



## 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 11**

**NOVEMBER 2025**

### 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](mailto:stevetichikawa@moahawaii.org).

### Meet Mrs. Karen Takane



**The Sueyasu Sisters.** Karen, 3rd from left, poses with her legendary sisters. Flanking her from L-R: Akiko Ishimaru, Frances Otani, Tomiko Smith, Edna Shiraki, and Patsy Kanemaru, all who have sadly passed on. Her only surviving sibling, Fay Sumida, is seated in front.

Mrs. Karen Takane is a long-time instructor with the MOA ikebana flower arranging program. Because of her experience with Ikebana flower arranging when she lived in Japan in the 1940s, she was one of the pioneers who helped to establish what is today's MOA Kohrinka school of flower arranging in Hawaii. When she was younger, she dedicatedly made weekly arrangements at places like the Kaimuki Library, Honolulu Museum of Art, government offices, etc. She often conducted flower seminars and demonstrated the MOA Kohrinka-style of arranging, which helped her to recruit her students.

Now at age 88, Karen is still conducting her classes and currently has 12 students who meet monthly thanks to the support from retired Arts & Culture Program Manager Roy Goshi-Otaguro.

Karen believes her class is her *IKIGAI*, making her feel worth living by seeing the joy and smiles of her students and being surrounded by their beautiful arrangements. She always starts her class by sharing Kohrinka founder Mokichi Okada's poems. She then advises her students to live in tune with, appreciate, and enjoy Nature, which unknowingly improves one's lifestyle for the better.

Karen has participated in Steve Ichikawa's Study Tour to Japan three times with her students and was happy to introduce two museums Okada had built to showcase Japanese fine arts.

Her sister, Akiko Ishimaru, introduced her to Purifying Therapy in 1958. Growing up Karen's asthma was cured through prayers. As an adult, she opened up her home to be a Branch of the MOA Wellness Center and provided the Okada Health and Wellness Program therapies to her visitors. At that time, she experienced many amazing cases. With her ability to read both the original and translated essays of Okada, she guided many people to practice Purifying Therapy by having

(Continued on page 3)

## What Is Purifying Therapy?

By Steve Ichikawa

From 1952, MOA members in Hawaii began practicing Purifying Therapy to carry on Mokichi Okada's objective to build "Families Filled with Beauty" with the aim of creating a Healthy Mind and Body Hawaii. In August 1947, two years after World War II ended, Okada planned to establish an organization called *Aiwa Kai* [literally, Love and Harmony Society] to advance his movement, and 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 the 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 illness—the source of all unhappiness and misfortune. Along with that, when I consider the fact that humanity has not even gotten the key toward the resolution of illness yet, I should say that the elimination of illness could only be regarded as a fool's illusion.*

*"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 by just 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 to effect that very extraordinary result. They know what 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, of serious and intractable symptoms of the likes of chronic illnesses that lasted over ten years. Of course, there is no need for both medicines and machines, so 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 those cases, it is clear that none of the people who learn this Purifying Therapy would contract the 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 humanity, so the various difficulties involved in legal processing 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 that for humanity's sake that this can be maintained from a 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 humanity 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 as one is free to practice any religion or faith."*

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 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. 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.



them visit her home, as well as to her sister Edna Shiraki's home. They would offer study sessions of the essays, Purifying Therapy, matcha tea, single flower therapy, etc. that helped visitors overcome various health issues they were facing.

Karen has studied and practiced Okada's philosophy for almost 70 years. She is grateful that MOA is promoting Integrative Medicine centered upon the Wellness Center that aims to create a new kind of medicine. By following Okada's "Secret to Happiness," spending her time doing good to benefit her family and the community, and promoting a healthy diet, Purifying Therapy, flowers for herself and others, Karen happily lives with **Ikigai**.

Thank you, Karen, for your many years of dedicated service!

