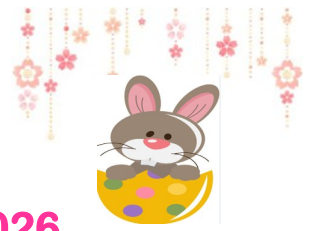




## Hours of Operation:

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 13, ISSUE 4 APRIL 2026

## 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: Kathy Hamai of MOA Maui



MOA Maui member,  
Kathy Hamai.

Around 2010, I attended a box gardening class at our local senior center. The lecture was given by Norman Oshiro of MOA Maui. I went to talk to Norman after the class. He explained that the Founder Mokichi Okada had many other wellness programs based on his views on living in accord with Nature.

Later, I visited Norman at the MOA Center in Kahului where he explained many of Okada's ideas: about living in accord with Nature, spiritual clouds caus-

ing all sorts of unhappiness, and how enjoyment of art, a healthy diet, non-chemical farming, and energy healing like the Purifying Therapy would help reduce the spiritual clouds. I was quite inspired by the "Nature" based philosophy of Nature Farming Methods.

I grew up with a mother who taught me love, goodness, kindness through her belief in both Buddhism and in Seicho No Ie. It felt like meeting Norman and hearing about Okada's philosophies took me back to the way I was brought up. I found out that Masaharu Taniguchi of Seicho No Ie and Okada belonged to the same religion (Omoto) around the same time and I was amazed at this coincidence. I was ready to live my life in tune with Nature.

I began visiting the MOA Center frequently and enjoyed Bontemae style tea performed by the late Kimiko Inouye and Purifying Therapy from the late Richard Murakami. I also enjoyed and admired the beauty of the weekly floral arrangements within the Center. They were such kind people, making me feel welcomed at the MOA Center. I was a practitioner and fond of

(continued on page 2)

### MOA HAWAII ANNUAL GENERAL MEMBERSHIP MEETING

On Sunday, February 22, the MOA Hawaii Annual Membership Meeting was held with over 70 in attendance. Before the meeting got started, we all had the pleasure of listening to Dustin Ebesu's melodic harp play (at right). President Lester Nakamura (at right center) introduced all directors and staff. General Manager Take Kawai reviewed 2025 and shared the 2026 MOA movement for the creation of a new kind of medicine that creates individuals and communities healthy in body and mind, especially focusing on resolving the health issues the USA faces. Dr. Danny Asami, MOA Board Treasurer & Director, gave the 2025 financial report via PowerPoint. He also acknowledged all volunteers for making things happen by supporting our programs and activities.



Above, seated going clockwise from the left are Brenda Kanno, Irma Minami, Earl Matsukawa, and Diane Yogi.

(continued on page 4)

## Purifying Therapy Program Report by Sage Kanemaru

Since Purifying Therapy is similar to energy work, some might think that MOA's therapists possess hidden knowledge or special spiritual gifts. However, anyone can learn the simple principles behind Purifying Therapy and become qualified to help others through this modality. In fact, after establishing his very first organization in January 1935, Mokichi Okada compiled a textbook for Purifying Therapy and began a rigorous lecture course in June of the same year. By November, he had trained over one hundred "Healing Art Professionals" who were permitted to administer his therapy.

Okada had a bold vision for certifying many therapists and constructing Wellness Centers globally:  
*"Currently, we are in the first phase of developing 100 Healing Art Professionals. Next, in the second phase, we will create 1,000, and in the third, 10,000. Once 10,000 are produced, every kind of disease will vanish from Japan; contagious diseases and serious illnesses will disappear. I will subsequently expand overseas. I will construct hospitals of Japanese Medicine in every country of the East, and throughout the West. Then, we will heal the illnesses of Westerners."* (June 21, 1935)

In a sense, the history of the Purifying Therapy course we offer today stretches back to the earliest phase of Okada's work to improve human health.

To that end, we are currently overhauling our Purifying Therapy training program. The newest feature of the curriculum is a shadowing program which allows certificate students to partner with senior therapists on their regular clients. These shadowing sessions create opportunities for junior therapists to gain practical experience and witness improvements in real patients. Additionally, to supplement the general information taught in the Basic Course, we have been conducting mini-seminars on treating specific diseases and regions of the body.

Five students attended the updated Purifying Therapy Basic Course in December 2025 and January 2026, and they are now spearheading the shadowing program. You may have seen these students in their blue volunteer shirts or even received treatment from them under the guidance of your usual therapist. Their presence has given new life to the clinic—senior practitioners have been moved by their eagerness to grow their knowledge and patients have been more than happy to receive twice the amount of care.

