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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

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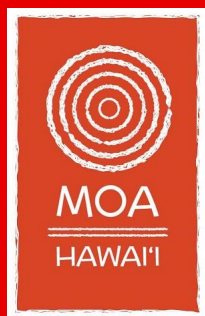
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# MOA Hawai'i Newsletter

VOLUME 2, ISSUE 9

SEPTEMBER 2015

## Executive Director's Message

Aloha,

Our theme for September is "Building Healthy Families."

By healthy families, we mean, healthy in spirit, mind and body. Mokichi Okada said, *"As for the world becoming a paradise, one would understand if one first considers the units that constitute the world. Ultimately, it is human beings. The world is an aggregate of people, who form countries. Countries are composed of cities, towns, and villages, which are made up of families; and families are made up of individuals. Therefore, if the individual who constitutes the basic unit cannot be saved, then there is no way the world can be saved. ... Both must be improved, and all individuals, families, and the world must be saved. When the individual is saved and perfected, then by extension, the entire world can be saved and perfected. Accordingly, we must begin with saving and perfecting the individual. If a single family is regarded as a model of the world, then, when that household becomes paradisiacal and is saved, it means the whole world will be saved."* (1935)

What we mean by the term 'perfection' is 'character building'—focusing on being a better person, and having an unwavering spirit that is immune to wrongdoing and temptation. The person would always be in a magnanimous frame of mind; whose daily speech and conduct would be adaptable and resourceful to respond to time, location, and situation; would not worry too much or be excessively scrupulous about anything; would be able to cope with an endless series of changes; and would respect order, dislike laziness and idleness, and love all people.

*"Although one cannot even hope for perfection in all human affairs, one's endeavors to approach that ideal, step by step, are definitely most precious and noble as a person. This kind of human being should definitely be called a person of genuine happiness who is living a meaningful life. If a world of precisely this kind of people is not Paradise on Earth, I wonder what it might be."* (1949)

By saving the person, we mean, building up people free of illnesses by utilizing the Okada Health and Wellness Program (OHWP).

Nature Farming and Natural Foods improves our health by energizing our spirit and body. According to Okada, *"The spiritual energy of foods nourishes the human spirit, and their physical components nourish the human body. However, the fundamental source of human activity lies in the repletion of spiritual energy. The strength of the body actually lies in whether spiritual energy is replete. Consequently, one ought to consume foods containing large amounts of spirit as the basis for good health. This is because eating such foods promotes vital force of the spirit; and, if vital force of the spirit increases, health and strength of the body increases."* (1935)

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### Art and Beauty

*"The fact that one visits art museums and the like or develops an interest [in art] while visiting [art museums] is, as might be expected, because such impurities are decreasing to that extent spiritually. To be more precise, one's spirit becomes pure to that extent through the effect it receives from beauty. This is an extremely indispensable matter. ... Therefore, the foremost basis of the beauty of truth, virtue, and beauty is making the interior of the human body beautiful. To be more precise, Okada Purifying Therapy is the method to purify the spirit directly. Taking in beauty from the eyes is [the method to purify the spirit] indirectly." (1953)*

### Okada Purifying Therapy

*"The aim of our organization's Purifying Therapy is not healing illnesses. Purifying Therapy is a means of producing happiness. Meaning, although we simply say 'illness', it is purification to be sure. It need hardly be said that that source is a liquidation process of clouding of the spirit. In addition, it is a process through which all sufferings of human beings are eliminated.*

*Consequently, poverty and conflicts are also manifestations of purification. This is, without exception, the illnesses, poverty, and conflicts that I talk about. However, among all purification processes, illness is the one having the most consequence because it affects life. Therefore, if only illnesses can be cleared up, poverty and conflicts will be resolved naturally. Of course, becoming that way is the basis of happiness. Accordingly, it is obvious that clouding of the spirit is really the source of unhappiness. As a consequence of that, Purifying Therapy is precisely a simple and sure method to eliminate clouding of the spirit. Therefore, as I wrote at the beginning, it is a matter of course that [the aim of] Purifying Therapy is not toward illnesses alone." (1952)*

Let's begin our practice of character building and being free of illness by participating in the Okada Health and Wellness Programs at the MOA Wellness Center as a participant or volunteer.