## September 30th Organic Vegan (Instant) Ramen Noodle Day

On September 30th, Christine Kanemaru and Jennifer Terukina hosted over 20 people for a ramen event. They served ramen with plenty of garnishes like shimeji mushroom, sprouts, tofu, cucumber kimchee, etc. The participants had a good time relishing the delicious ramen and enjoying the company of others.



Ramen instant noodles were created by a Japanese man named Momofuku Ando in 1958 to feed many Japanese people who still suffered from hunger due to the scarcity of food in post World War II. Today, South Korea makes and consumes more instant noodles than Japan. In 1971 to even avoid using a stove, Ando invented the iconic **Cup Noodle**—all that was needed was to add hot water and wait 3 minutes. His belief that Ramen would go worldwide with Cup Noodle came true, proven by its global popularity. Many people consider the Cup Noodle to be the best invention from Japan since it is capable of feeding people after a natural disaster, etc. [We at MOA think Okada's Purifying Therapy is the best invention from Japan.]



MOA Healthy Food Advocates, Jennifer Terukina, Steve Ichikawa, & Christine Kanemaru made the ramen enjoyed by over 20 people!

Thank you for your support of our endeavors to promote a healthy lifestyle.



# A Heartfelt Mahalo!

for kindly donating to MOA Hawaii via  
Foodland's *Give Aloha* Program.  
Your generous donations  
totaled \$13,145!!!



**Upcoming MOA Events! Mark your calendar!!!**



Na' Ohana Piha I Ke Aloha  
Families filled with Beauty

MOA Hawaii is hosting an:

**AMERICAN HEART  
ASSOCIATION**

**CPR CLASS**

Friday, January 16, 2026

Session I: 8:30 am to 12:30 pm

Session II: 1:30 pm to 5:30 pm

(Limited to eight participants per session.)



Basic Life Support

The Basic Life Support Class is a healthcare provider level CPR class. Upon completion of the course and passing the exam, you earn a 2 year certification card. Participants will receive all necessary materials and a completion certificate from the American Heart Association.

**ABOUT OUR INSTRUCTOR**

Cecilia Ladao (MSN, BSN, RN, PHN), a registered nurse, plant-based advocate, and staunch MOA supporter, will conduct the Heartsaver® First Aid CPR AED course at a generously discounted rate to protect and enhance the safety of our community.



Phone : (808) 952-6900

Address : 600 Queen Street Suite C-2



**Save the Date!**

**MOA is a Pathway to Happiness**

**Raleigh Aways and Jennifer Terukina**

*present an afternoon sharing their gratitude to Mokichi Okada, founder of MOA, for his philosophies and the Health and Wellness Program which brought them "happiness."*



- ❖ Come and enjoy their photo display on "Nature"
- ❖ Greeting by Takemasa Kawai, MOA General Manager
- ❖ Harp performance by Dustin Ebesu
- ❖ Pūpū prepared by Nao Leonard of Healing Kitchen
- ❖ Ikebana flower arrangements, organic matcha tea, Purifying Therapy, and MOA!

**Sunday, January 11, 2026**

**2:00 – 4:00 p.m.**

**MOA Wellness Center**

RSVP to MOA Wellness Center by Tuesday, December 30

*"Health" "Live in tune with Nature" "Flowers" "Healthy Foods" "Energy Healing" "Sacred Grounds (miniature paradise)" "Music"*

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

**Nature Garden Volunteer Day:  
Sunday, Nov. 16th from 9 a.m.**

Volunteers are welcome to come out to work with our Nature Farming 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. The MOA Nature Farming Method respects the soil and believes in the inherent power of the soil to produce and develop robustly on its own.

**2025 Key Dates to Remember**

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



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.

