



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 7

JULY 2024

HAPPY JULY! 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@moahawaii.org.

Getting to Know You: Meet Ellen Okazaki of BowenZone

Hello! Welcome to the BowenZone at MOA Wellness Center. I'm Ellen Okazaki and I have been part of the MOA family since 2011 when I first discovered this gem of an organization in Moiliili. I knew from the moment I stepped into the quaint little office that this was a very special place. I was invited to sit with Norman Oshiro (executive director at the time) to learn about MOA's vision and natural healing practices, a meeting that left me with a harmonious and healing connection. The rest is history...

I help people heal so they can do more, feel better, and enjoy a quality of life that gives them freedom from pain and discomfort. I am certified in Bowen and Zone therapies, two synergistic techniques that target and balance your nervous system and all cells in your body, stimulating your body's natural healing ability. BowenZone therapy is a combination of light touch and gentle moves that positively influence your spinal cord and nerves, muscle tissue and fascia, returning your body to a state of harmony and balance.

Many years ago, I received Bowen therapy and made a remarkable recovery from an agonizing frozen shoulder and it changed my life. I found Bowen therapy to be a sensible and painless alternative to surgery and medications. I wanted to share it with other sufferers like me. So, I made the biggest career jump of my life by going back to school to become a Bowen therapist. A little later I discovered the Zone technique, an amazingly effective healing method designed to balance your brain so that your body can restore itself to optimal health.

It gives me great joy to witness one's positive transformation, to see smiling faces, and to be told how my therapy makes them feel so good. The body is such a wondrous healing machine by design. In fact, a healthy body is a normal condition, and whether you've been suffering for a long time or have had a recent mishap, your body is capable of getting back in its groove.

I'm glad that MOA is promoting Integrative Medicine where Western medicine and other healthy alternatives come together toward bringing a New Medicine and a New Civilization where spiritual and physical cultures come together. If you are curious or just want to know more about how BowenZone can help you, I'd be happy to chat. In the meantime, I wish you all the best of great health!



What Is Purifying Therapy?

By Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager

From 1952, pioneer members in Hawaii began practicing Purifying Therapy to carry on Mokichi Okada's objective to build "Families Filled with Beauty" toward creating a Healthy Mind and Body Hawaii. However, with the Pandemic, since 2020, it is so sad to see the TREMENDOUS INCREASE in ILLNESS, POVERTY, and CONFLICT in Hawaii (and the rest of the world). This is a good time to study the origin of Okada's founding of our New Beginnings.

In August 1947, nearly two years after World War II ended, when Okada planned to establish an organization called *Aiwa Kai* (literally, *Love and Harmony Society*) to advance his movement, he published an article called "*Prospectus of the Love and Harmony Society (Aiwa Kai)*." Let us find out and learn the heart of Okada from his article.

"I wonder what three thousand years of human history tell us. At times, wars and natural disasters have occurred. There were also times when humanity seemed to have been reduced to hopeless states of darkness. When one surveys history objectively, one can perceive unmistakable evidence of rapid and unending progress. There is no doubt that humanity keeps advancing unceasingly toward a specific objective. In my view, that great objective is the plan of God. In short, it is the appearance of Paradise on Earth—the ideal world.

"I believe Paradise on Earth is a world where there is a complete absence of the three major misfortunes of illness, poverty, and conflict. Anyone can imagine this, but it just seems to me that one cannot help thinking about the impossibility of its realization. However, I have no doubt and believe in the possibility of its realization. I will begin by summarizing that.

"I would say that illnesses are definitely the source of the three major misfortunes of illness, poverty, and conflict. Shortages of resources and commodities are the main causes of wars. Illness is the main cause of shortages of resources and commodities. I would say that is the case for both individuals and nations. It is also an undeniable fact that deterioration of thought and poor health are also causes.

"Everyone is aware of how humanity has continued to fight desperately for thousands of years against illnesses—the source of all unhappiness and misfortune. Along with that, when I consider the fact that humanity has not even obtained the key toward the resolution of illness yet, I should say that the elimination of illness could only be regarded as an illusion of fools.

"On the other hand, an amazing major discovery has appeared here. That is Purifying Therapy, the new therapy that I created. This therapy is so extraordinary it is unbelievable; I expect that believing an explanation on paper will be difficult. There is no better means apart from personal experience and experimentation to be able to believe. However, people whose intractable illnesses have been healed, those who have witnessed such recoveries, and others will be motivated with the desire that they must learn the therapy toward achieving that very extraordinary result. You know what kind of thing this therapy is since several months after they have taken the short training course, people are able to heal patients whom physicians have given up on, including serious and intractable symptoms of the likes of chronic illnesses of over ten years. Of course, since there is no need for both medicines and machines, I would say that providing the benefits of this therapy in any remote place or undeveloped region throughout the world is also simple.

