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MOA Wellness Center

Office Hours

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

1st Wed 12:00-8:00pm

Sat. 9:00am-1:00pm

INSIDE THIS ISSUE:

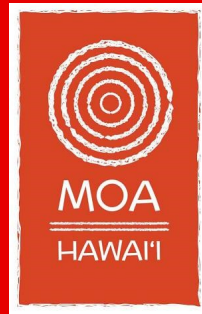
Members' Testimony

Nature Garden/Kohrinka/
Supporter

October Calendar

Japan Youth Seminar

Spinach and Zucchini Lasagna



MOA Hawai'i Newsletter

VOLUME 2, ISSUE 10

OCTOBER 2015

Executive Director's Message

Aloha,

Our theme for October is "Spiritual Development."

Mokichi Okada said, *"I think there is hardly anything that sounds as pleasant as the term 'kanji ga yoi' [pleasant]. However, when one thinks about it carefully, it is surprisingly important as far as conduct of life is concerned. That is, it has the greatest possible influence on society, not to mention individual fortune. For example, when anyone comes in contact with a pleasant person, he also begins to feel pleasant. If this continues expanding [to people]—one after another—a pleasant society will naturally come into being. Consequently, abominable problems—especially conflicts—will decrease. Along with that, crimes will also decrease, so a spiritual paradise will come into being. Moreover, not even a single penny nor a lot of trouble is required [to achieve this]. It is possible even on the spur of the moment. There probably is nothing as good as this. When I say that, one could think it is very simple; but in fact, everyone is probably aware that things do not go that smoothly.*

Meaning, that outward appearance is useless. One really must exude love and sincerity from one's heart. Therefore, it depends entirely on a person's attitude. To be more precise, a spirit of altruistic love is fundamental. ..." (April 21, 1954)

As a MOA member, we should always be a pleasant person as we serve others at the wellness center.

Norman Oshiro
Executive Director



Members' 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 toxins has manifested in our body.



Konnichiwa, my name is Jeanette Suzuki. I am an intermediate level certified therapist of Purifying Therapy. I volunteer my time to administer Purifying Therapy to several people on Tuesday and Thursday mornings at the MOA Wellness Center. My

husband, Paul, and I have been practicing the therapy for more than 60 years from the time we lived in Tokyo. My husband had several encounters with Master Mokichi Okada, the founder of MOA, in Tokyo. We are proud of our lifetime experiences with MOA and the dissemination of its programs, including healthy eating habits, non-chemical farming methods and art programs. Today, Paul and I enjoy coming to the Wellness Center not just as therapists but also as clients of Purifying Therapy, as well as helping with the Ikebana flower arrangements in all the rooms to greet and welcome everyone.

In July, my husband and I went for our regular morning swim at Ala Moana Beach. However, due to a strong wave that morning, many swimmers were drawn out to sea and were rescued. My husband was one of them. I looked for him for over an hour and finally the rescue team located him barely treading water up and down the ocean. My husband is 84 years old and he miraculously survived this incident. Thanks to Purifying Therapy and prayers by many, Paul quickly recovered. The following week, instead of being on the receiving end, he was back administering Purifying Therapy to others.

Together with Paul, I am determined to offer Purifying Therapy to as many people as possible to offer the benefits of this therapy. I hope you will visit me at the MOA Wellness Center and experience the benefits of the therapies offered.



Hi, I am Kay Higuchi. I am 89 years old. I learned about MOA and became a member in 1970. However, I did not practice the Okada Health and Wellness Program until 1990 when I became ill. Thanks to the help by the MOA members who administered Purifying Therapy to me, I overcame my illness. It's been 20 years and I am very

happy.

In March, I was a passenger in a car that was involved in a major accident, which was covered by the TV and newspaper media with pictures of the damage. Both the driver and I were blessed and were not injured. I give 100% credit to the Purifying Therapy I receive weekly at the Wellness Center to reduce my spiritual toxins and enhance my energy to prevent various sufferings.

I hope you will join me and experience the benefit of MOA's philosophies and its programs, especially Purifying Therapy.

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

Learning from a Recent Incident

Julia Keiko Matsui Higa Estrella
Member of MOA for five years

I jumped out of bed one morning without giving my brain and my eye a chance to catch up with my instinctive move to get up suddenly because I thought I was late for a meeting. I found myself losing my balance and falling forward. Fortunately, I did not hit a sharp edge ... just the floor. At first I did not think much of the fall until a few minutes later when I felt nauseated. I thought it was a 'passing' feeling but when the nausea did not go away, I started to worry. Since I don't visit doctors, it was not an option for me.

About an hour later, and still feeling nauseated, I scolded myself for not attempting to use OPT (Okada Purifying Therapy) on myself. It's funny how I'm brainwashed, like most people, to think immediately of everything except energy healing. I immediately began OPT on my brain, and what happened next really amazed me. While the energy was going to my brain, I could feel my intestines moving inside of me. Then I realized that I must have discombobulated my stomach organs in the fall because the fall was so abrupt. I also learned that our organs are so interconnected that the energy to my head area was moving the tissues in my stomach area around! In about 10-15 minutes, my nausea was gone, and I was back to normal.

I wanted to share this personal story because many seniors go to doctors or hospitals after a fall rather than using their natural arsenal of OPT, exercise, and essential oils, etc. Doctors often prescribe medication and bedrest—two things that I think can often slow down the natural healing process. Seniors can then go into a 'downward spiral'. Unfortunately, I have had a number of friends whom I lost because of this downward spiral. Exercising the body, especially after a fall, seems 'counterintuitive', but Scandinavian nurses at a rehab hospital in Oakland showed our family how 'moving' the body was essential to accelerating the healing process, especially after a stroke. Now, we can add Okada Purifying Therapy (OPT) to that immediate healing process.

