



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



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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.

Meet our Purifying Therapy Manager, Kenji Mayeda

Hi, I'm Kenji Mayeda. I have been transferred to Honolulu from MOA Los Angeles.

Since 1988, over 38 years, I have been working for MOA. I'm sansei third generation Japanese Peruvian. My family origin is Yamaguchi and Hiroshima in Japan. Around 1968 my mom was diagnosed with breast cancer which lasted for about 10 years, having to go through surgery, chemo, and radio therapy almost every year. When I was in middle school in 1978, my mom developed an aggressive type of tumor in her throat that was increasing in size. Luckily, she met an old friend who introduced her to MOA and its Purifying Therapy. Then she started receiving this energy healing feeling that it was her last hope. In one week the tumor reduced its size, which amazed her doctor. Then in few weeks her cancer was completely healed, and that is the last time she ever suffered from cancer until she passed away at the age of 95 in 2023.

My parents joined MOA in particular to learn about Purifying Therapy right after that miraculous experience. After graduating from high school, I too joined MOA in 1980 to learn more about the founder Mokichi Okada, his philosophy, the vision MOA is carrying out, and the Okada Health and Wellness Program. I was offered a room at the MOA Center in the capitol town of Lima. Thus, my volunteer time to MOA increased and my training begun in 1984.

Later in 1988, I left Peru to study more about MOA (and Japanese language) by moving to the home of

(continued on page 2)



Kenji Mayeda, MOA Hawaii Purifying Therapy Manager.

Japanese Collegians Visit the MOA Wellness Center

On March 17th, 18 students from Tokyo Women's Medical University visited the MOA Wellness Center. They were on Oahu for 4 days to learn holistic and alternative medicine practiced in Hawaii. They listened to a lecture by Dr. Terry Shintani, who pioneered the promotion of



Dr. Terry Shintani gives a talk on his pioneering healthy diet program. He is joined by Dr. Joy Bliss, an adjunct professor at Hawaii Pacific University's School of Nursing.

a healthy diet and exercise over dependence on Western medicine alone.

After the lecture, guided by Sage Kanemaru, the students participated in single flower therapy that had them rely on their intuition, such as, "it's beautiful," rather than using their minds to choose a better flower than others or make a great arrangement.

(continued on page 6)

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>

Looking for Purifying Therapy Volunteers!

By Steve Ichikawa, Operations Manager

At the Wellness Center we have implemented the practice of having volunteer therapists work together with a Lead Therapist in administering Purifying Therapy. We are currently looking for Basic- and 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 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.

Meet our newest staff, Kenji Mayeda (continued from page 1)

MOA in Atami, Japan. Two years later I was hired by MOA and they gave me 4 years of training in Atami alongside Take Kawai and Jody Kanemaru and many others. After the training and mastering Japanese so I can read Okada's writing in its origin, my life journey of serving for the cause began in many regions starting from Mexico, Chile, Miami, Fresno, and Los Angeles.



Last year, Kenji attended his son Kotaro's graduation from Torrance High School. Also pictured are Kenji's wife Eiko, daughter Yuki, and son Yoshiharu.

Today, I'm happy to be in paradise on earth (Hawaii) as part of the Team USA which aims to help support health issues the people of the United States are facing. In Hawaii, I'm here to work in particular with Sage Kanemaru, Teri June Amuro, and Aisha Asami to conduct Certification Course for Purifying Therapy, Healthy Food, Nature Farming Methods/ Kitchen Garden and Arts to produce many certified people who can produce more happy people who are joyfully wanting to help others. If we have not met, on a day-to-day basis, come see me at the Wellness Center where I administer Purifying Therapy or at the Nuuanu Nature Garden where I am helping to produce a Wellness Garden.

I'm a happy husband to my wife Eiko and dad of three grown up children who are living in Los Angeles.

**Thank
you
for your
helping
hands!**

A big MAHALO to all of you who turned out on Sunday, March 29th, to clean up the Wellness Center. We deeply appreciate that you chose to spend your valuable time helping us make the Center spic and span. It truly turned out to be, "Many hands make light (& short) work!"!

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



Everyone is welcome to join us on May 9th to celebrate these talented children!



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

We will be needing volunteers to prep for the exhibit and at the exhibit and awards ceremony, etc.
Please contact childrenspainting@moahawaii.org for more information and/or to volunteer.

