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Norman Oshiro  
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Co-Executive Director

Alan Aranaydo  
MOA Wellness Center Director

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Assistant Director  
Healthy Life Network Manager

Ruby Gines  
Operations and Facility  
Assistant Manager

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Daniel Mills  
Nature Farm Manager

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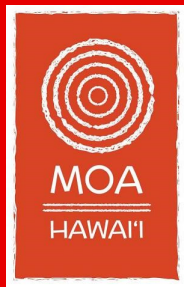
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MOA Wellness Center

Office Hours

Mon—Fri 9:00am-5:30pm

Sat. 9:00am-1:00pm



# MOA Hawai'i Newsletter

VOLUME 3, ISSUE 5

JUNE 2016

## Executive Director's Message

The focus this month is on purification. Okada said that “Illnesses develop in human beings as a result of the purification process of toxins that have accumulated and stagnated through various sources. Therefore, illness is a physiological process of Nature that is extremely necessary. Fever develops at that time, and toxins are purged through that purification process by means of coughing, phlegm, nasal discharge, night sweating, etc. The body is purified and health improves as a result of that, so illness is the providence of improving health.”

“OPT is largely perceived to be for curing illnesses, but, fundamentally speaking, curing illnesses is not its sole purpose. OPT has far greater implications; in a word, this is a method of producing happiness. As I have explained elsewhere, illnesses are a purifying process, which is essentially the process to eliminate clouding in the spirit. However, this process of elimination is associated not only with illnesses, but also with all kinds of human sufferings.

It follows that poverty and strife are also manifestations of this purification, thus I always maintain that illness, poverty and strife altogether are part of it. Of the three, illness is the most vital because it directly concerns human life, and therefore, it is a logical conclusion that resolving the issues of ill health would naturally lead to solving problems of poverty and disputes. Since happiness is attained fundamentally by realizing a pure state, it is an obvious observation that the cause of misfortune is the clouding in the spirit. Concerning this point, OPT is a simple and reliable method of clearing the spiritual clouding, and therefore it is not confined to the matters of ill health, as I stated at the outset.”

Purification is not just for individuals but includes everything in this universe. “great nature performs purification process on heaven and earth. When filth accumulates on the ground, they will blow it with wind and wash it with the rain and dry it with the sun light. Also, in a household, when dust accumulates, people will dust it, sweep it, wash it, wipe it in its cleaning. This is same in the process of illness, that is a purification process for human beings.”

All suffering is purification and we should be grateful to be able to purify and improve ourselves. Next time you experience purification remember that it is a good thing as you are eliminating spiritual clouds (toxins, karma) and will be feeling much better soon after.

Norman Oshiro  
Co-Executive Director

### INSIDE THIS ISSUE:

Purifying Therapy Q & A

MOA Wellness Center/Kohrinka/  
Supporter

June Calendar

Christopher Oki/  
Nature Farm Seminar

MOA Nature Farm

## Purifying Therapy (Q & A)

Many amazing stories come out of the Purifying Therapy offered at the MOA Wellness Center. This month, let's study some of the frequently asked questions on Purifying Therapy.

### 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 are 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.

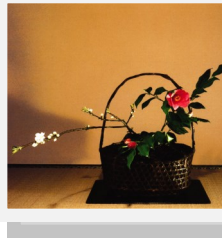
To learn Purifying Therapy, we have various classes available to fit your needs.

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

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

## MOA Wellness Center Update

We have enjoyed our special schedule that began in August of 2015. We had a great time creating events for our members during these special evening hours. You may recall our Tea and Flower Event, as well as our Art and Beauty Event, which featured the art of local artists. We will not continue the special schedule for our first "extended schedule" Wednesday. We will revert to our original office hours on the first Wednesday of each month effective June 2016. Our regular office hours are Monday through Friday 9:00 am to 5:30 pm and Saturday 9:00 am to 1:00 pm. Future special events will be announced in our newsletter or our monthly events booklet. We look forward to many more special events in the future.



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

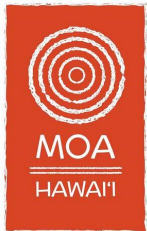
For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

### 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](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.**

Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawai'i are tax deductible.