"If one visualizes a society in which this Purifying Therapy has been popularized, infectious diseases of every kind would be reduced to less than fifty percent. Tuberculosis would be reduced to less than thirty percent. I can positively state that other diseases would decrease to less than fifty percent on average. In that case, it is enough that none of the people who learn this Purifying Therapy would contract infectious diseases. Their health would improve as much as they are consistent and thorough [in their administration] after learning this Purifying Therapy. In that sense, the natural consequence would be the gradual decrease of sick people among humanity.

"The foregoing is a fact without any exaggeration at all. Such a therapy has been nonexistent in the experiences of

(Continued on page 3)

What is Purifying Therapy? (Continued from page 2)

humankind, so the various difficulties involved in the legal process are inevitable. However, in times like the present, the flood of sick people everywhere is a serious problem that cannot be disregarded for even a day. That is why I sincerely hope in the name of humanity to handle from the broad viewpoint without being bound by legal terms.

“This Love and Harmony Society is trying to start a movement to make the world into Paradise. I will begin by making individuals paradisiacal. Then, we will make towns and villages paradisiacal. After that, we will make nations paradisiacal. I will make the world paradisiacal. It will be the appearance of what we call Paradise on Earth. I expect that this will require a long period of time. However, I would be happy if I contribute—even if only a little—to the improvement of humankind through this sacred work. “The Love and Harmony Society will advance a three-part course of action—religion, healing illness, and work for the good of the public. It will not firmly establish one type of religion; one is free to practice any religion or faith.”

With AWA (love and harmony) and having the same objective as Okada and his confidence in the Therapy as our model, let us pursue being effective therapists with a profound love for making others happy.

To learn about Purifying Therapy, various classes—including in-person and/or virtual educational videos—are available to fit your needs. Please call me at (808) 222-2183 or email: stevetichikawa@gmail.com to find out how we can help you. Together, let us increase the number of people who live a healthy lifestyle and offer support to help others in need by utilizing Purifying Therapy.



Study Tour to Japan with Steve Ichikawa November 5 (Tue) – 20 (Fri), 2024 [16 days and 14 nights]

- View the BEAUTIFUL foliage season in Japan.
- Visit various arts and culture sites in Nagoya, Hamanako (Lake Hamana), and Atami in Shizuoka, Hakone in Kanagawa, Tokyo, Okinawa and Fukuoka in Kyushu—including the MOA Zones [Hakone Shinsenkyō, Atami Zuiinkyō, Tokyo and Okinawa Wellness Centers]
- Visit the Shinsenkyō garden, including the Hakone Museum of Art, which was recognized as a national Place of Scenic Beauty by the Japanese government in 2021, and is now undergoing a major 7-year exciting renovation until 2027. It attracts over 1,000 visitors a day during the month of November.
- Learn about the MOA International operations and the movement toward the Healthy Mind and Body Community Enrichment by promoting Integrative Medicine centered on the Okada Health and Wellness Program!
- Enjoy the Onsen (hot springs) and many “local” foods.

Tentative Itinerary (subject to change without notice): 11/5 Depart HNL on HA821 at 11:50AM to Narita and another flight to Nagoya at 7:50PM; (Election Day; utilize early voting by mail); 11/6 Arrive at Nagoya Airport 5:10PM; 11/7 Shopping mall (includes Workman and Don Quijote), Kirin Beer Factory; 11/8 Unagi Eel Lunch, Takigahara Nature Walk; 11/9 Hamamatsu Festival Experience, Cave Cruising; Trick Art Museum; 11/10 Ikura Salmon Roe Lunch; Kawazu Nanadaru (Seven Waterfalls) River Walk; 11/11 MOA Museum of Art in Atami and MOA Natural Foods Store; 11/12 Shinsenkyō in Hakone, Kamaboko Fishcake Museum; 11/13 Tokyo MOA Wellness Center, Free afternoon in Tokyo; 11/14 Naha, Okinawa; 11/15 Naha; 11/16 Naha MOA Wellness Center; 11/17 Oita Kyushu Bus Tour; 11/18 Fukuoka Sumo Tournament; 11/19 Fukuoka sightseeing; 11/20 Free Day in Fukuoka; Depart Fukuoka Airport on HA828 at 8:40PM; Arrive HNL at 9:25AM.

