



Hours of Operation:
Tuesday, Thursday, & Saturday 9:00 am to 5:00 pm
Wednesdays & Fridays from 9:00 am to 1:00 pm
Please call (808) 952-6900 for an appointment.

VOLUME 11, ISSUE 4

APRIL 2024

Happy April! Hope you are doing well!

Toward the ultimate goal of a New Civilization, a world of harmony of spiritual and material cultures and a world where people's security of life is guaranteed, MOA is working to assist individuals and families to live a life filled with beauty.

By increasing the number of such individuals and families, we believe we will play a great role in the Healthy Mind and Body Community Enrichment. To do so, we are currently promoting Integrative Medicine toward the creation of New Medicine together with the Healthy Life Networks centered on the MOA Wellness Center. For that purpose, we provide the Okada Health and Wellness Programs [Nature Farming, Healthy Food and Eating, Exercise, and Arts and Culture] centered on Purifying Therapy as our Spiritual Care for individuals and families.

Please feel free to let us know how we can assist you.

Thank you for your continued support for the movement to create New Medicine. If you have any question on our services and/or suggestion to improve our services, please contact Steve Ichikawa at (808) 222-2183 or stevetichikawa@gmail.com.

Getting to Know You: Meet Aromatherapist Maru Yamanaka

Hi I am Maru. I am originally from Chiba, Japan. I have lived in Hawaii since 2005.

About 25 years ago, I studied aromatherapy in Australia and obtained a Diploma. I am an internationally certification aromatherapist who is a member of IFA (International Federation of Aromatherapists), the world's largest association of aromatherapists headquartered in the UK. In Australia, I worked at a famous day spa, an acupuncture clinic, and as a private therapist for famous athletes. After that, I returned to Japan and after gaining experience as a therapist at a hotel spa, an osteopathic clinic, and a day spa, I was involved in a spa with a medicinal restaurant as the GM and head therapist from its inception. After moving to Hawaii, I worked at a luxury hotel spa, and then was able to open my own salon. I ran a massage and facial shop in Waikiki for 11 years, and when my second child was born, I sold the shop (as luck would have it, right before the pandemic). However, I feel that continuing to care for my clients is my mission and my purpose in life, so I decided to return to work mainly with existing clients. While walking my kids, I



happened to pass by MOA Wellness Center and found out that they rented out a therapy room, and I became a member the next day to be part of a center promoting Integrative Medicine for the healthy mind and body community.

MOA has a very well-equipped environment where I can concentrate on my treatments and am happy to be able to meet the needs of my clients again. Aromatherapy has been developed as a preventive medicine since ancient times, mainly in Europe. Many clients come to receive aromatherapy massages for daily maintenance, including those who feel chronic physical and mental disorders and those who want to improve their physical condition. I help my clients understand what is wrong with themselves, why they are not feeling well, and what they need right now. Also, in the United States, many people think of essential oils as a network business, but I also give lessons to convey the wonders and dangers of essential oils. I deliver aromatherapy to those who need it in a way that suits them. If we have not met, I hope we can soon.

2024 MOA Hawaii Children's Painting Awards and Exhibition

For 35 years, "Beauty Through the Eyes of Our Children" has been the running theme of the MOA Museum of Art's International Painting Contest and Exhibition. This annual contest is sponsored by MOA Hawaii and coordinated by the MOA Hawaii Arts and Culture Program Committee led by Roy Goshi-Otaguro with Brian Nakano, Phyllis Tom, and Dawn Kanno.

After several months of preparation (beginning with arts in the school room/A+ after-school programs), the kick-off in Hawaii of what was a whirlwind of award ceremonies and exhibitions began on Saturday, March 2nd at Maui's Queen Ka'ahumanu Center in Kahului. Participating elementary schools were Kamali'i, Pōmaika'i, and Waihe'e.



Maui's Best of Show winner is Allen Jerwan, entitled: "Ocean of the Sea."
Grade 3, Waihe'e School



Norman Oshiro was the MC.



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2024 MOA Hawaii Children's Painting Awards and Exhibition (continued from page 2)

On Sunday, March 10th at the 'Aiea Library, we held a well-attended exhibit of works by children from schools in the West O'ahu District ('Aiea-Pearl City, Central, 'Ewa Plain, Leeward areas).



