



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.

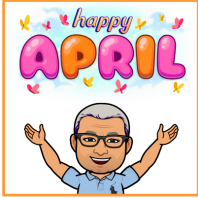
600 Queen Street, Suite C-2, Honolulu, HI 96813



VOLUME 12, ISSUE 4

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SPRING TIDINGS! 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 Lifestyle Care for individuals and families.

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

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. 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.

MOA Happenings!

Getting to Know You: The Ladao Family



Maria, Fred, and Cecilia Ladao are enthusiastic about the MOA programs.

Let's meet Maria, Fred, and Cecilia Ladao, three of MOA's newest practitioners of the Okada Health and Wellness Program!

The Ladao family discovered MOA through a series of happy accidents. Maria was searching for a way to relieve the constant discomfort she felt in her body. She was unsatisfied with her visits to the chiropractor and wanted a permanent solution for her lower back pain.

Coincidentally, while waiting for the traffic signal to change at the intersection of Queen & South streets, Maria would often ask herself, "What is that MOA Center?" Initially mistaking the clinic for a beauty salon, she searched online for information about the organization. She was surprised to discover that the building she had passed by so many times on her afternoon commute was a WELLNESS center. Maria explored the MOA Hawaii website and was impressed by its founder Mokichi Okada's mission to promote the happiness of others. She was particularly interested in the practice of MOA Kohrinka flower arranging as a means of cultivating beauty in one's daily life.

When Maria called to inquire about flower arranging classes, she was again surprised to learn that MOA offers an energy-based natural healing method called Purifying Therapy. Since she had been dealing with chronic pain, she figured she would give

(continued on page 5)



Plant Sale and MORE! Coming in June!

Let's Become Sustainable and Grow Our Own Vegetables!

Aloha, Plant Lovers!

Our bi-annual plant sale will happen on Sunday, June 1st from 9 am to 1 pm at Toho no Hikari, 3510 Nu'uuanu Pali Drive. Plants for sale include tropicals, succulents, palms, air plants, and vegetable starters. Empty barrels with covers (that can be used for composting) will also be for sale. The available plants and barrels are priced to sell = good deals!

This year, besides finding new homes for a variety of plants, 5 members of our Youth Group are planning to raise funds for an MOA study trip to Japan in June to study Mokichi Okada's models of paradise. They will tour Shinsenkyô (the garden Okada constructed), improve their OPT and flower arranging skills at the Tokyo Wellness Center, and get their hands dirty at the Ohito property for Nature Farming and agricultural research. We hope that

(continued on page 4)



Mokichi Okada's Teachings

from MOA International Arts and Culture Therapy booklet

Cultivating a Sound Mind and Body (Page 13):

The influence of beauty on people must not be underestimated. Beauty brings profound joy to the heart. Without our being aware of it, it gradually elevates our character and breeds feelings of tranquility and goodwill. This is confirmed by observing nature. First, there is the beauty of mountains and rivers. The beauty of the scenery that we witness when we take occasional seasonal vacations washes away the usual mental grime and restores our vitality. It fosters a cheerful psychology and enriches our understanding of local history. Every town, every village, every corner of the earth is replete with the things that bring us happiness—the green of the forests, the color of flowers, the songs of birds, butterflies that dance on the meadow in spring, and the emotional chorus of the cicadas in autumn. When we look up at the heavens, the radiance of sun, moon, stars, and planets evoke a sense of timelessness in our hearts.

Education in the Arts (Pages 25-26):

My plan is for people to unknowingly elevate their spirituality while simply enjoying art without engaging in any reasoning. That is the way of true education, including art education. Conventional education is misguided. While enjoying learning, children can develop their character.

One of my current plans involves the edification of the human heart through encountering beauty. Of course, academic education is necessary...but all my experience to date has clearly shown me that it's difficult to cultivate or elevate a person through such studies alone. That is why I decided to make it my goal to edify the hearts of people through beauty. This is an idea that has not been attempted until now.

We need to promote aesthetic education in a big way from now on within the modern education system. This will also help to cultivate a desire for peace. Aesthetic ideals are part of every culture in the world and I foresee the day when it will become common practice for countries to lend artwork to each other.

More MOA Happenings!