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 clouds has manifested in our body as toxins.



Aloha, I am Takeko Masaki. I just turned 90 last month. As a child, my son suffered from an ailment that no physicians at the time were able to help. In 1953, when Purifying Therapy was introduced to Hawaii from Japan, I jumped at it hoping to help my son. I have been an active member of MOA for over 60 years since my husband and I witnessed the miracle from Purifying Therapy for our son's illness.

As I began to age, I began to have ailments on my knees and other parts of my body, so I chose to receive Purifying Therapy weekly at the Wellness Center. Someone told me that although no one sees me running instead of using a walker, many people tell me that I am not getting older. I am happy when I hear that. I should be ailing more but I am not, and

I give 100% credit to the Okada Health and Wellness Program—including Purifying Therapy, healthy eating habits, staying positive and having a positive outlook in life, etc.

I look forward to my Tuesday session at the Wellness Center. A volunteer therapist offers an hour session of Purifying Therapy with thorough detection and makes sure that I feel better at the end of the session. Then, with a single flower arrangement that I made earlier placed on the table, I enjoy green tea served in a ceremonial style. I love the Golden Tearoom at the Wellness Center. It is so beautiful and a secret spot of mine to relax. I then take the handi-van home with a delicious organic food lunch prepared by MOA.

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

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Hi, my name is Yuko Yoshinaga. I moved from Los Angeles to Honolulu 17 months ago. I have been a member of MOA since 1958. Ever since I moved to Honolulu, I have been volunteering as a Purifying Therapy therapist on Tuesday and Thursday mornings. I was very fortunate to relocate around the time of the opening of the beautiful Wellness Center. Although I miss my fellow members of MOA Los Angeles, I am very happy here in Honolulu. Every 7 weeks, I am one of 19 volunteers who have a chance to do floral arrangements to greet people with the art of ikebana in each room of the Wellness Center, including a large arrangement at the reception area.

I have been a practitioner of the Okada Health and Wellness Program for many years; and I am fond of the MOA philosophy, in particular: *“Our objective is to develop people who are healthy in mind and body by promoting healthy eating habits and consuming foods that are good for them. We encourage people to enjoy high level art, as well as thoroughly receiving Purifying Therapy. People can benefit by volunteering for the purpose of making others happy.”*

I also like Okada’s poem: *“While still existing in this world, let us foster an eternal life of happiness.”*

To practice and implement the philosophies of MOA, I have been volunteering my time as a therapist.

I also enjoy the monthly Purifying Therapy study sessions on the “Purification Process and Flow of Toxins” together with my fellow therapists. I hope to continue my education and gain more experience with Purifying Therapy to help many people in need.

I hope to meet you at the Wellness Center and experience the wonders of Purifying Therapy together with you.

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

## Nuuanu Micro Urban Garden

Our summer weather has picked up the pace of growth in Nuuanu Valley. It is quite a challenge to keep up with the weeding. The most important task is to plant lots of crops to take advantage of this intense growing season. In addition to the leafy green and root crops you see at harvest, you will be seeing three interesting edibles soon.

### Moringa (Malunggay)

Moringa is the most nutritious plant known to man, containing 92 nutrients, 46 antioxidants, 36 anti-inflammatories, and 18 amino acids. Moringa is incredibly rich in enzymes as well. Enzymes allow chemical reactions in our bodies to take place and are critical to maintaining ideal physical and mental function. You can add Moringa leaves to soups, stews, salads, or brew a cup of tea.

### Banana

Bananas do not grow on trees. The banana plant is classified as an arborescent (tree-like) perennial herb, and the banana itself is considered a berry. Bananas are very low in saturated fat, cholesterol and sodium. Bananas are a good source of dietary fiber, vitamin C, potassium and manganese, and a very good source of vitamin B6. The Williams variety that is grown by MOA is the easiest to eat. Just peel and consume; no need to cook. They are a great snack food.