November 2	Sunday	9am-1 pm	MOA Plant Sale and MORE at Toho No Hikari (Nature Garden) <b>[need help (to prep &amp; that day)]</b>
November 4-18			Study Tour to Japan (15 days/13 nights)
November 14	Friday	10am-12pm	<b>Gratitude Journal Workshop</b>
November 30	Sunday	9am-1pm	Clean-up Wellness Center <b>[need help that day]</b>
December 1-31			MOA Year-end Donation Campaign
December 7	Sunday	9:00 am	Arts and Culture Instructors Meeting
December 21-23*	Su/Mo/Tu	varying	*Tentative dates –Holiday Arrangement Pick-up (order by Saturday Dec. 13th)
December 30	Tuesday		End of the Year \$5 Soba (One free order for anyone who helped the MOA cause in 2025; RSVP required)

# 2026 Arts and Culture Study Tour to Japan & South Korea with Steve Ichikawa

(as of Oct 6, 2025 – subject to change without notice)

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

*Toward the ultimate goal of creating a New Civilization 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, hospitality and GOOD FOOD.*

## Spring Arts and Culture Tour to Atami – Hakone Kyushu (Oita, Miyazaki, Kagoshima and Kumamoto) Republic of Korea, aka South Korea (Busan – Gyeongju – Seoul) TENTATIVELY April 17 – May 1, 2026 (15 days 13 nights)

### Tentative Fall Tour Itinerary:

- ❖ Shinsenkyō garden (National Place of Scenic Beauty) and the Hakone Museum of Art
- ❖ MOA Museum of Art in Atami (in addition to the fine arts collected by Okada that are loved by all ages, the Museum was chosen as the “too beautiful art spot” on the TikTok site by 180,000 young people in Japan in 2023)
- ❖ Oku-Atami Wellness Center located at the Ohito Zuisenkyō Health Oasis and Research Farm



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

Also in the planning stages:

Autumn Arts and Culture Tour November 5-18, 2026 (14 days 12 nights)  
Hakone/Atami sites and TOHOKU region

**RENEW YOUR  
MEMBERSHIP**

**2026 Calendar Year: Individual \$25 or Family \$50**

For more information, please see the last page of this newsletter or talk with our friendly and helpful Front Desk Staff.



11/30 is a 5th Sunday & that's our time to scrub & scour OUR Wellness Center 'til it's spic & span! 9:00 am-12 noon.  
Won't you help us?



# MAKING A "GRATITUDE JOURNAL" 感謝の日記メイキングクラス

*"Through encounters with beauty, let our minds and spirits be brightened and let us strive to become people who can live a happy life filled with gratitude." (Mokichi Okada)*

- ALOHA and GRATITUDE contribute to inner peace and happiness.
  - No matter how small, focus on the positive and find new things to be thankful for.
  - Pay attention to the good things in your life that you sometimes take for granted.
- 感謝、有難うの生き方は平和の心、幸せを生むと言われてています。日々の中で、見失いがちなありがとうを探しませんか？感謝の日記を MOA ボランティアのミルズ・ジャンさんと作りませんか？



Let's make a GRATITUDE JOURNAL with MOA volunteer Janice Mills.

Friday, November 14  
10:00 a.m. - Noon

MOA Wellness Center 'Ohana Room'  
600 Queen Street, C-2

Free parking; entrance from South Street

\$15 for MOA and Lanakila members


(fee includes instructions, supplies and materials)

\$20 for Non-members

(LIMITED CAPACITY - 20 max.人数制限有 マックス 20 人)

**\* Refunds cannot be given for cancellations within 48 hours of the event. \***

RSVP - MOA Wellness Center - (808) 952-6900

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

## ◆'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!)

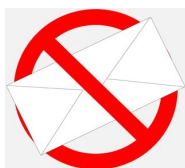
### ◆Healthy Lunches made by MOA Healthy Food Advocates!◆

**\$3 Jimami Tofu** **On Tuesdays - \$6 Tofu Poke Bowl**

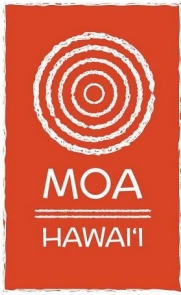
**\$8 Thursdays: 11/6 Chicken 11/13-Shrimp 11/20-Fish** [11/27-enjoy Thanksgiving w/your loved ones!]