MOA HAWAII CHILDREN'S PAINTING CONTEST STATE EXHIBIT, March 8-9, 2025

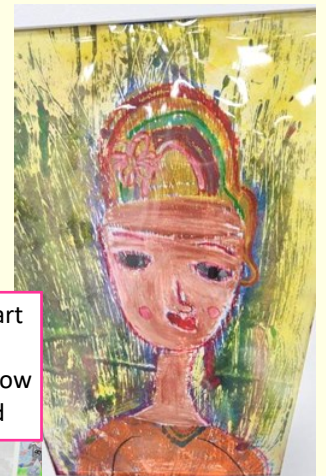
When word came through that we had approval to participate in the Honolulu Festival at the Hawai'i Convention Center, we did not have much time to work out the details (including how to display the works without having any walls to hang them on), much less time to gather, judge, and prepare the juried selections for the exhibit. Hours of pure dedication, sweat, and a few tears of frustration later and the exhibit went on. Here is a visual of just a bit of what visitors saw. Many of whom were proud families with their artistically talented child/sibling/grandchild! [Please excuse the quality of the photos, we tried hard to avoid the Center's light reflections.]



Sailing, Makaira Pollock
'Āina Haina Elementary, Grade 5. Honolulu Mayor's Award,
Best of Show – East Oahu/Windward



The Rainbow Hat, Serena Calizo with her art teachers, Debbie & Roy Goshi-Otaguro,
Momilani Elementary, Grade 1. Best of Show
– West Oahu and Nagaoka Mayor's Award



Ma Ka Wao Akua, Kemakani Roros
Kula Kaiapuni o Maui ma Pā'ia,
Grade 5, Best of Show - Maui



Scan this
QR Code for
the Exhibition
program.



(Continued on page 6)

Getting to Know You: the Ladao Family *(continued from page 1)*

Purifying Therapy a try and booked her first appointment in August 2024. Since then, Maria and her husband Fred have seen remarkable results as weekly patients at the clinic. Maria's physical condition has improved significantly, and she can now identify the toxin concretions that are the source of her pain. Through receiving Purifying Therapy, Fred was able to resolve longstanding digestive issues and noticed an increase in his energy levels.

Their daughter, Cecilia, is a registered nurse and healthy food advocate living in San Francisco. During her brief vacations in Hawaii, Cecilia joins her parents for Purifying Therapy sessions. In February, she shared that the chronic headaches she used to suffer from disappeared after her first visit to the clinic in September. As an aspiring medical practitioner with a strong interest in whole foods and lifestyle improvement, Cecilia is excited to work alongside MOA Hawaii toward a shared goal of transforming patient outcomes with integrative medicine.

Maria and Cecilia completed Takemasa Kawai's Purifying Therapy Basic Certification Course and earned their MOA pendants in October and December, respectively. Now, Maria regularly administers Purifying Therapy to her husband, and Cecilia has been eager to share her positive experiences with her friends and colleagues. Maria shared that she and her husband enjoy attending monthly flower classes with instructor Phyllis Tom because they feel that the MOA method promotes happiness, creativity, and oneness with nature. As Maria added, Take, Steve Ichikawa, Christine Kanemaru, Sage Kanemaru, and Chieko Nitta, as well as other incredible individuals, are dedicated therapists of Purifying Therapy to helping others in a noble MOA cause with their unwavering passion and commitment. We hope that the Ladao family will continue to see wonderful results and that their story will help to enrich and inspire the broader MOA community!



MOA HAWAII

MOA provides the Okada Health and Wellness Program at the Wellness Center centered on Purifying Therapy as our Lifestyle Care for individuals and families. With your help, we shall promote Integrative Medicine—a new kind of medicine—with Caring Support for everyone.

2025 Key Dates to Remember

(subject to change; refer to the MOA monthly newsletter and calendar)

