

MOA Hawai'i Newsletter

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INSIDE THIS ISSUE:

ED's Message

Ellen Okazaki, Bowen Therapist /
Kikuchi Commendation

Charles Curameng L.M.T. / CSA

Kohrinka / Supporter

October Calendar

Executive Director's Message

Aloha,

Our theme for October is "Spiritual Development."

Our spiritual development depends on the elimination of spiritual clouding or toxins for which OPT is one of the most effective methods. The best method to eliminate spiritual clouding or toxins is practicing the Okada Health and Wellness Program (OHWP) daily. This program includes OPT, Nature Farming and Natural Foods, and Arts and Culture.

One way to eliminate spiritual clouding is to repeatedly do good deeds to accumulate virtue. Becoming an OPT therapist is the best method to do this as every time you administer OPT to someone you are doing a great deed.

Mokichi Okada said, "The time of Heaven has come when a great turnabout must be carried out toward the progress of culture. This comes to mean that the existence of the spiritual world, which had been considered non-existent, must be clarified to humanity as that first step. Although I say that, since it is the existence of "nothing," that means is—of course—impossible to science. Then, it is the thorough exercise of a great power to the extent that humanity has never before experienced. It is the power of God.

However, modern people have been fixed in their materialistic views for a long time, so extraordinary difficulties are involved to convince them. However, there are the miracles this organization performs as a unique method. It is the OPT method" (Mokichi Okada, One World; July 4, 1951)

"The higher the level to which people's spirits rise, people's happiness and good fortune increase and pain, suffering, and sordid matters disappear because the need to purify and the accompanying pain and suffering are lessening." (Mokichi Okada, OPT and Happiness and Good Fortune; March 25, 1952)

Another way to eliminate spiritual clouding is through the Nature Farming and Natural Foods Program.

"Humans are active beings made up of both spirit and body. Thus, it is vital that our food nourish both the spirit and the body. Foods themselves also consist of spirit and physical form. Fresh foods, such as newly picked vegetables or freshly caught fish, contain a great amount of spiritual energy.

The spiritual energy of food nourishes the human spirit, and its physical component nourishes the human body. Human activity is fundamentally sustained by spiritual energy, which also determines the body's physical strength. Consequently, to maintain good health it is essential to consume foods with large amounts of spirit. Eating such foods stimulate greater activity of the spiritual being and in this way make the body stronger and healthier. And no matter how many manufactured nutritional supplements are consumed, they have virtually no power to vitalize the spiritual being. This is because the spiritual energy of manufactured foods such as nutritional supplements has been dispersed and weakened and cannot provide nourishing spiritual
(continued on page 4)

(Preferred rates for MOA Members)

Bowen Therapy: Light Touch Pain Relief for Acute and Chronic Ailments

Ellen Okazaki, Certified Bowen Therapist



Bowen Therapy is a uniquely effective technique. Don't let the light touch and gentle pressure fool you. This therapy kick starts your body into a self-healing mode to reduce areas of pain and tension. Clients typically report feeling less pain following a treatment session, along with greater freedom of movement and a return to activities that were once avoided.

Bowen Therapy is like resetting the circuit breaker switches in your body. Tension melts and muscles relax. In a Bowen session, I use my thumbs and fingers to gently stretch back and roll over areas of tension. These fine "moves" send a deep healing charge through your nerves, muscles and fascia, enabling your body to repair and rebalance itself.

It's amazing how quickly Bowen Therapy can help your body heal an acute injury. In fact, applying a gentle stretch and roll over an injured muscle will help it to heal faster than muscle that is deeply or forcefully pressed. That's why Bowen works so well on fresh sprains, muscle tears, and even concussions—because there's no added pain to bear, only healing. Bowen shortens the healing time compared to many conventional treatments. I believe this is where Bowen Therapy really shines.

Most people seek Bowen after months or years of pain. As light and gentle is the touch, Bowen reaches deep to unwind stubborn layers of restriction. Things like low back and hip pain, neck and shoulder pain, sciatica, and pain from really old accidents and sports injuries are pretty typical. Clients routinely report a renewed drive to do more. And, most are surprised by the lasting disappearance of their pain.

Bowen Therapy For Migraine, Sinus, and Tummy. The light touch of Bowen Therapy triggers a cascade of brain events—nerve signaling between tissue, spinal cord and brain—that cause vessels and airways to open up and pain sensors to calm down. Symptoms subside and disappear—headaches, dizziness, congestion, bloating, gas, cramps, nausea, indigestion and anxiety. Finally, a

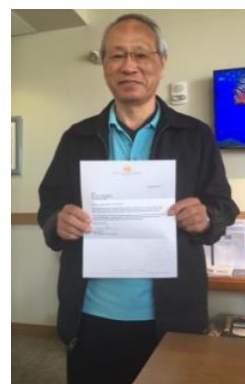
deep body-wide sense of calm and relaxation makes Bowen Therapy capable of facilitating renewed function of internal organs and systems supplied by nerves.

Over the years, I've seen how Bowen Therapy makes positive transformations in people whose lives have been altered by pain. My own, and I've had a lot - low back, hip and knee problems, head and neck injuries, tummy discomfort, to name a few - have all but disappeared since I began receiving Bowen treatments. I plan to be active for a long time both in sports and my work, so I continue to make Bowen Therapy a regular part of my fitness and wellbeing. Whether it's a brand new or long-standing condition, I'm committed to helping those who are motivated to do more, feel better, and have balance and wellness in their lives.