MOA Nature Garden

Nuuanu Micro Urban Farm

September's weather took its toll on the garden—hot, rainy, muggy, and windy. Our banana plants were blown over and one had already started to fruit. The beans, on their metal supports, were whipped by the winds and were unable to fruit. One of the cassava plants was pulled from the ground by the strong wind. This has been a powerful weather time in the garden.

The sunn hemp cover crop did very well and the soybeans that were planted in the bushy cover crop are now doing very well. Tatsoi, bok choy and Manoa lettuce will be planted into the nitrogen fixed beds. More market farm style rows are being created and additional crops like beets, daikon, and Japanese cucumber will be planted.

Beds are being planted with mizuna so we will be harvesting many plants for the New Year. We are continuing to plant more eggplant; long green and black. More sweet basil and Japanese parsley are being planted in the herb section. Most of our kale starts were wiped out by the hot weather, but we will be planting again and getting kale back into our harvesting mix. The taro is huge and growing very well and we are waiting for the blossoming before harvesting. Very exciting!

Thank you for your continued support, especially on the third Sundays, in the garden.
We grow nature farm style food much better together.

Aloha, Tom



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 made as monthly or quarterly gifts. Donations to MOA Hawai'i are tax deductible.

MOA HAWAI'I OCTOBER 2015

MOA HAWAI'I • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
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 MWC Hours of Operation: M T Th F 9:00am–5:30pm, 1st Wed 12:00-8:00pm, 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				1	2	3
4	5	6 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	7 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Wellness Center Office Hours 12:00-8:00pm Art & Beauty Night 5:30-7:00pm MOA Board Meeting 6:30pm	8 Nakata *Kohrinka 4:30pm	9 Okazaki/Liu *Kohrinka, 6:30–8:30pm Okinawa Soul Food Café 11:30am-1:00pm	10 Takane/Kikuchi *Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
11	12 Thai Food Café 12:00-1:00pm	13 Dr. Garcia 10:00am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm	14 OHWP @ Kaneohe Community Center 8:30-10:30am	15	16	17 Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:30-11:30am Photography Class 1:00-3:00pm
18 MOA Garden Volunteer Day 9:00am-12:00pm	19 Natural Foods Café 11:30am-1:00pm	20 Dr. Garcia 10:00am-12:00pm	21 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Continuous Care Branch @ 7:00pm	22	23 Suenaga Kohrinka 9:30am-12:00pm	24 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
25	26	27 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	28 OHWP @ Kaneohe Community Center 8:30-10:30am	29 OHWP Extended Session 9:00am-1:00pm Nakata *Kohrinka 4:30pm	30 OHWP Extended Session 9:00am-12:00pm	31 OHWP Intensive Session 9:00am-4:00pm

Japan Youth Seminar in Hawaii



Twenty-one youth members from Japan visited Hawaii from September 9-13 to study how the state of Hawaii is working on its problems related to the health of its citizens and to promote Integrative Medicine. During their stay, they were able to meet with Governor David Ige, Dr. Leon Garcia, and Dr. Terry Shintani to better understand Integrative Medicine in the U.S. They experienced the Okada Health and Wellness Program at the Valley of the

Temple—Byodo-In, Pearlridge Shopping Center, and at the MOA Wellness Center; and enjoyed learning about the culture of Hawaii. Thanks to the Hawaii members for welcoming them; and to the Tomino, Aranaydo, and Mills families for sharing time with the students at their homes.

A Day With Our Japanese Student Visitors

By Dick and Danny Mills



The Mills family (Jan, Dick and Danny) had been anticipating the arrival of the Japanese students all week. We only knew that there would be 5 of them assigned to spend the afternoon with us. We wanted to be sure that our guests could experience a bit of Hawaii during their time at our home on Saturday, September 12, 2015. We

tried to provide them with meaningful activities they could share with their families back home in Japan. So, what could be better than to let them create their own custom seasoned salt as their *omiyage* to share with family and friends? You can see in the picture the variety of seasonings they had to choose from. Rain could not dampen the excited spirit of our Japanese student visitors. Sitting around assorted spices, herbs, and salts, we shared stories and questions. Our cultures mixed as the spices mixed in our mortars.

The rain fell lightly as we shared tea and ventured further up the mountain. Mud, stone, and fallen trees awaited our guests, but they ventured to the top to see the Mills' nature farm that Danny had developed. We hope they return in a few years to see the garden once the beds are fully decomposed and planted.

Our family is so happy to have shared in this experience. Seeing their excitement with our tropical flowers gave us new eyes for them. Receiving OPT, folding crane origami, and gifts they brought from Japan were so thoughtful. By far the greatest gift was seeing their smiles and meeting people with such wonderful hearts.



Chef's Corner

Spinach and Zucchini Lasagna

- 1 tbsp chopped fresh basil
- 3 cups spinach
- 15 oz part-skim ricotta
- 1 large egg
- ¼ cup freshly grated Parmesan cheese
- 4 medium zucchini, sliced ½" thick
- 16 oz part-skin mozzarella cheese, shredded
- About 3 cups pasta sauce

Instructions

1. Preheat oven to 375°.
2. In a medium bowl mix ricotta cheese, parmesan cheese and an egg. Stir well.
3. In a 9x12 casserole spread some pasta sauce on the bottom.
4. Layer 5 or 6 zucchini slices to cover.
5. Place some of the ricotta cheese mixture and top with the mozzarella cheese.
6. Repeat the layers until all your ingredients are all used up.
7. Top with sauce and mozzarella.
8. Bake 50 minutes covered and 10 minutes uncovered.
9. Let stand about 10 minutes before serving.



MOA Hawai'i
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