◆ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! **Pick-up is on Sat. 9/27.**◆

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



If you've noticed that you aren't receiving your copy of the newsletter, please make sure we have your correct address, or better yet, your email address. We encourage our readers to go paperless to help us save on costs for printing & postage. Please let us know either by email at wcooperations@moahawaii.org or by giving us a call at (808) 952-6900. Many thanks! [Emailed newsletters are in color! Mailed ones are in black & white!]



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 Email: [info@moahawaii.org](mailto:info@moahawaii.org) ✧ Website: [www.moahawaii.org](http://www.moahawaii.org)



**2025**



**HOURS by appointment only:**

- Purifying Therapy & 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
Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	<del>Oct 31</del>	<b>1</b>
				<p><b>We are so grateful for your support!</b></p>		<p>*<b>10 am</b> Nakata/Hamada/Kanno Flower Class</p>
<b>2</b> * 9am - 1pm AUTUMN PLANT SALE 	<b>3</b>	<b>4</b>  Tofu Poke Bowl	<b>5</b> 9-11 am MOA Hawaii Team Staff Meeting	<b>6</b> 5:00 pm MOA Executive Comm. Meeting  Lunch- Chicken	<b>7</b> 5:30 pm Okazaki / Liu Flower Class	<b>8</b> ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
<b>9</b>	<b>10</b>	<b>11</b>  Tofu Poke Bowl	<b>12</b> 6:30 pm MOA Board of Directors Meeting	<b>13</b>  Lunch-Shrimp	<b>14</b> 10 am -12 pm Create a Gratitude <b>Journal</b> with Janice Mills (see p 6)	<b>15</b> ➤*9:00 am Goshi-Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
<b>16</b> *9:00 am Nature Garden Volunteer Day	<b>17</b> 6:00 pm Tom Flower Class	<b>18</b>  Tofu Poke Bowl	<b>19</b>	<b>20</b>  Lunch-Fish	<b>21</b> 9 am-1 pm Lifestyle Improvement Program	<b>22</b> ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Pick-up <b>ODEN</b> orders!
<b>23</b>	<b>24</b>	<b>25</b>  Tofu Poke Bowl	<b>26</b>  Closes at Noon			<b>29</b>
<b>30</b> 9 am - 12 pm 	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5	Dec 6
<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <b>MOA Year-End Donation Campaign December 1-30, 2025</b> </div>						

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

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



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

**Please use this form to join the MOA HAWAII 'Ohana! Already a member? You can renew for 2026 now.**

**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 [wcoperations@moahawaii.org](mailto:wcoperations@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.

<b>Name:</b>					
<b>Address:</b>					
<b>City:</b>		<b>State:</b>		<b>Zip Code:</b>	
<b>Best phone number to reach you:</b>					
<b>Email Address:</b>					
	Would you like the newsletter emailed to you? <input type="checkbox"/> Yes <input type="checkbox"/> No				
<b>Membership type (choose one):</b>	<input type="checkbox"/> Individual \$25 or <input type="checkbox"/> Immediate Family \$50		<input type="checkbox"/> New or <input type="checkbox"/> Renewal		
<b>Payment:</b>	<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	
	<b>Name on card:</b>				
	<b>Card Number:</b>				
	<b>Expiration Date:</b>		<b>Security Code:</b>		
	<b>Your Signature:</b>				

**MOA Hawaii Board of Directors:** Lester Nakamura, President; Shawn Hamada, Vice-President; Dawn Kanno, Secretary; Danny Asami, Treasurer; Members: 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; Aisha Asami, Natural Foods Program Manager, Teri June Amuro, Nature Farming Program Coordinator; and Sage Kanemaru, Youth Development Manager.  
**Front Desk:** Charlene Gray, Laurie Ide, Teri June Amuro, and Aisha Asami.  
**Front Desk Volunteers:** Sharon Matsumoto and Lei Sakamoto.  
**MOA Newsletter volunteers and contributors.**