The day before the event, Hideko Toshimi deftly arranged the showcase Kohrinka floral centerpiece. Roy Goshi-Otaguro, long-time Arts and Culture Program Manager, emceed the event.

West O'ahu Best of Show winner is Sarah Padilla, for her work entitled "Lion Dancer" Grade 6, Momilani Elementary



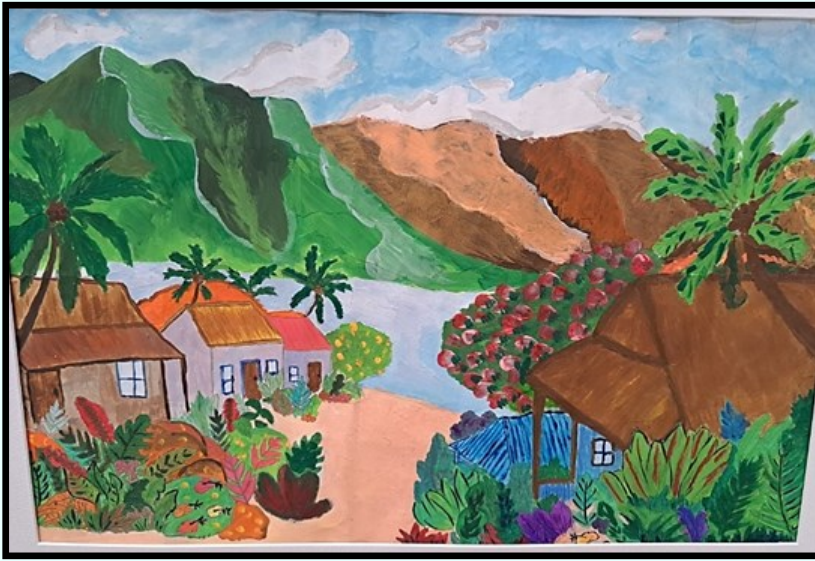
All the talented winners and their works.



(continued on page 4)

2024 MOA Hawaii Children's Painting Awards and Exhibition (continued from page 3)

Almost a week later on Saturday, March 16th, students and their loved ones attended the East O'ahu District (Moanalua, Central Honolulu to Hawaii Kai, and Windward) award ceremony and exhibit at Toho no Hikari's Social Hall in Nu'uauu.



East O'ahu Best of Show was awarded to Nainoa Manuguid, for his work, "*The Beauty of Hawaii Island.*" Grade 6, Hōkūlani Elementary. (We did not get to photograph Nainoa who was on a travel adventure.)



We were able to finely showcase the Three Enterprises of Mokichi Okada's philosophy: with story boards and displays of Purifying Therapy, Nature Farming and Natural Foods programs, and our Arts and Culture Program with a flower circle activity and Bontemae tea ceremony.



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2024 MOA Hawaii Children's Painting Awards and Exhibition (continued from page 4)

This annual event culminated in our State Exhibition at architecturally historic Honolulu Hale in Downtown Honolulu. In 2 two days of intense work the artworks of the 28 artists from each District, plus international winners (such as from Japan, Argentina, & Thailand), were set-up throughout the stunning rotunda.



Left-Eidai Tanaka. *The Phoenix*
Nagaoka Mayor's Award
Kawasaki-Higashi Elementary, Grade 6

STATE EXHIBIT: Honolulu Hale
7:45 am-4:30 pm
3/25, 3/27, & 3/28



Left-The Honolulu Mayor's Award was presented by Mayor Rick Blangiardi's representative, Ka'ili Trask O'Connell, Executive Director of the Office of Culture and Arts, to Sarah Padilla, a sixth grader at Momilani Elementary for "*Lion Dancer.*"

Right-Hökūlani Elementary 5th grader Nainoa Manuguid received the Nagaoka City (Japan) Mayor's Award for



"The Beauty of Hawaii Island."