Our focus for 2026 is to cultivate certified individuals who can use the skills they've acquired at MOA to expand health and happiness to their families and communities. If you've experienced positive results through receiving Purifying Therapy, we'd love for you to also experience the joy of helping others with this modality. As Okada always said, *"We cannot become happy ourselves unless we make others happy."* Please contact Sage Kanemaru if you are interested in studying Purifying Therapy or attending this month's recertification seminar (details forthcoming).

### **Meet Kathy Hamai** (continued from page 1)

energy medicine like Reiki, Healing Touch, and Taichi so now my interest turned to Purifying Therapy. Thanks to Norman, I was able to take the introductory, basic, and intermediate level courses to become a Purifying Therapy therapist. Today, in addition to helping people in need with Purifying Therapy, I have volunteered at some MOA events like the MOA Museum of Art Children's Art Exhibition.

Last year, my husband was hospitalized several times. My family is grateful to Norman who made daily visits to the hospital to offer Purifying Therapy. Looking back, if I had any doubts about Purifying Therapy those doubts are gone after watching amazing miracles happening to my husband. His heart, kidneys, and other organ functions are making a steady recovery, does not use the wheelchair, and now uses a walker instead. (He can use a cane to walk instead of the walker but to avoid falling I make sure he uses the walker.) His home care nurse who also noticed the benefit of Purifying Therapy, made an appointment with Norman for her knee pain. Recently, she took an introductory course from Norman and is a Purifying Therapy practitioner herself.

I am glad I joined MOA over a decade ago and together with all of you, we are developing a community of individuals who are healthy in mind and body. My husband and I enjoy receiving the energy twice a week at the MOA Center in Kahului. As we have yet to meet, when you are on the island of Maui, I hope you will visit us at the Center.



**Devoted MOA Maui Purifying Therapists:  
the late Mrs. Kimiko Inouye and the late  
Mr. Richard Murakami.**

**ODEN**

**is available for \$5. This month, pick-up is on Thursday, April 16th.**  
Let the Front Desk know asap to guarantee your order. (808) 952-6900!

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

(as of March 3, 2026 – 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 on more than FIVE tours with Steve, which shows how many people are REPEATING to participate--there are some who participate every year or every tour! Repeat travelers are WELCOME, any AGE is WELCOME.*

*Toward the ultimate goal of creating a New Civilization where humanity does not face stress over illnesses and conflicts (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 & Taiwan, fine arts and culture, HOT SPRINGS, hospitality, and GOOD FOOD.*

### Fall Arts and Culture Tour to Shimane – Tottori – Kyoto Tango – Hamamatsu – Mishima – Izunokuni – Atami – Hakone – Taiwan November 5-19, 2026 (15 days 13 nights)

#### TENTATIVE ITINERARY:

- Flowers and Birds Park, Tanbanosato Japanese Garden and its illumination at night, the home of Japan's Shrine "Izumo," Yasugibushi Dance & Adachi Museum in Shimane
- Japan's biggest sand dune, Sand Sculpture Museum, Amanohashidate Bridge (top 3 views of Japan) in Tottori
- Mishima Skywalk (Mt. Fuji view), Orange picking, Green Tea in Shizuoka
- **Oku-Atami Wellness Center** located at the Ohito Zuisenkyō Health Oasis and MOA Nature Farm
- **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)
- **Shinsenkyō Garden** (Designated as a national historical site and Place of Scenic Beauty; most popular foliage season) and the **Hakone Museum of Art**
- **Experience and Enjoy the Food and Culture of Taiwan**



If you are interested, please call Steve Ichikawa at (808) 222-2183

Or email: [stevetichikawa@moahawaii.org](mailto:stevetichikawa@moahawaii.org)



**MOA HAWAII ANNUAL MEMBERSHIP MEETING** (continued from page 1)

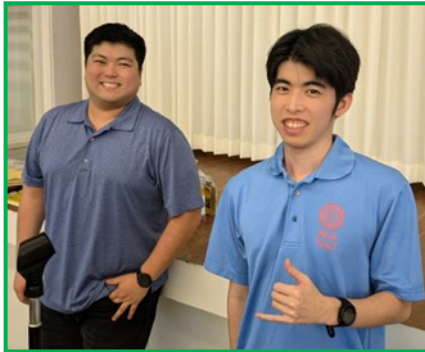


Everyone enjoyed the **absolutely delicious lunch!!!**: the Healthy Food Manager Aisha Asami's vegan curry rice; Director Dawn Kanno's soba salad; Lisa Hee's lemon bars, brownies, & chichi dango; Irma Minami's cupcakes; Wes Oh & Reiko Stiver's tofu poke and salsa; and Darian Kanno's refreshments. Nakata Electric donated chicken katsu to go along with the curry. Ichikawa Care Home provided brown rice and fukujinzuke pickles for the curry.



