



**MOA**  
**HAWAII**

### 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 9**

**SEPTEMBER 2024**

### HAPPY SEPTEMBER! 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](mailto:stevetichikawa@moahawaii.org).

#### Getting to Know You: Meet Linda Iwamoto



Aloha! Welcome to Alana Healing Center at the MOA Wellness Center! I'm Linda Iwamoto, a Healing Practitioner at MOA since 2017. I've been a massage therapist for over 30 years, specializing in Auto & Work injury, and relieving chronic pain. I received hands-on training for 4 years in massage establishments that specialized in injury

rehabilitation before opening an office in Downtown Honolulu. Due to Covid shut-downs in 2020, I closed my downtown office on Bishop Street and see all clients at MOA Wellness Center Tuesday through Saturday.

I was introduced to MOA from another masseur who used to rent out a space from MOA. I love being at the MOA Wellness

*(Continued on page 3)*

#### PURIFYING THERAPY CERTIFICATION COURSE

By Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager

On July 20 and August 3, Takemasa "Take" Kawai, General Manager of MOA Hawai'i held a One Day Intensive Purifying Therapy Certification Course. 14 people participated to be certified as new therapists and/or recertified as therapists of either the basic or intermediate level. After studying the general principles of Purifying Therapy, they had hands-on practice.

Jody Martin said, "I was fortunate to attend the seminar in July. I didn't realize my last Purifying Therapy certification was in



2013 so I was long overdue to renew my certification and the timing of everything worked out perfectly. It

*(Continued on page 2)*

### Foodland's Give Aloha Campaign

September 1-30, 2024: Donations can be made at checkout at all Foodland, Foodland Farms, and Sack N Save stores statewide.

**Clip this out for your reference.**

**MOA's organizational code is: 78653**



## PURIFYING THERAPY CERTIFICATION COURSE (continued from page 1)

was extremely nice to be in a seminar with wonderful people and to be reminded of the importance and significance of Purifying Therapy.

“The way the course was structured was excellent. The first part of the course was a review of textbook material and PowerPoint presentation. Take then did a live demonstration. We were then able to practice Purifying Therapy with our partner and get assistance and guidance from Take. In the August study session, Okada’s teachings were referenced:

***Those who have taken the course often state the following comments: First, their view on life changed dramatically. Their wisdom deepened and they were able to grasp the true state of things. They feel that their future prospects became brighter and anxiety was eliminated. They became optimistic and have attained peace of mind for the first time. Furthermore, they mysteriously accumulated material goods, and do not suffer from any shortages. They experienced less misfortune and felt more happiness. It is truly wondrous. In my daily life, I hear and see the reports of countless numbers of such people who are filled with gratitude for being truly saved.***

I definitely feel my future prospects are brighter, my anxiety has been reduced, and I have increased optimism. Thank you!”



Shawn Hamada shared, “I already knew much of the philosophy behind Purifying Therapy that was shared by Take. However, his advice on focusing on happiness of the recipient was different for me. Turns out since the seminar, my lung issue has improved so much better. I practice with my husband with his happiness in mind in addition to focusing on symptoms, locations of key points by detecting heat and hardened areas.”



Sage Kanemaru stated, “In addition to techniques for detecting heat and concretions to locate key points to administer Purifying Therapy, Take recommended me to also focus on the happiness of the recipients, Now I have such attitude when I work on my family. I want to learn more to be an effective practitioner. I started volunteering weekly on Tuesdays at the Wellness Center.”



Chloe Kanemaru wrote, “Yes, my view on life changed for the better. It was a reminder of why Okada established Purifying Therapy and why we are still practicing it close to 100 years. I hope to improve my attitude and skills so that I can make people happy.”

Note: Sage and Chloe have relatives on both sides of their family who, from decades back, have been actively carrying out Mokichi Okada’s Mission.

With AIWA (*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.

Center because of the wonderful people, cleanliness of the facility, and all the wonderful products, food, and services provided there.