### Starfruit

Ripe Starfruit are sweet without being overwhelming as they rarely have more than 4% sugar content. They have a tart, sour undertone, and an oxalic acid odor. The taste is difficult to compare, but it has been compared to a mix of apple, pear, grape, and citrus family fruits. Starfruit is rich in antioxidants, potassium, and vitamin C; and low in sugar, sodium, and acid. It is also a potent source of both primary and secondary polyphenolic antioxidants. Starfruit contains caramboxin and oxalic acid—both substances are harmful to individuals suffering from kidney failure, kidney stones, or those receiving kidney dialysis treatment.

The third Sunday morning (September 20) is open for drop-in visits. Also, a time to meet during the week can be arranged to show you what MOA Nature Farming looks like in contemporary urban Honolulu. Contact Tom Gibson at 808-268-5355. Mahalo.

Sources:

Dr. Monica Marcu, Ph.D. (pharmacology), Pharm.D., NutritionData.Com, LiveScience.Com, Wikipedia.Org



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

**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)

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



**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 Hawaii'i are tax deductible.



# MOA HAWAII

## SEPTEMBER 2015

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)  
 MOA Wellness Center Hours of Operation: M-F 9:00am–5:30pm, Sat. 9:00am–1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive</p>	<p>FOODLAND GIVE ALOHA PROGRAM (9/1-9/30)  MOA # 78653 </p>	<p>1</p>	<p>2  MOA Wellness Center Office Hours 12:00-8:00pm  MOA Board Meeting 6:30pm</p>	<p>3</p>	<p>4</p>	<p>5  Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:30-11:30am</p>
<p>6</p>	<p>7</p>	<p>8  Dr. Garcia 10:00am-12:00pm  Iwata *Kohrinka, 9:30am-12:00pm  Shoda/Suenaga *Kohrinka, 12:30-2:30pm  Nakata *Kohrinka 6:30pm</p>	<p>9</p>	<p>10  Nakata *Kohrinka 4:30pm</p>	<p>11  Okonomiyaki Workshop 11:00am-1:00pm  Okazaki/Liu *Kohrinka, 6:30–8:30pm</p>	<p>12  Takane/Kikuchi *Kohrinka 9:30am-12:00pm  OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm</p>
<p>13</p>	<p>14  OHWP @ Pearlridge Shopping Center 8:30-10:30am  Japan Soul Comfort Food "Oden" 12:00-1:00pm</p>	<p>15  Dr. Garcia 10:00am-12:00pm</p>	<p>16  Iwamoto Continuous Care Branch @ 7:00pm</p>	<p>17</p>	<p>18</p>	<p>19  Photography Class 1:00-3:00pm</p>
<p>20  MOA Garden Volunteer Day 9:00am-12:00pm</p>	<p>21  Natural Foods Café 11:30am-1:00pm</p>	<p>22  Dr. Garcia 10:00am-12:00pm  Nakata *Kohrinka 6:30pm</p>	<p>23</p>	<p>24  Nakata *Kohrinka 4:30pm</p>	<p>25  Suenaga Kohrinka 9:30am-12:00pm</p>	<p>26  Takane/Kikuchi Kohrinka 9:30am-12:00pm  Otaguro/Tom *Kohrinka 10:00am-12:00pm  Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm</p>
<p>27</p>	<p>28  OHWP @ Pearlridge Shopping Center 8:30-10:30am  Introduction to MOA Hawaii 10:00am or 6:00pm</p>	<p>29  Dr. Garcia 10:00am-12:00pm</p>	<p>30</p>			



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



September 2015

The MOA Wellness Center is now open from 12:00–8:00 p.m. on the first Wednesday of each month. The next evening hours will be on September 2.

## **Art Exhibit**

October 7, 2015

5:00 p.m. to 7:30 p.m.

Multipurpose Room

MOA Wellness Center

Local artists will be displaying their art pieces

Organic produce from the MOA gardens

will be available for purchase

Kohrinka flower display

Organic tea sampling





The Hawaii Nature Farm LLC is located in the Mililani Agriculture Park where Meheula Parkway meets Lanikuhana Ave. We see it growing by leaps and bounds. Our vegetables and fruit trees are becoming stronger and growing in size and number every day. The crops include: mint, corn, sweet potato, peas, beans, turmeric, papaya, banana, kalamungay (moringa or malunggay), and many others. We are growing a large variety of hearty edibles and will soon be bringing them to the Wellness Center for distribution.