Estimated Cost: To be determined (Air ticket to be purchased by YOU; Steve will collect the cost of the hotels, majority of the meals and all entrance fees to the fun places, etc.).
IF YOU ARE FLYING ON A DIFFERENT FLIGHT OR AIRLINE, YOU WILL BE RESPONSIBLE TO MEET STEVE AND THE GROUP AT THE HOTEL IN NAGOYA ON 11/6.

NOTE: Make sure your passport is valid; yen rate is super great now at 154 yen or higher (as of April 2024).

SCHEDULE AND COST SUBJECT TO CHANGE; LIMITED SEATING



WE LOOK FORWARD TO YOUR PARTICIPATION!

If interested or for further information, contact Steve Ichikawa at (808) 222-2183
or stevetichikawa@moahawaii.org



Ikebana Workshop at Lanakila
An Arts & Culture Program Activity

Suzanne Chun Oakland of Lanakila Multi Purpose Senior Center asked MOA Hawaii to do an Ikebana workshop. With the help of Teri June Amuro, fellow instructors Phyllis Tom and Debra Goshi Otaguro, Roy Goshi Otaguro shared the "Basics of Kohrinka." Step by step he guided the 20 seniors on how to bring out the life of the flowers in their arrangements. He also shared how each flower has a mission to uplift the environment and the spirits



of anyone who sees it. It is through the hands of the arranger that the beauty of each flower is brought out, fulfilling its mission. All the seniors enjoyed the workshop.



Comment from participant Linda Uyechi:
It was a good lesson in Ikebana by a knowledgeable instructor who provided excellent flowers and shared the philosophy of the beauty of ikebana arrangements!!!



❖ Now available at the MOA Wellness Center ❖

❖ Healthy Food Items by Chef Nao Leonard 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)

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 for \$8! ❖

On Tuesdays (7/2, 9, 16, 23, 30) - Tofu Poke Bowl

On Thursdays:

July 11th - Chili

July 18th - Grilled Chicken

July 25th - Garlic Shrimp

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

Pick-up is on Saturday, July 27th.

"Boy, We Lucked Out that the Day Was Overcast!"

By Teri June Amuro, Nature Farming Program Coordinator



In spite of some strong winds and the threat of rain the day before, the day of the plant sale turned out to be cool and overcast. Surprisingly the first customer came at 8:15 am and wasn't there to look at the plants. A preview of the \$1 - \$2 grab bags brought several people out early. About 100 bags were made and the majority were sold! Wonderfully, there was an increase in the number of plant lovers this time! And although it may seem like there were still a lot of plants left, many of the recent donations were sold out. Customers were also given the opportunity to purchase bento and anchan drinks. Aisha Asami even made her popular Kim Chee!

Massage may be her primary job, but in her spare time, Linda Iwamoto creates beautiful bracelets and earrings using healing crystals. She sold these along with cards of Mokichi Okada's writings enclosed in plastic frames she designed.

I would like to thank the following people, who without their involvement, this sale wouldn't have been successful. Managing the event was Steve Ichikawa, who also cooked several dishes that sold out. Other volunteers, whether preparing the garden



for the event, donating plants, taking part at the sale or taking down the tents, include:

Charlene Gray (very enthusiastic whether selling or pulling out weeds!), Rose Togashi, Ranie Mulligan, Dick and Jan Mills, Wesley Oh and Reiko Stiver, Gale and Jeff Eckerd (who did a terrific job in making sure the tents wouldn't collapse or fly away!), Debbie Hiraoka, Lorraine Ching, Bill and Irma Choo, Steve and Claudia Akizaki-Kuwana, Ronnie and Jesse Nakata, Joyce Masui, Linda Iwamoto, Ron and Sharlene Yamauchi, Sue Connor, Frances and Jeff Okazaki, Brian Nakano, Gayle Yamami, Violet Hanada, Jennifer Terukina, Talia Goshi-Otaguro, Lei Sakamoto and her twin sisters Lisa Wall and Lori Shima, Elliott Takane (who helped carry some heavy boxes of plants), Roy and Debbie

Goshi-Otaguro, Aisha Asami, Dean and Christine Kanemaru, Steve Tomino, and Cris and Iris Takushi. If I failed to name anyone, I apologize and thank you for your involvement!

I was also happy to see that at this event many people got to renew friendships, talk story, laugh, and just have a good time! Get involved, you never know who else will be there or who will show up as customers. I am very thankful for everyone who participated at this Summer Plant Sale!

Mahalo Nui Loa!



THANK YOU
For your support

UPCOMING EVENT: Saturday, August 17, 9am to 1pm: Rummage Sale (still accepting donations till July 21st). Let us know if you would like to volunteer, call (808) 952-6900. Meet new and see old friends!