Prior to becoming a Healing Practitioner, I pursued a career as a Fiber Artist after returning to Honolulu from California College of the Arts in Northern California. I exhibited my artwork in Northern California, British Columbia, and Hawaii and sold jewelry at local craft fairs and stores.

I never imagined I would pursue a career in the Healing Arts but life circumstances directed me to find a Reiki class after Reiki helped a kitten I adopted in 1989. My kitten stopped eating food and drinking liquids over the Thanksgiving weekend. Back then, veterinarian offices were closed on major holidays. My cousin who was a Reiki practitioner provided about 30 minutes of Reiki to my kitten and a few hours later, my kitten started to eat and drink her food. I was very interested in becoming a Reiki practitioner. I found a Reiki class at the Honolulu School of Massage and when I looked at the brochure, the Massage Program struck a chord within me.

After receiving my massage license, I continued to take other Healing classes to expand my services. Life as a "healer" was so gratifying, I gave up pursuing my art career in 1991. My creativity has been active on a small scale with Healing Bracelets & Earrings, flower bouquets, and Mokichi Okada poem cards and plaques that I design and sell at MOA.

In addition to Medical Massage, I provide Hypnotherapy, Healing Meditation, Life Journey Sessions, SKY Sessions, Crystal Healing, Past Life Therapy, Massage & Energy Healing for Animals and Distance Healing.

Wishing you all the best as we all move forward towards the ultimate goal of a New Civilization, World of Harmony & New Medicine. I am glad MOA is promoting Integrative Medicine to help individuals and families toward that goal.

For more information, go to [alanahealingcenter.com](http://alanahealingcenter.com) or contact Linda at 808.673.6270.

### **Thank You so much for supporting our Rummage Sale!!!**



**On Saturday, August 17<sup>th</sup>, a crowd of people eager for great bargains converged upon the Toho no Hikari Social Hall in Nu'uauu.**

**As usual, the sale had everything you could imagine—from furniture to key chains**



**to shoes to motors to yummy foods (a variety of bento, musubi, desserts...). Lots of beautiful dishes, vases, designer handbags. Clothes on the table went for a dollar a piece—what a steal (and extra cool when you could snag a designer brand like RL Polo)!!!**

Photos: Laurie Ide (lower right corner of top pic) & Teri June (standing at left in the top right photo), along with Charlene Gray (not captured) worked hard for MANY months to organize this sale. The helpers came out in force to man the different areas such as check-out/cashier above (Carol Aquino, Brian Nakano, & Roy Goshi-Otaguro), and food and key chain/jewelry tables. We had special help from two visitors from Japan, Koharu Tanikawa and Emiko Abe (pictured at right with MOA Hawaii Operations Manager Steve Ichikawa & Jennifer Terukina), who are the grandchildren of Mr. Shinsaku Igarashi, the former head of



Hawaii operations in the late '90s. These two young ladies will be here for a while to do service in any way they can, such as assisting in the Purifying Therapy sessions.

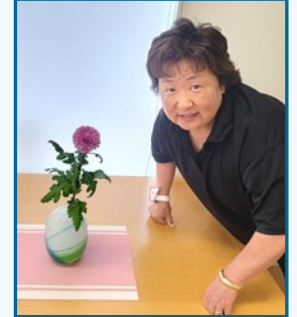


### Reunion of Hawaii Nakata 'Ohana and Hokkaido Staff and Members

On July 12th, Ronald and Jessie Nakata returned to visit the MOA Wellness Center in Sapporo, Hokkaido. Mr. Shinsaku Igarashi was a head of MOA Hokkaido while he also served as head of MOA Hawaii from 1997 to 2003. In those six years, many Hokkaido staff and members visited Hawaii to assist in widening our operations. Many of them, including Messrs. Igarashi, Fujii, Ichijo, Otsuka, and Kamada, were present to welcome the Nakata/Hamada/Kanno/Anna Kim 'Ohana and Steve Ichikawa. Mr. Igarashi said that he chose to keep the local numbers low to keep from disturbing the study session held for the Hawaii group. The group enjoyed a healthy meal of fried fish with lots of fresh vegetables, rice, and miso soup with a variety of fresh vegetables. This was followed by a tour of the beautiful facility (known as Sapporo Art Hall and Purifying Therapy) and they enjoyed Single Floral and Matcha Tea therapies. Matcha was served in the tatami floor teahouse by a Master dressed in kimono. It was a fantastic visit that confirmed our bond with the members of Hokkaido.