March 30	Sunday	9am-12N	MOA Wellness Center Clean-up [Need HELP that day]
March 30	Sunday	10am-2pm	Windward and East Honolulu Districts Children's Painting Contest Exhibits at Toho no Hikari, 3510 Nu'uuanu Pali Drive, Honolulu [Need HELP prior to & on that day]*
April 6	Sunday	10am-2pm	West and Central Oahu Districts Children's Painting Contest Exhibit at Leeward Community College, 96-045 Ala 'Ike St., Pearl City [*]
April 10-24			Study Tour to Japan (15 days/13 nights)
April 19	Saturday	10am-2pm	Maui District Children's Painting Contest Exhibit at Queen Ka'ahumanu Center, 275 West Ka'ahumanu Avenue, Kahului, Maui
May			Mother's Day Flower Arrangement Orders
June 1	Sunday	9am-1pm	MOA Plant Sale & MORE at Toho No Hikari (Nature Garden) [*]
June 1	Sunday	9:00 am	Arts and Culture Instructors Meeting
July 3-17			Study Tour to Japan (15 days/13 nights)
August 2	Saturday	9am-1pm	MOA Rummage Sale at Toho No Hikari (Social Hall) [*]
September 1-30	Mon-Tues		Foodland Give Aloha Campaign (MOA Code - 78563)
September 7	Sunday	9:00 am	Arts and Culture Instructors Meeting
November 2	Sunday	9am-1 pm	MOA Plant Sale and MORE at Toho No Hikari (Nature Garden) [*]
November 4-18			Study Tour to Japan (15 days/13 nights)
December 1-31			MOA Year-end Donation Campaign
December 7	Sunday	9:00 am	Arts and Culture Instructors Meeting
December 30	Tuesday		End of the Year \$5 Soba (One free order for anyone who helped the MOA cause in 2025; RSVP required)
December			Holiday Flower Arrangement Orders

More MOA Happenings!

Plant Sale and MORE! Coming in June! *(continued from page 1)*

the youths will bond through this shared learning experience and emerge as strong therapists and leaders for the younger MOA generation. As veterans of Steve Ichikawa's tours well know, witnessing the prototypes that Okada established firsthand is a priceless experience. These youths will be having a CAR WASH (\$15/sedans and \$18 for trucks/vans). Come on down to the Plant Sale and show your support for our future MOA leaders by getting your cars washed, which in turn donates to their cause!

While finding that perfect plant and flower for your yard and home, this day is also an opportunity to make new friends, talk story, eat 'ono grindz* from our food tent, and enjoy time under the sun for some vitamin D. You can even opt to receive a 10-minute chair massage from Dustin Ebesu for \$10! Dustin will also be offering special massage gift certificates: 1 hour for \$60 (regular price is \$70/hour in office; \$80/hour at your residence). The certificates will only be available at the Plant Sale

* goodies may include cookies, bento, brownies, prune mui, and sushi bowls.

We are currently seeking donations of new/well-loved garden hand tools (sickles, pruners, trowels, hand rakes, weeder) and lawn rakes, and unwanted plants. If you have any of these items, please either take them to the MOA Wellness Center (600 Queen Street) or to Toho No Hikari (3510 Nuuanu Pali Dr). If you require assistance, please call 808-952-6900 and arrangements can be made for someone to pick them up. Please come on down to the Plant Sale! We invite everyone to our sale, so please spread the word. And show your support for our youths, by donating to their cause. You'll be leaving with a wonderful stash of plants, a full tummy, and a sparkling clean car!



Mahalo for your time!

The Plant Sale Committee Co-chairs

Teri June Amuro, Charlene Gray, & Laurie Ide

❖'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, Thursdays, and Saturdays. **CASH ONLY, please.**

RAINBOW SANDWICH-\$8 (half a sandwich) ALL ORGANICALLY GROWN VEGETABLES: cucumber, lettuce, carrot, pickled red cabbage, sunflower sprouts, kale, roasted tomato, and macadamia nut pesto.

BIG RAINBOW SALAD (HALF)-\$8 **MAC NUT PESTO-\$6** **ORGANIC (FREE RANGE) EGG SANDWICH-\$5**
KINAKO BLISS BALL-\$5 **TOFU CREAM CHEESE-\$4**

ORGANIC JUICE APPLE CIDER VINEGAR (ACV) DRINK (HIBISCUS OR LILIKOI)-\$6

ORGANIC COLD PRESSED JUICE-\$9 **CALAMANSI APPLE CIDER VINEGAR DRINK-\$6**

FRESH ORANGE JUICE-\$3 **SANNEN BANCHA TEA-\$3** **NONI w/ACV CALAMANSI SHOT-\$3**

(Please return the Mason jars, thank you!)

❖Healthy Lunches made by MOA Healthy Food Advocates!❖

On Tuesdays - \$6 Tofu Poke Bowl

\$8 Thursdays: Apr. 3rd-Grilled Chicken

Apr. 10th-Garlic Shrimp

Apr. 17th-Fish

Apr. 24th-Tofu Stir-fry

❖ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Sat. 4/26.❖

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

Did you know that you can learn more about Purifying Therapy on YouTube?