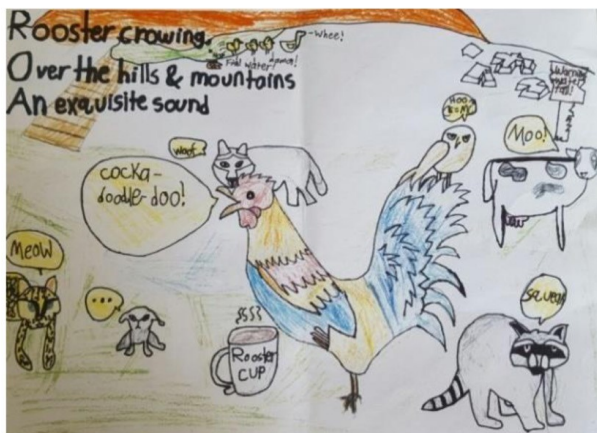
# MOA HAWAII

## JUNE 2016

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813  
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: [www.moahawaii.org](http://www.moahawaii.org) • Email: [info@moahawaii.org](mailto:info@moahawaii.org)  
 MWC Hours of Operation: Mon-Fri 9:00am–5:30pm, Sat. 9:00am–1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive			<b>1</b>  OHWP @ Kaneohe Community Center 8:30-10:30am  MOA Board Meeting 6:30pm	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>  Dr. Garcia 10:00am-12:00pm  Nakata *Kohrinka 6:30pm	<b>8</b>  OHWP @ Kaneohe Community Center 8:30-10:30am	<b>9</b>  Nakata *Kohrinka 4:30pm	<b>10</b>  Okinawa Food Cafe 11:30am-1:00pm	<b>11</b>  Takane/Kikuchi *Kohrinka 9:30am-12:00pm  OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
<b>12</b>	<b>13</b>  OHWP @ Pearlridge Shopping Center 8:30-10:30am	<b>14</b>  Dr. Garcia 10:00am-12:00pm  Iwata *Kohrinka, 9:30am-12:00pm  Shoda/Suenaga *Kohrinka, 12:30-2:30pm	<b>15</b>  OHWP @ Kaneohe Community Center 8:30-10:30am  Iwamoto Continuous Care Branch @ 7:00pm	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>  Starting a Nature Garden Seminar @TNH Social Hall 9:00-11:00am	<b>20</b>  Intro to MOA Hawaii 10:00am or 6:00pm	<b>21</b>  Dr. Garcia 10:00am-12:00pm  Nakata *Kohrinka 6:30pm	<b>22</b>  OHWP @ Kaneohe Community Center 8:30-10:30am	<b>23</b>  Nakata *Kohrinka 4:30pm	<b>24</b>	<b>25</b>  Takane/Kikuchi Kohrinka 9:30am-12:00pm  Otaguro/Tom *Kohrinka 10:00am-12:00pm  Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
<b>26</b>	<b>27</b>  OHWP @ Pearlridge Shopping Center 8:30-10:30am	<b>28</b>  Dr. Garcia 10:00am-12:00pm	<b>29</b>  OHWP @ Kaneohe Community Center 8:30-10:30am	<b>30</b>  OHWP Extended Session 9:00am-1:00pm	<b>July 1</b>  OHWP Extended Session 9:00am-12:00pm	<b>2</b>  OHWP Intensive Session 9:00am-4:00pm





## **Congratulations, Chris!**

*Rooster crowing  
Over the hills and mountains  
An exquisite sound*

Congratulations to youth member, Christopher Oki, who was awarded the Grand Prize for the 2015-2016 Children's Haiku Contest sponsored by Japan Airlines. Chris is a 5<sup>th</sup> grade student at

Mid-Pacific Institute and goes to the Wellness Center with his grandmother, Gladys Yoshizawa, who is a MOA Hawaii Board member. Recently, Chris and his grandmother were volunteers at the Children's Painting Contest awards ceremony at Pearlridge Center where Chris helped to guide the children and adults to make mini-flower arrangements.



## **MOA NATURE FARMING SEMINAR**

# **Starting a Nature Garden**



*Enjoy growing vegetables through Nature Farming  
Learn the basics of Nature Farming  
Making natural compost  
Growing vegetables from seeds  
Hands-on training in demonstration garden*

Sunday, June 19, 2016

9:00 a.m. – 11:00 a.m.

Toho No Hikari Social Hall

3510 Nuuanu Pali Drive

Cost: \$20 Members; \$25 Non-members

**Please call 952-6900 by June 13 to register.**

## Nature Farming Vegetables Make People Better-Tempered

*“Being delicious has a very important meaning. That is, if vegetables are delicious, we eat a lot of them. Eating a lot of vegetables is good for health and, most of all, changes the person’s temperament—the temper of a human being. Many people in society are ill-tempered and easily get into fights and sometimes end up killing people. The foods they eat are greatly related to this problem.*

*If people continuously eat fertilizer-free rice, fertilizer toxin would have less of a chance to get into their bodies. As a result, the amount of blood contamination (spiritual clouds) would become less; and therefore, illnesses would not occur in such people. People would then become peaceful. Since the people would not prefer fighting, wars would eventually cease to exist.”*

Our Nature Farmed vegetables are fertilizer free and grown with lots of love and care. Please continue to support our farm and your health by purchasing vegetables weekly from the MOA Wellness Center.

If you are interested in starting your own Nature Garden, make sure you attend the “Starting a Nature Garden” seminar on June 19 from 10:00 a.m. at 3510 Nuuanu Pali Drive, Toho No Hikari Hawaii Church.



MOA Hawai'i  
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Honolulu, HI 96813