Kalen Hamada and



Anna Kim.

### ANOTHER SUCCESSFUL KAGAWA "DANCING" UDON-MAKING CLASS

On August 10th, Dawn Kanno, MOA Healthy Food Advocate, conducted her third udon-making Seminar. This time, her daughter Darian helped her conduct the class in which 10 people participated. For nine of them, this was their first visit to the MOA Wellness Center.

One participant said that, "I like Japanese noodles like udon, ramen, or soba. I have never made any of them. It was so much fun. I will be making the soup and feed my family with the udon I have made."

"It was good to learn how to make my very own udon using organic ingredients. I learned about the MOA Wellness Center as a location to promote Integrative Medicine to care for people who are sick and also about preventive medicine that includes healthy food seminar like today's."



Dawn Kanno and Steve Ichikawa are now thinking of using TOFU for a cooking class in the near future.

## Rest in Peace and Love

### Thelma Molina



was a member of the Nu'uaniu Health Life Network with the Kanemaru, Okazaki, and Tam Sing Branches in the '90s and early 2000s. She was not a leader in the network but always offered behind-the-scenes help. One time when a member's 1 year old son was hospitalized for over a month and had many daily visitors to offer him Purifying Therapy, instead of offering Purifying Therapy, Thelma went to the hospital administration and told them that she would pay for the baby's medical fees. After the hospital summoned the member, Thelma did not have to pay in the end but her different kind of way to offer help to those in need touched the member's heart. Was Thelma close to the member? Surprisingly, the answer is NO.

When asked why she offered to pay the medical bill, she just told them that she liked them a lot. In visible AND nonvisible ways, she must have touched so many lives for the better. On July 8th Thelma passed away at the age of 98.

### Ethel Ujiie

was a member on the beautiful island of Maui. In the 1970s she visited Okada's sacred grounds in Hakone and Atami. In Tokyo, the night before she was to return to Maui, while showering she began bleeding from her breast for an extended time. Later she was told that her breast cancer has been cured. She shared her opinion that by visiting the prototypes of paradise on earth in Hakone and Atami, which Okada had created, reduced and expelled the toxins in her body. She peacefully passed away on July 20<sup>th</sup> at the age of 96.



**Deepest condolences to their families and may they rest in PEACE.**

### Looking for Purifying Therapy Volunteers!

By Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager

We would like to bring back the practice of having volunteer therapists work together with a Lead Therapist in administering Purifying Therapy at the Wellness Center and are currently looking for Basic and/or Intermediate level certified therapists to volunteer on Tuesdays and Thursdays mornings.

Please let Steve Ichikawa know:

- ◆ If you are interested in volunteering on Tuesday, Thursday mornings, or ,
- ◆ If you are interested in volunteering on other days and times.
- ◆ If you want to become a certified therapist and volunteer at the Wellness Center

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@moahawaii.org](mailto:stevetichikawa@moahawaii.org) to find out how we can help you (help us).

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.

### ❖ 'Ono Offerings 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 - Tofu Poke Bowl

On Thursdays: Sept. 5th - Roast Pork with Gravy

Sept. 12th - Grilled Chicken

Sept. 19th - Garlic Shrimp

Sept. 26th - TBA

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

Pick-up is on Saturday, September 28th.

**Note: menus and availability can be subject to change without notice.**

## Nature Garden Volunteer Day, Sunday Sept. 15th Every 3rd Sunday from 9 am.

Both organic and MOA Nature Farming methods do not use pesticides and chemicals (fertilizers). Organic farming adds organic compost and nutrients constantly to produce healthy vegetables and fruits. The MOA Nature Farm Methods respect the soil and believe in the inherent power of the soil to produce and develop robustly on its own. Today, "organic" items are more easily obtained now at many locations. Even at the hospital, you can request fresh salad and brown rice. Who could have foreseen this happening? Actually, our MOA pioneers from 1950s did!