These two **Best of Show** paintings will be submitted into the international competition at the MOA Museum of Art in Atami, Japan in January

2025. We certainly saw a lot of happy, smiling faces and very proud parents and loved ones taking lots of photos! We were pleased to be able to showcase MOA International and the MOA Museum of Art, the Nagaoka Sister City Exchange Program, and most of all our children and their individual paintings! On behalf of the coordinators of the District Children Painting Exhibitions and Award Ceremonies held on Maui and for the West and East O'ahu districts, heartfelt thanks to the many who helped behind the scenes and at the events. Your support helped put those proud smiles on their faces.

Volunteer district coordinators were, for Maui: Norman Oshiro and Lori Murakami; West O'ahu: Gale Eckerd, Hideko Toshimi, and Cynthia Okido; and East O'ahu: Frances Okazaki and Karen Takane. We all were supported by dedicated volunteers that included Joyce Masui, Debbie and Talia Goshi-Otaguro, Jeff Okazaki, Lei Sakamoto & sisters, Takemasa and Aiko Kawai, Teri June Amuro, Ranie Mulligan, Charlene Gray, Aisha Asami, Karen Takane's flower class students, and the wonderful at-the-ready MOA Network members.

The photos in this article were contributed by Lisa Takamiya, Lori Murakami, Norman Oshiro, Charlene Gray, Teri June Amuro, Frances Okazaki, Brian Nakano, Roy Goshi-Otaguro, and Gale Eckerd..

What is Purifying Therapy?

By Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager

The goal of Mokichi Okada, the founder of MOA, was to have many “Families Filled with Beauty.” His objective was to manifest a world in which people can live long lives with ease and without anxiety. To obtain that objective, he recommended that individuals respect Nature and help others in need while avoiding the increase of spiritual clouds and toxins in their bodies. For that purpose, he established Purifying Therapy.

In a general Purifying Therapy session, a therapist would assess the person’s condition—shoulder stiffness, discomfort of the lower back, etc.—through a short interview. Based on the symptoms, the therapist would determine several spots to work on to relieve the symptoms. Based on Okada’s view on human beings, the aim is to also reduce spiritual clouds from one’s spiritual body and the toxins from his/her physical body. It is also good to educate and help that person to begin living a lifestyle that tends to prevent the increase of spiritual clouds and/or toxins from entering the physical body.

In the case of shoulder stiffness, the therapist asks the individual to indicate exactly where the stiffness is. The therapist then confirms the location of any heat and/or concretions in that area. In addition, the therapist would obtain permission to do a thorough detection of concretion in other areas, which may be affecting that stiffness, such as the occipital bone (lower back edge of the skull), both sides of the neck and/or back of the shoulders (close to the neck).

Since Purifying Therapy enhances the innate ability for people to heal by reducing their spiritual clouds, it is also called the Healing Art of the Kidneys. From the time of Okada’s practice, therapists have been working to reduce toxin concretions from the back of the kidneys and lower regions of the kidneys to also encourage the enhancement of purification of the whole body.

In general, the important areas to administer Purifying Therapy are the center of the top of the head and/or between the eyebrows, left and right side of the shoulders and the kidneys. Personally, when receiving Purifying Therapy, I ask the therapist to also work on the tight areas of the occipital bone (lower back edge of the skull) and spots (both left and right) between the spine and shoulder blades.

❖Now available at the MOA Wellness Center❖

❖Healthy Food Items by Chef Nao of Healing Kitchen❖

(美味しいシェフ奈緒のHEALING KITCHEN'sサンドイッチいかがですか)

Fresh on TUESDAYS and SATURDAYS. CASH ONLY, please.

RAINBOW SANDWICH (organic veggie) - \$8 (half a sandwich)

ALL ORGANICALLY GROWN VEGETABLES: cucumber, lettuce, carrot, pickled red cabbage, sunflower sprouts, kale, roasted tomato, and macadamia nut pesto.

MAC NUT PESTO - \$6

TOFU CREAM CHEESE - \$4

CALAMANSI APPLE CIDER VINEGAR DRINK - \$6

(Please return the Mason jars, thank you!)

❖Healthy Lunches made by MOA Healthy Food Advocates❖

The following are available on Thursdays for \$8!

April 4th - Chili Con Carne

April 18th - Curry Bento

April 11th - Yakitori Chicken Bento

April 25th - Shrimp Bento

❖ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order!❖

Pick-up is on Saturday the 27th.