Highlighting Foodland's Give Aloha Program

Aloha Everyone!

I just want to thank everyone who has been supporting our small non-profit organization. Whether it's to help spread flowers and uplifting art into the community, receiving or giving our OPT energy healing, growing/creating meals featuring natural foods (my favorite thing); we appreciate your faith and support.

This September we will be participating in Foodland's Give Aloha campaign again. During the month of September, Maika'i members are invited to make donations up to \$249 to their favorite participating Hawaii non-profit organization at checkout. Donations to each organization are tracked, and Foodland's matching gift is divided proportionately among all participating organizations based on customer donations to the organizations. This is one of our biggest fundraisers because of the gift-matching that Foodland does. So if you were thinking of donating to us this year I ask you consider saving up your donation and waiting for September's Give Aloha campaign.



My favorite products from Foodland are their frozen dark chocolate covered bananas, French sparkling blood orange and grapefruit drink, and omiyage (souvenirs) for trips because of all the cute packaging on local Hawaii products. Let me know if you go to Foodland what your favorite products are!

by Aisha Asami, Natural Food Program Manager

A 'MOA' BETTAH WAY TO EXPERIENCE HOLISTIC HEALTH

Please see the June-August issue of *Kaka'ako Vert* magazine for an article that showcases the MOA Hawai'i Wellness Center, written by Chris Fleck with photos by Brandon Miyagi.

<https://www.oahupublications.com/magazine/vert/0624/#p=76>

2024 Dates to Remember

- ◆ August 17 Saturday, 9 am -1 pm, Rummage Sale and MORE at Toho no Hikari
- ◆ September Foodland Hawaii's Give Aloha Campaign – month-long
- ◆ September 29 Sunday, 9 am -12 noon - MOA Wellness Center clean-up
- ◆ November 3 Sunday, 9 am-1 pm, Plant Sale and MORE at Toho no Hikari
- ◆ November 5-20, 2024 MOA Hawaii Fall Tour to Japan
- ◆ December - MOA Year-end Capital Campaign Drive
- ◆ December 29 Sunday, 9 am -12 noon - MOA Wellness Center clean-up

CLOSED: 7/4 (Th), 11/28 (Th)-11/29 (Fr), 12/24 (Tu)-12/25 (Wed), 12/31 (Tu)-1/1/25 (Wed)

Note: dates and events are subject to change.

Seeking Donations



If you have any gently used or new items to donate to the August 17th Rummage Sale, please drop them off from now until Sunday, July 21st (to allow time to sort and price the items).

Toho no Hikari Church

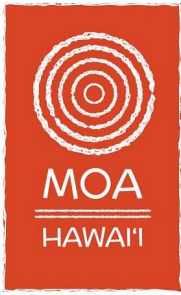
3510 Nuuanu Pali Drive, Honolulu, HI 96817

Monday through Saturdays from 10-5, except holidays.

Donation/s can be left behind the curtain of the Social Hall stage.

Please contact Teri Jue Amuro at (808) 497-8538 or Steve Ichikawa at (808) 222-2183 for more information.

[Kindly ensure that your donated items are operable. Unfortunately we cannot accept large appliances and furniture pieces, such as beds/chairs/desks.]



600 Queen Street #C-2, Honolulu, HI 96813 ✧ Phone (808) 952-6900 ✧ Fax (808) 566-6911

Email: info@moahawaii.org ✧ Website: www.moahawaii.org



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
June 30	1	2	3 9-11 am MOA Hawaii Team Staff Meeting	4 CLOSED 	5 5:30 pm Okazaki / Liu Flower Class	6 1:00 pm Tea Practice (Goshi-Otaguro)
7	8	9 Tofu Poke Bowl	10	11 Chili	12	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 Tofu Poke Bowl	17 6:30 pm MOA Board of Directors Meeting	18 Grilled Chicken	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 *Last day to donate for 8/17 Rummage Sale	22	23 Tofu Poke Bowl	24	25 Garlic Shrimp	26	27 1:00 pm Tea Practice (Goshi-Otaguro) Pick-up ODEN orders!
28	29	30 Tofu Poke Bowl	31	Aug 1	Aug 2	Aug 3

“*” 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 Program Manager; Aisha Asami, Natural Foods Program Manager, and Teri June Amuro, Nature Farming Program Coordinator.

Front Desk: Charlene Gray, Laurie Ide, Teri June Amuro, and Aisha Asami. **Front Desk Volunteers:** Danny Asami, Sharon Matsumoto, and Lei Sakamoto.

As well as numerous others who are dedicated volunteers.