Every third Sunday at the MOA Nature Garden in Nu'uaniu, volunteers come out to work with our Nature Farm Program Coordinator Teri June Amuro. If you are interested in seeing what they do and/or want to volunteer, please contact Teri at (808) 497-8538.

### *Aisha's Summer Treat*



Thank you to everyone who attended the koji class and/or purchased bento. One of the recipes that impressed me the most when I made my koji-themed menu was this simple Shoyu Corn Rice recipe which is a perfect remedy for the hot summer season (which I am still feeling in September).



Ingredients: 2 rice cooker cups (=1½ cups) of rice 2 cups frozen corn 4 tsp. sake  
4 tsp. shoyu or shoyu koji 1 tsp. salt 1½ cups water A pat of butter (optional)

Directions: First, wash the rice (ok in the rice cooker pot), then add the water, shoyu (or koji), sake, and salt. Mix well. Let this sit for 30 minutes, then add the frozen corn on top without mixing it in. Cook the mixture the way you normally cook your rice. When it is done, let it sit for 15 minutes, then mix everything together. Add the pat of butter on top, serve, and enjoy!

Serves about 4.

Cheers! Aisha Asami, Natural Foods Program Manager



### MOA Wellness Center Clean Up Day

Sunday, September 29th from 9 am to 12 noon  
Calling on all MOA Members, we would truly appreciate your help  
cleaning up the Wellness Center.  
Many hands make short work.

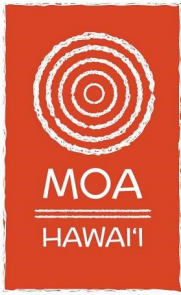
**Correction!** In the July 2024 issue, Getting to Know You: Meet Darian Kanno, page 2, 2nd paragraph, Darian's father's name is **Darryl Kanno**. We apologize for this oversight!

#### **2024 Dates to Remember**

- ◆ 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: 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.



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**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: 3<sup>rd</sup> Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> ➤*10 am-1 pm Kohrinka Instructors Meeting ➤ Foodland's Give Aloha starts today & runs thru 9/30. 	<b>2</b> 	<b>3</b> Tofu Poke Bowl	<b>4</b> ➤9-11 am MOA Hawaii Team Staff Meeting ➤6 pm Reception for Daven Kanno Photography Exhibit	<b>5</b> 5 pm MOA Hawaii Executive Meeting  Roast Pork with Gravy	<b>6</b> 5:30 pm Okazaki / Liu Flower Class	<b>7</b> 1:00 pm Tea Practice (Goshi-Otaguro)
From 8/30 Photography by Daven Kanno, MOA Wellness Ctr. Gallery						
<b>8</b>	<b>9</b>	<b>10</b> Tofu Poke Bowl	<b>11</b> 6:30 pm MOA Board of Directors Meeting	<b>12</b> Grilled Chicken	<b>13</b>	<b>14</b> ➤*9:00 am Takane Flower Class ➤*1:00 pm Mills / Kanno Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
<b>15</b> *9:00 am Nature Garden Volunteer Day	<b>16</b> 6:00 pm Tom Flower Class	<b>17</b> Tofu Poke Bowl	<b>18</b>	<b>19</b> Garlic Shrimp	<b>20</b> 9 am-1 pm Lifestyle Improvement Program	<b>21</b> ➤*10:00 am Goshi-Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
<b>22</b>	<b>23</b>	<b>24</b> Tofu Poke Bowl	<b>25</b>	<b>26</b> Lunch—TBA	<b>27</b>	<b>28</b> 1:00 pm Tea Practice (Goshi-Otaguro)  Pick-up <b>ODEN</b> orders!
<b>29</b> 9am -12N 	<b>30</b> Last day for  Campaign!	<b>Oct. 1</b>	<b>Oct. 2</b>	<b>Oct. 3</b>	<b>Oct. 4</b>	<b>Oct. 5</b>

“\*” 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](mailto: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](http://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.

