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MOA Wellness Center

Office Hours

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

Sat. 9:00am-1:00pm

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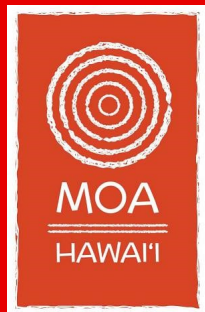
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MOA Hawai'i Newsletter

VOLUME 2, ISSUE 5

MAY 2015

Executive Director's Message

This month's theme is *Nature Farming*. The heart of Nature Farming is the soil. The following is Mokichi Okada's essay on "The Essence of Soil."

"We must first ask "what is soil?" Needless to say, it must have been provided by the Creator in order to produce grains and vegetables that are essential to the support of human life. Therefore, the essence of soil is a mystery far beyond the complete comprehension of modern materialistic science.

Essentially, the soil is composed of two elements: the spiritual and the physical elements. The physical element is the visible soil itself while the spiritual element is invisible but the primary element of the soil.

When the spirit of the fire, water, and soil melt together, it makes a certain invisible power, which I expressed as "X." This power, which is difficult to find it's appropriate name, is the basis of all creation. Therefore, if you mention fertilizer, this is the fundamental fertilizer. The soil is a physical matter, but it is saturated with the spirit of the well balanced three elements (fire, water and soil). Then, this spirit becomes thicker or thinner. When the soil is free from contamination and people pour their love and care, this spirit becomes thicker. This is the true fertilizer.

Geothermal heat is the spirit of earth—the spirit of soil. Crops grow with the help of this spirit. The physical side of this spirit of earth is the nitrogen. People collect nitrogen and use it as fertilizer, but it does not have much effect because it is only the physical side. There has to be a spiritual side. This spirit always radiate from the depth of earth whose effect is to harden the earth's crust. In the ancient time, the earth's crust was a mud-like condition; and as it was hardened through this spirit of earth, it created minerals. Depending on the amount of radiation of this spirit, there are regional differences of the hardness of the earth's crust. When rocks crack, strong spirit radiates from the crack and it becomes harder because of the strong radiation of the spirit.

Since nitrogen is the spirit of soil (spirit of earth), everything is included in the spirit. Oxygen is the spirit of fire, hydrogen is the spirit of water, and nitrogen is the spirit of soil. The nitrogen keeps spreading out from the ground and builds up in the air. Then, the rain brings it down to the ground and saturates into the soil. The repetition of this cycle gives a good amount of nitrogen to the soil. ... Phosphoric acid and potassium are both included in this spirit of earth."

MOA Hawai'i has partnered with Hawaii Nature Farms LLC to promote Nature Farming at Mililani Agricultural Park. See article on "The Birth of Hawaii Nature Farms LLC."

Beauty Through the Eyes of Our Children: The 27th Annual MOA Museum of Art Children's Painting Exhibition and Awards Ceremonies will conclude with events at the Pearlridge Center Uptown Mall from May 1-3 and at Kahala Mall from May 5-10.

To culminate the 2015 exhibits, the artwork of district winners from all islands and the travelling international winners will be displayed at the Honolulu Museum of Art Linekona Art School Gallery from May 30–June 6. There will be an artist's reception on Saturday, May 30, at 10:00 a.m. Please support our future leaders by volunteering at these events. Mahalo!

Birth of Hawaii Nature Farms LLC

By Norman Oshiro

The Hawaii Nature Farms LLC was formed on March 27, 2015 to carry on the Nature Farming vision of Mokichi Okada. Norman Oshiro, Alan Aranaydo and Lester Nakamura are the managers of the LLC. On April 1, 2015, farming operations began on 3 acres of land that we are leasing at the Mililani Agricultural Park (94-849 Lanikuhana Ave., Mililani).

The purpose of this farm is to:

1. Have a successful, financially sustainable, Nature Farming business model that will serve to inspire other organic farmers and conventional farmers to convert to Nature Farming.
2. Produce Nature Farmed food for MOA members and friends who are looking for safe and nutritious food (nutrient and spiritually dense food).
3. Provide floral materials to support the MOA Art and Culture program in their dissemination of beauty through flowers.
4. Disseminate the Nature Farming method and educate farmers and other interested persons wishing to learn more about Nature Farming.