A three-part video series on Purifying Therapy:

I: <https://www.youtube.com/watch?v=JKm1E9xGVhQ&t=4s>

II: <https://www.youtube.com/watch?v=mfOElvCXNRE>

III: <https://www.youtube.com/watch?v=DgK1W5nzVLg>

2025 Special Arts and Culture Study Tours to Japan with Steve Ichikawa

(as of March 1, 2025 – subject to change without notice)

It's FUN; it's ENTERTAINING; it's AMAZING; AND MEMORABLE. It's the lowest cost in town! Over 20 people have participated in more than three tours with Steve; and there are some who participate every year or on every tour! Repeaters WELCOME; any AGE is WELCOME.

In aiming to create a New Civilization as our ultimate goal, where humanity does not face stress over illness and conflict (including wars), this tour hopes to improve the mind and body health of individuals by actively providing Integrative Medicine (new kind of medicine; caring medicine) through experiencing the Okada Health and Wellness Program, quality time together, the beauty of Japan, fine arts and culture, HOT SPRINGS, Japan's famous *omotenashi* (hospitality), and EXCELLENT FOOD.

Jennifer Terukina, who is overcoming various issues and has participated on all five tours since November 2022, stated, "After my conversation with Steve regarding life-changing events, I started thinking about his trips and how they changed my life. He reopened up the world of travel to me when I thought it was no longer possible. I've met wonderful people while on the trips and have had many amazing adventures. I've become more involved with MOA and its superb programs. I'm healthier and very thankful."



July 3 - July 17 (15 days/13 nights) - Beautiful Hokkaido

Visit the Shinsenyō garden (National Place of Scenic Beauty) and the Hakone Museum of Art in Hakone and the MOA Museum of Art in Atami (in 2023, the Museum was chosen as the "too beautiful art spot" on TikTok by 180,000 young people in Japan). In addition to viewing the fine arts collected by Okada (loved by all ages) we'll visit/see/experience many other locations: *Hakodate, Noboribetsu, Hell Valley, Bear Park, Hokkaido Art Hall (Sapporo Wellness Center), (dress up in kimono for a photo at the Edo Museum, Toya Lake, fireworks, Mount Usu, Silo Observatory, Ice Pavilion with its coldest temperatures, Blue Pond, Patchwork Hills, Tomita Farm, Sapporo Beer Factory or Nikka Whisky Brewery, etc. Enjoy a ceramic experience in Asahikawa and the fantastic seafood. Optional: attend a baseball game at Escon Field (Nippon Ham Fighters against Osaka Orix Buffaloes), visit Otaru and the Music Box Museum, etc.*

Nov 4 - Nov 18 (15 days/13 nights) – Beautiful Toyama, Niigata, Gunma and Osaka

Visit, in Hakone, the Shinsenyō garden (National Place of Scenic Beauty with the amazing fall colors of the maple trees) and the Hakone Museum of Art, and in Atami, the MOA Museum of Art in Atami (in 2023, the Museum was chosen as the "too beautiful art spot" on TikTok by 180,000 young people in Japan). In addition to viewing the fine arts collected by Okada that are loved by all ages, we'll visit the Tokyo Wellness Center (the only location certified as a social model and medical model of Integrative Medicine) and many other places—including Osaka and notably, NY Times "Must Visit Toyama": *Toyama Seafood, Unazuki Hot Springs, the beautiful fall colors of Niigata prefecture with so-called best rice of Japan and sake/rice crackers, the land of Gold–Sado Island, a hot springs town in Gunma prefecture. We'll enjoy specialty foods like konnyaku.*

If you are interested, please call Steve Ichikawa at (808) 222-2183 or email: stevetichikawa@moahawaii.org



AUGUST 2nd Rummage Sale

Doing some Spring Cleaning? We are now accepting donations for our Rummage Sale and are currently seeking new or well-loved clothing, knickknacks, toys/games/puzzles—anything that can be carried by a single person. (So if it takes more than 1 person to carry it, please don't bring it--no beds, couches, dining room tables.) Please take your items to the MOA Wellness Center (600 Queen St.) or Toho No Hikari (3510 Nu'uuanu Pali Drive). We will be accepting donations until 3 pm on Saturday, July 19th. Mahalo!

The Sale will be on Saturday, Aug. 2nd, 9 am to 1 pm, at Toho no Hikari.

FRIDAY APRIL 25TH
12:00 PM - 2:00 PM

FREE WORKSHOP!
Help make a big batch of Aisha's famous lentil soup at the Wellness Center. Learn how she makes it and helpers will get to take some home.