Our crops must be able to withstand the harsh conditions of Central Oahu. Nature Farming takes a lot of care. **We need volunteers** to help all of our vegetables and fruits along. Please call the Wellness Center at 952-6900 to volunteer. Your help is needed to ensure success on our farm.

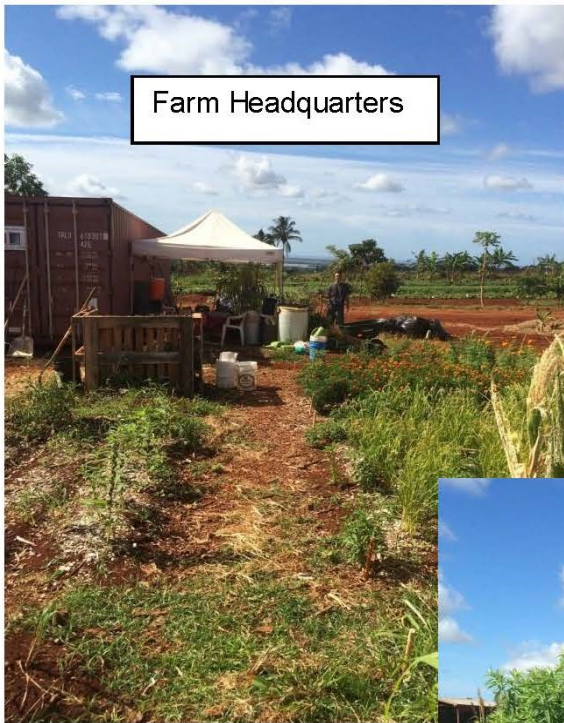


Please consider taking a drive to see Norman and Danny as they strive to produce one of the few truly Nature Farm here on Oahu and possibly the entire state. They are at the farm daily except on Sunday and Monday.

Please volunteer today!



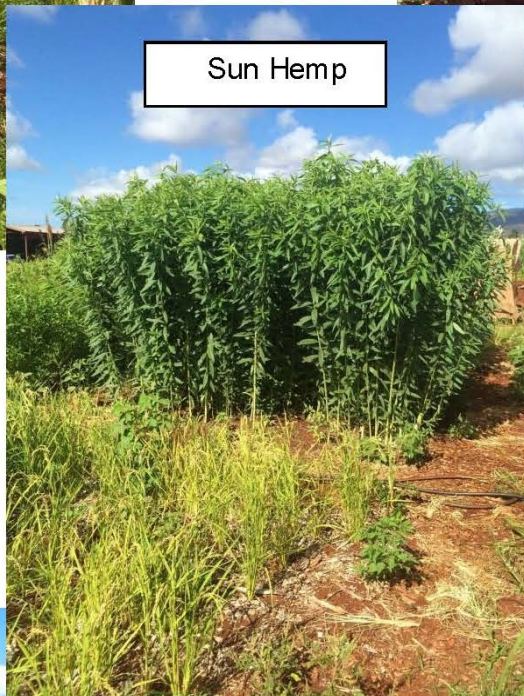




Farm Headquarters



Sweet Potato



Sun Hemp

At the Nature Farm, herbs and other vegetables grow side by side.

Bananas and papayas are growing everywhere.





# Chef's Corner

## **Carrot Cashew Pate**

By: Norman Oshiro

Ingredients (6 servings):

2 medium carrots, chopped

1 cup cashews

2 tsp fresh ginger, chopped

2 tsp soy sauce

5 tsp fresh lemon juice

4 tsp extra virgin olive oil

Salt to taste

2 Tbsp. chopped parsley or cilantro

Directions:

Blend all ingredients except the cilantro or parsley in a blender until a smooth paste forms, scraping down the sides periodically.

Add the cilantro or parsley and pulse to mix it in.



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