by an illness, it makes sense to eat a lot of vegetables. People who are sick do not need to be in top mental condition, and they do not have much use for vigorous energy or ambition. In fact, because they are in pain or have a fever, the physical part of their being is weak and exhausted. Since they need to replenish themselves, they should follow a vegetarian diet. ...When you get sick, as long as you avoid debility and manage to stay alive, the toxins in your body will slowly decrease and you will eventually recover. What is debility? It is the lack of food. As long as you eat, you will be fine."¹



Fresh vegetables are full of nutrients* that the body needs. While eating vegetables, fruits and whole grains provide nutrients to the body, they cleanse blood and help eliminate toxins from the body.

The purification state is a good time to listen to your body and stay away from eating meats, refined foods, sugar and oils.

*When Mr. Okada speaks of nutrients, he is referring to the spiritual energies of foods—especially of plant-based foods.²

Source:

¹The Okada Wellness Program—Food and Exercise (2006). p40, 41

² The Okada Wellness Program—Food and Exercise (2006). p24

Mai's one point healthy advice: Easy homemade cleansing drink!

It is always good to keep your immune system strong and healthy. This drink is especially good for purifying your blood. Mix 1 fresh organic lemon juice and 1~2 Tbsp. raw honey with a glass of warm water (not iced). Drink this in the morning when you wake up. Lemons are rich in vitamin C, a powerful antioxidant that protect cells from free-radicals and increase the immune system. They are also an excellent alkaline food that balances the pH in our body. Raw honey is another excellent food that is used as medicine in traditional Indian medicine.

MOA Nature Garden

Schedule of Activities:

Sometimes when I look at the garden, it seems like it is just the same from day to day. At other times, I walk around the vegetable beds and through the trees and I am totally amazed at how much change has occurred from the day before. Of course, the weather in Nuuanu Valley is an amazing dynamic wonder of change. The wind is cleaning the air, the rain is nourishing the soil, and the sun is fueling the growth of the garden so efficiently.

The transformation of the garden to a market farming style is moving forward. Norman has installed drip irrigation in the lower front beds. The upper beds are now ready for the same attention and the transformation is to follow soon.

We are harvesting Green Curly Kale, Lacinato Kale, Red Russian Kale, Green Beans, Soybeans, Beets, Manoa Lettuce, Green Onion, Tatsoi, Mustard Cabbage, Chard, Chives, Basil, Mint and Dill.

New beds amended with compost made on site and vermicast have been planted directly to the Carrot and Daikon seeds. Some recently planted crops that are now taking hold are Parsley, Red Beets, Summer Squash and more Rainbow Chard.

In the coming month, we will be planting more Tatsoi, Kale, Tomato and Beans to make our summer harvest interesting.

Please feel free to let me know if you would like to see something that is not available at the Wellness Center on Mondays. Mahalo for your support! Tom Gibson

MOA KOHRINKA



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 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.

Nuuanu (3510 Nuuanu Pali Drive)

Jessie Nakata

2nd & 4th Tuesday 6:30 pm—8:30 pm

2nd & 4th Thursday 4:30 pm—6:30 pm

Kahala

Karen Takane & Yasuo Kikuchi

2nd & 4th Saturday 9:30 am—12:00 pm

For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

Cost

- Class Fee: \$10 Per Session (includes flowers)
- \$5 for students under 18 yrs.

New Students

- One time initiation fee to join MOA (\$25)
- Textbooks
 - MOA Kohrinka Textbook (\$20)
 - MOA Kohrinka Guidebook (\$8)
 - Kohrinka Notebook (\$1)



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:
(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.**
Pledges and gifts for higher amounts can be