Move a step closer to the Zuisenkyô (Health Oasis) concept that Mokichi Okada envisioned, which included a diversified production farming method that respects nature and its laws, flowering gardens, and a healing center in one location.

The first order of business is to develop healthy soil that is full of spiritual energy, has excellent physical, chemical and biological structure. To address this, we started with applying green manure crops of annual rye, crotalaria (sunn hemp), pigeon peas, black oats, buckwheat, sweet clover, alfalfa, sudan grass, lablab, cow pea, and annual peanut.

The green manure crops will suppress weeds, reduce insect pests and diseases, reduce soil erosion, enhance soil fertility, legumes fix nitrogen and improve water infiltration, add biodiversity of microorganisms to the soil, add organic matter to the soil, help bind together soil particles as granules or aggregates. A well-aggregated soil tills easily, is well aerated, and has a high water infiltration rate. Increased levels of organic matter also influence soil humus.

Prior to the green manure crops going to seed, we will incorporate them into the soil; and after allowing time for the organic material to breakdown, we will plant our vegetable crops. We are hoping to have our first harvest of vegetables for distribution in July. Please stay tuned as we will be giving you updates on our progress.



Member's 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.



My name is Taeko Teruya. Since the end of last year I felt pain in my right knee. I had a hard time getting on and off the city bus since it has steps. I shared my concern with my friend Michie Fujimoto (MOA member, volunteer of Purifying Therapy and tea ceremony at the MOA Wellness Center). Michie said, "I know where you can go to get fixed." The following day, January 30, Michie brought me to the wellness center. I actually felt nothing after my first experience of Purifying Therapy. However, the next morning, I noticed that I was pain free. I was stunned. It's been a month since my great experience and I am still pain free. I joined MOA and also obtained my Purifying Therapy pendant. I also notified my sister in Beppu, Japan, who suffers from leg pain and uses a wheelchair. My sister is now receiving Purifying Therapy in Beppu. I hope to hear good news from Beppu soon. I thank Michie for introducing me to the Okada Health and Wellness Program and the wellness center for helping me.

My name is Wanda Aranaydo. From the end of February, I felt a sharp and irritating pain in my upper gum. I was having a difficult time sleeping or relaxing due to the constant pain. In addition to receiving Purifying Therapy from my husband at home, I also went to the MOA Wellness Center for more treatment. After daily therapy, the pain disappeared gradually. In the meantime, I also received medical advice and treatment from various doctors. I hope my experience will encourage you and your family to try Purifying Therapy.



My name is Alicia Crompton. My friend suffers from illness yet she is doing so well. She invited me to her secret place. I made my first visit to the wellness center in January. I fell in love with its philosophy and practical aspects of its wellness program (energy healing, healthy diet, exercise and enjoyment of fine art). I joined the membership right away and obtained my Purifying Therapy pendant. I asked for hands-on training and was offered to come every Friday morning to train as an assistant to an experienced therapist. Since then, I have experienced many wonders. I am a registered nurse so I am knowledgeable about the human body. However, I am amazed how low-grade fever and concretions disappear or soften as the therapy is offered to those areas for several minutes. After receiving the therapy, a woman who suffers from rheumatoid arthritis, showed me that she was able to make a fist which she could not do before the therapy. I hope to continue to help others by gaining the necessary Purifying Therapy experience and more knowledge on Okada's philosophy such as the purification process and spiritual improvements.



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

MOA Nature Garden

Schedule of Activities:

The Nuuanu Nature Farming Demonstration Garden is moving forward on restructuring its layout to the Market Farming style that is being implemented in Mililani. It will increase our planting beds substantially and provide more surface area for composting mulch right among the beds.

I have been harvesting rich compost and nutrient dense vermicast from our composting program which is the only inputs to the garden other than mulch. These composted materials add needed nutrients, nitrogen and microbic communities to depleted soil. I am seeing good response in our crops from these organic, made on site amendments.