Ellen Okazaki, Certified Bowen Therapist

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Kikuchi Receives Letter of Commendation

Mr. Yasuo Kikuchi and his team of Windward volunteers has taken the Okada Health and Wellness Program (Bontemae tea, flowers and Purifying Therapy) to the Valley of the Temples Byodo-In in Kaneohe every 2nd Saturday of each month for many years.

They have introduced the Okada message to thousands of people and families over the years. Tourists from all over the world and locals alike have watched and enjoyed the preparation of the matcha tea at the foot of the beautiful Ko'olau mountains. Of course, Mrs. Kikuchi is a big part of this volunteer effort. She so beautifully demonstrates and serves Bontemae tea to all of the guests while Mr. Kikuchi explains the purpose of the tea experience to all the visitors.

Other MOA volunteer members prepares flowers and containers for small arrangements. The guests all enjoy creating their own miniature works of art. Still others carry out Purifying Therapy with visitors seeking relief from pain and illness.

Recently, Mr. and Mrs. Kikuchi and his team of volunteers received recognition by the Valley of the Temples director, Nancy Kreis, for the years of service and dedication to the Windward community. Thanks to all the volunteers, too numerous to mention in this article, for their continued support of our MOA outreach programs.

(Preferred rates for MOA Members)

**Charles Curameng L.M.T.
Dipl. Oriental Medicine**

Shiatsu and Traditional Japanese and Oriental Massage
Myofascial Trigger Point Therapy
Acupressure Therapy
Antin Antin Filipino Energy Therapy



When your spine is misaligned, chiropractors are there to adjust it. But what if your muscles are stiff, achy and tight and cause pain? Who adjusts your muscles? Did you know that muscles control the bones and joints in your body? There are 206 bones in the human body while there are **640 muscles!** Muscles are

constantly changing from day to day depending on our moods, energy levels, hydration, nutrition, and fitness levels. They are in need of adjusting more often than bone joints. To effectively adjust muscle length, texture and tension, your massage therapist, bodyworker or acupuncturist must understand what fascia is and how it works. Without understanding what fascia is and how to manipulate it, little can be done to create change in muscles. Charles Curameng has focused his study on creating noticeable change in muscles for 17 years.

People get massages to “relax.” The reality is that light pressure is actually stimulating. Think of the light touch of a feather and how it tickles. Deep, slow and controlled pressure can be truly relaxing. Remember when your aunty gave you a strong bear hug and how relaxing and comforting it was? The same goes for massage and bodywork. Pressure must be deep but controlled. The mind cannot fully relax if the body does not let go. Mind and body are intertwined very closely. Deep

pressure must be controlled and provide both a good feeling and feeling of pain in order to be the most effective. Good feeling of pain? Yes. It is a merging of opposites that the West doesn't fully understand. In Asia, opposites are successfully combined throughout Eastern civilization—combining of opposite tastes in food, opposite thoughts in philosophy, and opposite approaches in problem solving. The Japanese have a word for this combination of opposites in massage. The Japanese word *‘itakimochi* translated is: “feel good pain” or “pain that feels good.” The pain that should be felt should only be the pain that was already in the body but is now leaving. Not new pain introduced. Achieving *itakimochi* on an effective level takes many years to master. Charles Curameng has been focused on this idea for 17 years.

Charles was first licensed in 1999. Schooled by the Chinese, educated by the Europeans and disciplined by the Japanese, Charles can say he had the best foundation of training anyone could ask for. Now he uses his martial arts training in Filipino escrima to formulate a signature approach to bodywork based on the 12 angles of application. He first studied at the Dahan Institute of Massage, The Acupressure Institute in Berkeley and The Swedish Institute in New York. He privately studied Japanese massage/shiatsu under Byron Inafuku and with Master Wataru Ohashi at the Ohashi Institute in New York City where he also worked. Later, he came to Honolulu to study Oriental medicine with Dr. Chang at the World Medicine Institute.

Come in for a free consultation and a demonstration shiatsu and myofascial trigger point therapy session with Charles. He would love to see what he can do for you. Give us a call today!

Mahalo
Charles Curameng L.M.T. Dipl. Oriental Medicine



**Support Sustainable Agriculture
in Hawaii**

Help us bring Mokichi Okada's Nature Farming vision to light by purchasing your weekly CSA box from the MOA Wellness Center.

Cost: \$20.00 per week

Call us today for more information!



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energy. Eating plenty of fresh vegetables is infinitely wiser than resorting to such supplements.” (Mokichi Okada, True Science of Nutrition; 1935)

Finally our Arts and Culture Program helps to eliminate spiritual clouding by enjoying beauty in our daily life.

“A person whose soul has attained spiritual enlightenment is called Kakusha. Since ancient times, people have tried to reach, or tried getting others to achieve, spiritual enlightenment, usually by suffering through forms of penance and asceticism. People used extreme methods such as fasting and isolation in the mountains in their determination to become Kakusha and spiritually enlightened. Our organization advocates a new means for people to attain spiritual enlightenment while still enjoying themselves. This pleasant and never-before-seen way to improve the

soul is the completely opposite of those previously practiced.

Our organization intends to construct Paradise on Earth, quite different from the past. The Hakone Museum of Art is a part of our means to achieve a paradisiacal world as a human being’s soul is improved by enjoying art.” (Mokichi Okada, Lecture; June 15, 1952)

If you have not experienced this extraordinary power of Okada Purifying Therapy (OPT), or the power of flower therapy or eating natural foods, then you need to come to the MOA Wellness Center and experience it for yourself. Bring your friends and those suffering from all types of purification to be bathed in this remarkable healing energy of the universe.

Norman Oshiro, Co-Executive Director



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