MOA HAWAII

JUNE 2015

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: www.moahawaii.org • Email: info@moahawaii.org
 MOA Wellness Center Hours of Operation: M-F 9:00am–5:30pm, Sat. 9:00am–1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Osaka Soul/ Comfort Food "Okomomi-yaki" 12pm-1:00pm	2 Nakata *Kohrinka 6:30pm	3 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm	4 Nakata *Kohrinka 4:30pm	5	6 Photography Class 1:00pm-3:00pm
7	8	9 Dr. Garcia 10:00am- 12:00pm Nutritionist 9:30am-12:00pm	10 OHWP @ Kaneohe Community Center 8:30-10:30am	11	12 Konnyaku Making Workshop 11:00am–1:00pm	13 Takane/Kikuchi Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo- in 12:00-3:00pm
14	15	16 Dr. Garcia 10:00am- 12:00pm Nutritionist 9:30am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm	17 OHWP @ Kaneohe Community Center 8:30-10:30am	18 Konnyaku Making Workshop 11:00am–1:00pm	19 Okazaki/Liu *Kohrinka, 7:00–9:00pm	20
21 MOA Garden Volunteer Day 9:00am- 12:00pm	22 Natural Food Café 11:30am-1:00pm OHWP @ Pearl- ridge Shopping Center 8:30-10:30am	23 Dr. Garcia 10:00am- 12:00pm Nutritionist 9:30am-12:00pm Nakata *Kohrinka 6:30pm	24 OHWP @ Kaneohe Community Center 8:30-10:30am Qigong Exercise & Healing 11:00am-12:00pm	25 Nakata *Kohrinka 4:30pm	26 Suenaga Kohrinka 9:30am-12:00pm "Introduction to MOA Hawaii" 6:30pm	27 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/ Suenaga *Kohrinka 1:00-3:00pm
28	29	30 Dr. Garcia 10:00am- 12:00pm Nutritionist 9:30am-12:00pm				* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive



600 Queen Street, C-2, Honolulu,
Hawaii 96813
Tel: (808) 952-6900
Website: moahawaii.org



Nā 'Ōhana Piha I Ke Aloha
Families Filled With Beauty

June 2015

What Is a Nutritionist?

"A nutritionist is a health professional with a Bachelor of Science degree in dietetics. A nutritionist plans meal programs for a health facility or other types of organizations. A nutritionist may also be on staff at a doctor's office to assist patients with nutritional guidance and meal planning."



Mai Fujii is the Nutritionist here at the MOA Wellness Center. She is a graduate of the University of Hawaii at Manoa with a Bachelor of Science Degree in Dietetics and a Master's Degree in Nutritional Science. Since she started working here in 2013, Mai has been researching and planning classes on healthy eating, hands-on food demonstrations and even a once-a-month luncheon. At some of the events, she gives a listing of the ingredients used in making the dishes and will also tell you where she purchased the items. You will need to purchase her cookbook coming out in September to get the ingredients for the recipes.

In her classes and luncheons, Mai uses the freshest produce available and as much as possible, organically grown ones. She says that eating healthy doesn't necessarily mean eating only vegetables. Healthy eating means eating a balanced diet. What is a balanced diet? It consists of 6 essential nutrients that your body needs daily. Carbohydrates (grains such as wheat, rice or oats); Proteins and Fats (chicken, fish or tofu); Minerals and Vitamins (vegetables of different colors such as leafy greens or orange colored vegetables); and liquids (water, hot tea or soup). So ideally, one meal will consist of a variety of dishes.



An example of a balanced meal that Mai would prepare for breakfast would be: rice (carbohydrates), natto (fermented soybeans) or grilled fish/chicken (protein and fat), steamed seasoned vegetables (minerals and vitamins), and hot tea (water). Of the 6 nutrients described above, 3 are called *Macronutrients*: carbohydrates, proteins and fats. Minerals and vitamins are called *Micronutrients*. Water is not always considered a macronutrient but it is an essential nutrient needed for all body functions and is required in large amounts. Although it varies from one person to another, 8 glasses or 1.9 liters (roughly 2 quarts of water) is a recommended daily water intake.

All luncheons held at the Wellness Center feature placemats listing the five practical points of healthy eating. They are:

1. Choose food materials that are full of vital energy
2. Eat with gratitude for the food and for those who have prepared the meal
3. Avoid too much seasoning
4. Eat more grains and vegetables
5. Appropriate diet and exercise

If you would like to learn more about nutrition and how it could help you to eat healthy, please join Mai at these upcoming events: Konnyaku-Making on Friday, June 12, or Thursday, June 18, and Friday, June 22, for her Natural Foods Café. This month's Café menu is vegetarian burger with homemade tomato sauce, organic rice, egg with garlic chives, roasted beets, and miso soup with seasoned vegetables. Or, call the Wellness Center at (808) 952-6900 for a one-on-one consultation with Mai.