I am currently harvesting long green squash, beets, lettuce, winter squash, green beans and long beans, dino kale, green curly kale, chard, spinach and soon Red Russian kale. Eggplant, tomatoes, peppers, and fresh crop of green onions is on the way. Herbs being harvested on rotation basis are; basil, dill, mint, garlic chives and the edible flowers of nasturtium, dianthus and squash. Orange and white turmeric and ginger are being planted into the herb section.

The jaboong tree is blooming and filling the garden with its beautiful perfume. The young papaya trees are starting to fruit and in the coming months will take over from our retiring stand of, very tall, papayas, and our breadfruit is as tall as me. I am expanding the nursery to accommodate the crop needs of the Mililani farm. All in the entire garden is becoming more fertile and with the springs rain, quite lush.

Please feel free to join me in the garden on each third Sunday morning for open garden. And if spending some time with growing crops, fresh Nuuanu breezes and feeling the earth underfoot appeals to you; just let me know and we can make that happen.

Aloha, Tom Gibson (808) 284-8129



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 _____

\$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.

TYPE _____

Eat Healthy! Go Organic

By: Mai Fujii

Organic foods are gaining popularity today. There are many benefits of choosing organic foods, including safety for both the environment and living creatures by not using pesticides or chemicals. At the same time, it may be hard for many people to choose all organic foods because they are fairly expensive or even unavailable. All foods that you eat do not have to be organic. In fact, there are certain vegetables and fruits that are more likely to use pesticides/chemicals than others.

Here is a list of the top 12 fruits and vegetables with the highest level of pesticide contamination¹:

1. Nectarines (97.3 %)*
2. Celery (94.5%)*
3. Pears (94.4 %)*
4. Peaches (93.7%)*
5. Apples (91%)*
6. Cherries (91%)*
7. Strawberries (90%)*
8. Imported Grapes (86%)*
9. Spinach (83.4 %)*
10. Potatoes (79.3 %)*
11. Bell Peppers (68 %)*
12. Red Raspberries (59%)*



* Percentage of produce sampled that were found to contain pesticides

The following is a list of fruits and vegetables that contain the least amount of pesticides¹:

Asparagus, Avocados, Bananas, Broccoli, Cauliflower, Corn (however, almost all corn is genetically modified), Kiwi, Mangoes, Onions, Papaya, Pineapples, Sweet Peas

If you look at the list of fruits and vegetables found to contain the least amount of pesticides, most of them are grown locally in Hawaii (except kiwi). Instead of buying organic bananas that are grown in foreign countries, buying local bananas is cheaper, fresher and tastier!

Lastly, it is better to choose organic meats and dairy products in the U.S. today since the majority of them are mass produced and the livestock are likely to be fed feed that are full of agricultural chemicals.

Source:

¹<http://gourmetfood.about.com/od/slowfoodorganiclocal/a/organicproduce.htm>



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May 2015

"If you think you're getting a massage, you'll be sorely disappointed. Bowenwork is manual therapy." ~ Ellen Okazaki, Bowenwork Therapist

How Bowenwork Can Help You



Imagine... you have been powering through chronic back aches, only now there's pain in the hips and sometimes it shoots down the leg, making it difficult to sit or stand very long. You're in pain, you're unable to execute and enjoy your everyday activities, and you want relief!

Imagine... a therapy that turns on the relaxation switches in your body, that repairs frayed nerves, resets muscle memory and rebalances your whole self.

That therapy is Bowenwork – a painless, non-invasive form of natural healing – in which clients often report the experience of pain relief, unwinding of tension, and improvement of function and energy. A Bowenwork treatment involves light pressure, with "moves" applied to very specific points on the body, along with short rests in between moves which allow the body to enable a healing response.



Gentle pressure is applied to roll over muscles along the spine and other structures. The result is a softening of tension which allows joints to move freer without pain.