SIGN UP BY TUESDAY
APRIL 22ND AT THE
FRONT DESK





Saturday Afternoon, Ava Migita-Vu
Momilani Elementary, Grade 3



Sunset View, Kennedy Nip
Momilani Elementary, Grade 6



Laid Back Bird
Grant Marshall
Momilani Elementary,
Grade 1



Autumnal Fantasy, Nayah Jackson
'Āina Haina Elementary, Grade 5



Okinawan Obon,
Timothy Neimy
Hōkūlani Elementary, Grade 3
with his teacher Mr. Dela Cruz.



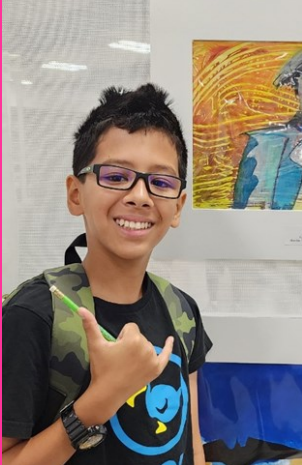
Family of Hearts
Luna Hirokawa
'Ewa Elementary
Grade K



Moment of Truth, Kylie Parson
'Āhuimanu Elementary, Grade 5



Many Honolulu Festival attendees marveled at the skill of the young artists from Hawai'i and Japan. Friday was field trip day for the schools, including Hōkūlani. Roy took a photo of winner Timothy Neimy with his teacher.

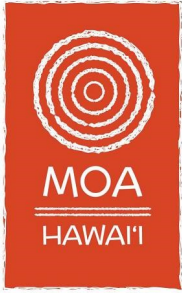


Man in Blue Suit
Ka'ilihau Panquites
Momilani Elementary
Grade 6



Hideko Toshimi's sister who lives in Chiba, Japan, said that one of their Gr. 1 students, Sara Tonokubo, had a painting in our exhibit! *Everyone Riding the Train!* (a very pink one at that!) is an MOA Museum Gold Award winner.

Volunteers, such as Aisha Asami, Talia Goshi-Otaguro, Nichole Sakata, Chelsea Kent, and Hideko Toshimi, manned the information desks, watched over the exhibit, and answered questions. Visitors could play a clever game of "I Spy" about certain paintings and win a small prize.



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



2025



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 30 ➤9am-12N Wellness Center Clean-up ➤*10am-2pm MOA Children's Painting Windward & East Honolulu Districts Exhibit	March 31	1 Tofu Poke Bowl	2 9-11 am MOA Hawaii Team Staff Meeting	3 5:00 pm MOA Executive Comm. Meeting Lunch-Grilled Chicken	4 5:30 pm Okazaki / Liu Flower Class	5
6 10am-2pm MOA Children's Painting West Oahu and Central Oahu Districts Exhibit at Leeward Community College Education Multi-purpose Room	7	8 Tofu Poke Bowl	9 6:30 pm MOA Board of Directors Meeting	10 Lunch-Garlic Shrimp	11	12 ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
13	14	15 Father Damien Day  Tofu Poke Bowl	16	17 Lunch-Fish	18 9 am-1 pm Lifestyle Improvement Program 	19 ➤10am-2pm Maui MOA Children's Painting Exhibit at Queen Ka'ahumanu Center ➤9:00 am Goshi-Otaguro Flower Class ➤1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
20 *9:00 am Nature Garden Volunteer Day 	21 6:00 pm Tom Flower Class	22 Tofu Poke Bowl	23	24 Lunch-Tofu Stir-fry	25 Make and Take: Aisha's Lentil Soup Workshop 12N-2:00 pm	26 ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Pick-up ODEN orders!
27	28	29 Tofu Poke Bowl	30		May 2	May 3 

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

Note: event details, food availability and menus are subject to change without notice.



MOA Hawai'i
600 Queen Street, C-2
Honolulu, HI 96813

BECOME A MEMBER OF MOA HAWAI'I !

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? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Membership type (choose one):	<input type="checkbox"/> Individual \$25 or <input type="checkbox"/> Immediate Family \$50		<input type="checkbox"/> New or <input type="checkbox"/> Renewal		
Payment:	<input type="checkbox"/> Check Enclosed, payable to <i>MOA Hawaii</i> , or				
	<input type="checkbox"/> Charge my Credit Card:	<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard	<input type="checkbox"/> 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 other friends of MOA who are dedicated volunteers.