Old Friends but New Faces at the Wellness Center

Alan Aranaydo

Director, MOA Wellness Center



"I'm happy to be here at the Wellness Center supporting our activities. My main focus is evaluating and streamlining our operations here at the Center." We are very thankful to Alan for giving his time to help manage and advise us here at the Wellness Center!



Aimee Metzko

Food Service Worker

"My grandmother taught me how to cook when I was a little girl. I've been working in the culinary industry all my life." Since mid-May, Aimee has been making healthy bentos (boxed lunches) for the Wellness Center every Tuesday and Thursday. We are very grateful to have Aimee cooking for us here at the Wellness Center!



Richard "Dick" Mills

Administrative Assistant

"I am very excited to be a part of the MOA 'ohana in my new position as the administrative assistant at the wellness center. I look forward to greeting each and every one of you upon your arrival here at the Wellness Center. If there is anything I can help you with, please let me know. I also enjoy serving tea and arranging flowers...hopefully with you!" We are thrilled to have Dick join our team here at the Wellness Center. His enthusiasm and "can-do" attitude is so addicting!



Steve Ichikawa

Lead Therapist

"In 1952, MOA's founder Mokichi Okada said that Purifying Therapy is a way to produce happiness. It's so true for me. I am happy whether giving or receiving the therapy. I hope to gain more experience and share this joy to many people of Hawaii." Steve is a full time Okada Purifying Therapy Therapist at the Wellness Center and has a wealth of experience in OPT. We are very happy that he is a part of our Wellness Center staff!

We are looking for donations of the following items:
Miso soup bowls, rice bowls, medium-sized flat plates
Small medicine containers (pill containers)

Kitchari, a seasoned mixture of rice and mung dal, is a very balanced food that is an excellent protein combination. This complete food is easy to digest and gives strength and vitality. It nourishes all the tissues of the body. Kitchari is good to use when fasting on a mono-fast or while going through cleansing programs. Kitchari is excellent for detoxification and de-aging of the cells.¹ This is an excellent recipe for this month's theme!

Kitchari (serves 3~4)

½ cup yellow mung dal	1 cup basmati rice	1 inch piece of fresh ginger, chopped fine
3 cloves garlic, chopped fine	2 Tbsp. ghee (or other oil)	1 tsp coriander powder
½ tsp turmeric	2 pinches hing	1 tsp mustard seeds
1 tsp cumin seeds	5 black peppercorns	1 tsp salt or more for taste
4 cups water	1 small handful fresh cilantro leaves	

1. Wash the rice and mung dal well. In a pot over medium heat, heat the ghee and add the mustard seeds, cumin seeds and hing. Stir a moment until the seeds pop. Add black peppercorn garlic and ginger and stir.
2. Add the rice, mung dal, turmeric, and coriander and stir until well blended with the spices.
3. Add the water and bring to a boil. Boil for 5 minutes, uncovered, stirring occasionally.
4. Turn down the heat to low and cover, leaving the lid slightly ajar. Cook until tender about 20 minutes. Season with salt. Garnish with chopped fresh cilantro leaves.

*All the spices and ingredients can be purchased at India Market. Address: 1178, 1198 Isenberg St, Honolulu, HI 96826

¹ Lad, Usha & Lad, Vasant. *Ayurvedic Cooking for Self-Healing*. Albuquerque, The Ayurvedic Press, 1994.

Shout Out for Help!

Plant donations to Hawaii Nature Farms LLC are welcomed. Here's a list of plants that we are looking for:

- Shinobu Fern
- Leather Fern
- Bird of Paradise
- Heliconia
- Hydrandrea
- Camellia
- Protea
- Box Wood
- Huckleberry
- Pussy willow
- Curly willow
- Anthuriums
- Forsythia
- Raphis Palm
- Areca Palm
- Panax
- Any Fruiting trees
- Dracaena
- Snake Plant, mother-in-law's tongue or Saint George's sword (in Brazil)
- Nandia
- Juniper
- Ixora
- Pua Kenikeni



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