At left, Teri June Amuro, Aisha & Danny Asami, and Talia Goshi-Otaguro. At right, Darian & Dawn Kanno.

At right, Kalen Hamada and Sage Kanemaru. Below, seated clockwise from the left are Aiko, Yuito, and Takemasa Kawai.



Above, seated clockwise from the left are Lina Kikuta, Reiko Stiver, Wes Oh, and Kim Cooper. At left, Jody, Chloe, Christine & Sage Kanemaru.

Karl Hamada and Director Shawn Hamada generously donated MOA organic products and other items as the game prizes. Sage Kanemaru, Kalen Hamada, and Darian Kanno carried the attendees through a rousing MOA Word Bingo game (using elbow macaroni as markers!) and handed out many prizes.



Above, seated clockwise from the left are Jennifer Terukina, Charlotte Shintaku, and Bev Hashimoto.

The day saw everyone enjoying good times, good food, and above all, it was wonderful seeing MOA as the common thread that had people reconnecting with old and new friends.

A huge "thank you!" to everyone who contributed to make this such a memorable meeting! And special thanks to our outstanding emcee, Director Dick Mills and table flower decorations master Director Brian Nakano and his Kohrinka students.

**MOA MEMBERS, can you help?**

We love  
♥ OUR ♥  
Volunteers

Whether you have an hour or a whole day to spare, you CAN make a difference. We are looking for volunteers to help with purifying therapy, food preparation, arts events, etc. **For instance, lunch is served to participants of the 3rd Friday Lifestyle Improvement Program—we would be grateful for help to make and serve it.** Please call the Front Desk at (808) 952-6900 or Steve Ichikawa at (808) 222-2184, or email us at [wcooperations@moahawaii.org](mailto:wcooperations@moahawaii.org). Thank you so much!

## MOA Wellness Garden Concept by Sage Kanemaru



Pictured above is the Wellness Garden Project Team: in front is advisor Aisha Asami, behind her are Charlene Gray, advisor Sage Kanemaru, Shawn Hamada, advisor Teri June Amuro, Julie Suenaga, Warren Shoda, Jan and Dick Mills, and advisor Takemasa Kawai. Missing are volunteer Cris Takushi and advisor Steve Ichikawa.



At left, Shawn Hamada, Julie Suenaga, Take Kawai, and Teri June Amuro.

Below, Warren Shoda, Dick & Jan Mills, Aisha Asama, Charlene Gray, and Sage Kanemaru.

If you've participated in an MOA tour to Japan, you may have visited the Oku-Atami Wellness Center in the mountains above Atami City. That clinic is part of the property known as Ōhito Zuisenkyō, where MOA conducts scientific research on Nature Farming. Within that large research farm is a small plot designated as the MOA Wellness Garden.

The purpose of the Wellness Garden is not to produce crops, but rather to promote the physical and emotional health of patients at the Oku-Atami clinic. The garden is a healing space where participants are encouraged to use all five of their senses and reconnect with the living soil. Plants raised in the garden become the centerpiece of healthy cooking seminars and flower arranging activities. The Wellness Garden is also a central pillar of a nature-based school that MOA operates to help hiki-komori (chronically withdrawn) students assimilate back into society.

Here in Hawai'i, we are working to transform our backyard plot in Nu'uauu into a Wellness Garden that will serve the MOA community. Eight Project Team members volunteered to take charge of executing this vision and convened for the first time last month. They will need your ideas and support (labor) as we collectively work to bring this project to life. Please contact Nature Garden staff Teri-June Amuro with any questions at (808) 497-8538.



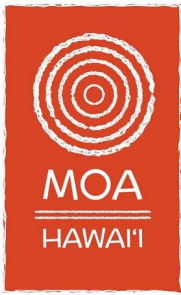
### This month's Nature Garden Volunteer Day is Sunday, April 12th from 9 a.m.

[Toho no Hikari Nature Garden: 3510 Nuuanu Pali Drive.]