Ellen Okazaki is a certified Bowenwork therapist. She helps people overcome acute and chronic pain associated with sport and overuse injuries, postural compensations and other troubling conditions. For more information on how Bowenwork can help you, visit AmericanBowenAcademy.com or call Ellen Okazaki at 808-389-0532.

Testimonies from Clients

"Feeling good! On Saturday I felt "taller" and "looser." I was able to take a 45 minute walk without any distress in the lower back or right hip. I have had to clean before the carpet cleaners come today, and every once in awhile my hip would "complain" and ask for a stretch. Once stretched it was OK again. Thanks for your checking." ~ JK

"Thank you for making my life physically more comfortable. For too long I lived with my aches and pains. Thanks to your gentle treatment, I am more relaxed. I'll continue to rely on your treatments next year. Happy New Year!" ~ GK

"Within seconds of the first move, my back, butt, and hamstrings instantly melted. Wow! And now after two nights of uninterrupted sleep (I usually wake up several times a night with an aching back) I'm refreshed and ready to live large! Thank you!!! ©" ~ SS

Ellen has been seeing clients at the MOA Wellness Center since its opening in 2013. She is a member of MOA and has taken the Basic OPT course. She volunteers as an OPT therapist and attends the OPT Continuing Education course. We here are pleased to have her as a member of our MOA family. Thank you Ellen!

Why do you take the Qigong Exercise and Healing Class?



Exercise, of course!
~ Sus Hashimoto



To lead a more healthy
and productive life.
~ Eugene Young



For health reasons.
~ Nancy Hashimoto



Interested in personal
health and developing
internal energy.

The Qigong Exercise and Healing Class is taught by Gerri Nishida. For more information on upcoming classes, please call the MOA Wellness Center at (808) 952-6900.

Upcoming Okada Purifying Therapy (OPT) Extended Session – May 28 & 29



May 28, Thursday

9:00 to 9:30 – Doctor's Consultation
9:30 to 10:30 - Okada Purifying Therapy
10:30 to 11:00 – Flower / Tea Therapy
11:00 to 12:00 – Okada Purifying Therapy
12:00 to 1:00 - Nutritious Lunch

May 29, Friday

9:00 to 10:00 – Okada Purifying Therapy
10:00 to 10:30 - Exercise
10:30 to 11:30 – OPT / Doctor Consultation
End of Session



Okada Purifying Therapy (OPT) is a part of a wellness program which utilizes the Natural Power that both human beings and nature inherently possess to eliminate toxins and enhance the natural healing ability.



The cost for this 2-day session is \$60 and includes lunch. If you are interested in participating in the next Extended Session as an OPT therapist or participant, please call the Wellness Center at (808) 952-6900.

Upcoming Okada Purifying Therapy (OPT) Intensive Session – Saturday, May 30

9:00 to 9:30 – Doctor's Consultation
9:30 to 12:00 – Okada Purifying Therapy
12:00 to 1:00 – Lunch
1:00 to 4:00 – OPT / Doctor's Consultation

The cost for this 6 hour session is \$70 and includes lunch. If you are interested in participating in the next Intensive Session as an OPT therapist or participant, please call the Wellness Center at (808) 952-6900.

This is a simple yet very rich and delicious salad, which uses local kale and purple sweet potato (Okinawan sweet potato or Molokai purple sweet potato), that everyone would like.

Kale and Purple Sweet Potato Salad

Ingredients (4~6 serving):

1 bunch or 5 big leaves local kale
3 medium purple sweet potato
3-4 Tbsp. Vegenaïse
2 tsp. agave syrup
1-1/2 tsp. apple cider vinegar
Salt and pepper

Directions:

Bake purple sweet potato in 400°F oven for 40-45 minutes. Cut into small pieces (or mash).
Boil water; place kale in boiling water for 10 seconds, remove and drain well. Chop finely.
Mix the Vegenaïse, agave syrup, and apple cider vinegar together. **(A)**
Combine the kale, potato, and **(A)**. Mix well. Season with salt and pepper.

Shout Out for Help!

Plant donations to Hawaii Nature Farms LLC is 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
- Dogwood
- 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
- Etc.



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