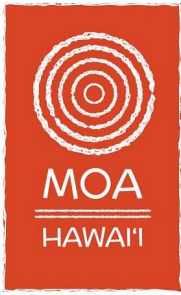
Everyone’s help is welcomed!! 4/7 Easter Egg Hunt, 4/19 OPT therapists, lunch prep helpers, & 4/21 work in the Nu’uanu garden,

Easter Egg Hunt

April 7, 2024 (Sunday)
10 am - 1 pm

Games, Potluck, Egg Decorating

RSVP to MOA
Front Desk at
(808) 952-
6900




600 Queen Street #C-2, Honolulu, HI 96813 ✧ Phone (808) 952-6900 ✧ Fax (808) 566-6911
 Email: info@moahawaii.org ✧ Website: www.moahawaii.org

APRIL 2024



HOURS by appointment only:

- Purifying Therapy (OPT) & Continuous Care on Tuesdays, Thursdays, and Saturdays: 9 am to 5 pm
- Wednesdays and Fridays: 9 am to 1 pm [Note: the last appointment taken is an hour before closing.]
- Lifestyle Improvement Program: 3rd Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 31 Wellness Ctr. Clean Up 9-12 	1	2	3 9-11 am MOA Hawaii Team Staff Meeting	4 Chili Con Carne	5 5:30 pm Okazaki / Liu Flower Class	6 1:00 pm Tea Practice (Goshi-Otaguro)
7 * 10 am - 1 pm Easter Egg Hunt! Potluck 	8	9	10	11 Yakitori Chicken Bento	12 5-7 pm Wes Oh Nature Photo Exhibition Opening Night	13 ➤*9:00 am Takane Flower Class ➤*1:00 pm Mills / Kanno Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
14	15 6:00 pm Tom Flower Class	16	17 6:30 pm MOA Board of Directors Meeting	18 Curry Bento	19 9 am-1 pm Lifestyle Improvement Program	20 ➤*10:00 am Goshi- Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
21 *9:00 am Nature Garden Volunteer Day	22	23	24	25 Shrimp Bento	26	27 1:00 pm Tea Practice (Goshi-Otaguro) Pick-up ODEN orders!
28	29	30	May 1	May 2	May 3	May 4 



“*” denotes held at Toho no Hikari, 3510 Nuuanu Pali Drive, Honolulu, HI 96817

Become a Member of the MOA Family!

E Komo Mai! As a supporter of MOA your contribution is vital to our overall development and expansion of all our outreach programs and community activities. Together we will make a difference for the welfare of society. You are also welcome to use this form to renew your yearly membership or update your information. Any questions? Connect with us at (808) 952-6900 or email at wcooperations@moahawaii.org. You may also fax this form to (808) 566-6911. To further learn who we are and what we do, visit our website at www.moahawaii.org. Membership is on a calendar basis. Donations are tax deductible.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Best phone number to reach you: _____

Email Address: _____ Would you like the newsletter emailed to you? Yes No

Membership type (choose one): Individual \$25 or Immediate Family \$50 **New** or **Renewal**

Payment: Check Enclosed, payable to *MOA Hawaii*, or

Charge my Credit Card: VISA MasterCard AMEX

Name on card: _____

Card Number: _____

Expiration Date: _____ Security Code: _____

Your Signature: _____

MOA Hawaii Board of Directors: Lester Nakamura, President; Shawn Hamada, Vice-President; Dawn Kanno, Secretary; Danny Asami, Treasurer; Members: Alan Aranaydo, Gale Eckerd, Dick Mills, Brian Nakano, and Steve Tomino.

MOA Wellness Center Staff: Takemasa Kawai, General Manager; Jody Kanemaru, Administrator; Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager; Roy Goshi-Otaguro, Arts and Culture Manager; and Aisha Asami, Natural Foods Manager. **Front Desk:** Teri June Amuro, Aisha Asami, Charlene Gray, and Laurie Ide. **Front Desk**

Volunteers: Danny Asami, Sharon Matsumoto, and Lei Sakamoto. As well as numerous others who are dedicated volunteers.