**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.**

**MAHALO!**





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

# April 2026



**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   |
|---|--|--|---|--|--|--|
| March 29<br><b>Wellness Ctr. Clean-up 9-12</b><br>    | Mar 30                                   | Mar 31                                 | <b>1</b><br>9:00am - 11:00am<br>MOA Hawaii Team Staff Meeting | <b>2</b><br>5:00 pm<br>MOA Executive Comm. Meeting<br><br><i>Lunch – Chicken</i> | <b>3</b>   | <b>4</b><br>➤*10:00 am Nakata/ Kanno Flower Class<br>➤1:00 pm Tea Practice   |
| <b>5</b><br><i>Happy Easter</i><br>                   | <b>6</b>                                 | <b>7</b><br><br><i>Tofu Poke Bowl</i>  | <b>8</b>  | <b>9</b><br><br><i>Lunch – Wafu Hamburger</i>                                    | <b>10</b><br>Deadline for schools to submit artwork for the Children's Painting Contest. | <b>11</b><br>➤10 am Maui Children's Painting Contest Awards Ceremony– Queen Ka'ahumanu Center<br>➤*10:00 am Takane Flower Class<br>➤1:00 pm Tea Practice |
| <b>12</b> *9:00 am<br>Nature Garden Volunteer Day<br> | <b>13</b>                                | <b>14</b><br><br><i>Tofu Poke Bowl</i> | <b>15</b>   | <b>16</b> Pick-up ODEN orders<br><br><i>Lunch - Fish</i>                         | <b>17</b><br>Lifestyle Improvement Program<br>9 am-1 pm                                  | <b>18</b><br>➤*9:00 am Tom / Nakano Flower Class<br>➤*1:00 pm Nakano Flower Class<br>➤1:00 pm Tea Practice   |
| <b>19</b>   | <b>20</b><br>6:00 pm<br>Tom Flower Class | <b>21</b><br><br><i>Tofu Poke Bowl</i> | <b>22</b><br>6:30 pm<br>MOA Board of Directors Meeting        | <b>23</b><br><br><i>Lunch–Tofu Stir-fry</i>                                      | <b>24</b>  | <b>25</b><br><br>1:00 pm Tea Practice  |
| <b>26</b>   | <b>27</b>                                | <b>28</b><br><br><i>Tofu Poke Bowl</i> | <b>29</b>   | <b>30</b>  | <i>May Day</i><br>   | May 2  |

“\*” 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.

We will be needing volunteers: prepping for the judging, framing the selected works, prepping for the exhibit, and at the exhibit and awards ceremony, etc.  
Please contact [childrenspainting@moahawaii.org](mailto:childrenspainting@moahawaii.org) for more information (especially if your school is interested in participating) and/or to volunteer.



## 38th Annual MOA Museum of Art Children's Painting Contest



### *Beauty Through The Eyes of Our Children*

The beauty of living in Hawaii! Encourage the creativity of our children by having them paint a picture of themselves doing what they enjoy with friends.

### Exhibition and Awards Ceremony

Saturday, May 09, 2026

10:00AM - 2:00PM

Toho No Hikari

3510 Nuuanu Pali Drive

**DEADLINE:** April 10, 2026; Paintings to be picked up from the school office.  
Please email, [childrenspainting@moahawaii.org](mailto:childrenspainting@moahawaii.org) by April 3 for pickup on April 10.

#### CRITERIA:

- \*Paper size: 12" x 18" minimum, 15" x 21" maximum
- \*Media: Watercolor paint, tempera paint, acrylic paint, oil pastels, crayon, color pencils, colored chalk (must be fixed with spray), colored ink, and markers, or any combination—if any—of the above
- \*No violent pictures will be accepted
- \*Cartoon or Manga character pictures are discouraged
- \*Work should be completely covered with media
- \*Individual work ONLY. Group work will not be accepted
- \*NO titles or labeling on the front of the painting. Not a poster contest
- \*Paintings with people are preferred but not required
- \*Do not mat or frame paintings. No canvas or material that is thicker than poster board will be accepted

*Twenty-eight (28) paintings will be chosen from grades K-6. One (1) painting will be selected as "Best of Show" from each designated district (East and West). The "Best of Show" paintings will be sent to the MOA Museum of Art in Japan to compete in the international contest.*



MOA Hawaii  
 600 Queen Street, C-2  
 Honolulu, HI 96813

Please use this form to join the MOA HAWAII 'Ohana! Already a member? Have you renewed?

**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.

|  |                         |  |   |
|--|-------------------------|--|---|
| <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.**