❖ '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: 5/7 Chicken 5/14-Wafu Hamburger 5/21-Fish 5/28-Tofu Stirfry

❖ ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Thu. 5/28 ❖

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



MOA PLANT SALE & MORE!

June 7, Sunday, 9 am–1 pm
 Toho no Hikari
 3510 Nuuanu Pali Drive

We welcome any donations, please contact Teri June Amuro at (808) 497-8538.

If you have any gently used or new items to donate to the **August 1st Rummage Sale**, please drop them off starting from the month of April until **Saturday, July 18st** (to allow time to sort and price the items).

Drop off points, either at the MOA Wellness Center during business hours.
 or at Toho no Hikari, 3510 Nuuanu Pali Drive, Monday through Saturday from 10 am - 4 pm, except holidays.
 Donations can be left behind the curtain of the Social Hall stage.

Please contact Teri June Amuro at (808) 497-8538 or Steve Ichikawa at (808) 222-2183 for more information.
 [Kindly ensure that your donated items are clean and/or operable. Unfortunately we cannot accept large appliances and furniture pieces, such as beds/chairs/desks.]



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.

2026 Key Dates to Remember

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

May 9	Saturday	10am-2pm	*MOA Museum of Art Children’s Painting Exhibitions and Awards (District and State Ceremonies)
June 7	Sunday	9am-1pm	*MOA Plant Sale and MORE at Toho No Hikari
August 1	Saturday	9am-1pm	*MOA Rummage Sale at Toho No Hikari
September 1-30			Foodland Give Aloha Campaign (MOA Code - 78563)
November 1	Sunday	9am-1 pm	*MOA Plant Sale and MORE at Toho No Hikari
November 5-19			Study Tour to Japan & Taiwan (15 days/ 13 nights)
December 1-31			MOA Year-end Donation Campaign
December 29 & 30	Tues. & Wed.		End of the Year \$5 Soba (One free order for anyone who helped the MOA cause in 2026; RSVP required)
			*help is needed to organize before/during/take-down.

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, we’d be most grateful for help with the Children’s Painting exhibit and to create & maintain the Wellness Garden in Nuuanu.** Please call the Front Desk at (808) 952-6900 or Steve Ichikawa at (808) 222-2184, or email us at wcooperations@moahawaii.org. Thank you so much!

Did you know about the Lifestyle Improvement Seminar?



On the third Friday of the month, Sage Kanemaru and Aisha Asami conduct the Lifestyle Improvement Program with help from MOA Certified Art Advocates, Healthy Food Advocates, and Basic/Intermediate Level Purifying Therapy volunteer therapists. It is \$60 for first-time participants and \$70 for repeaters.

As the participants gather at the Wellness Center, they are welcomed into the reception area by a view of a stunning floral arrangement and then a



line-up of artworks by local artists in the Gallery section. They then experience the simple delight of making a single floral arrangement, which will enhance their drink of a delicious bowl of organic matcha tea freshly prepared for them. Then each participant will receive over an hour of customized Purifying Therapy treatment, and any remaining time will be used for massage or stretching exercises.

Finally, after experiencing the therapy modalities (each participant will likely feel lighter with fewer spiritual clouds on their invisible spiritual body), they will be treated to a gourmet lunch—so delicious that they won't believe that it's healthy!

We at MOA Hawaii hope every participant will want to include the Okada Health and Wellness Program in their daily lives.

Visit by Tokyo Women's Medical University Students *(continued from page 1)*



They were then asked to relax and enjoy the beauty of the flower they chose.

Following this, General Manager Take Kawai (at left with his son Hyugo) and his whole family treated the students to organic matcha tea.

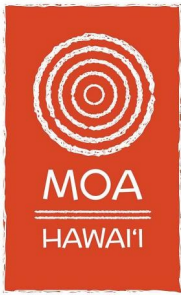
[Note: "Food as Medicine" is beginning to expand in the USA as physicians are beginning to "prescribe" organic vegetables



This month's Nature Garden Volunteer Day is Sunday, May 3rd from 9 a.m.

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

This month we are actively preparing for the big plant sale on June 7th and welcome volunteers during the whole month. 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 ✦ Website: www.moahawaii.org



May 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: 3rd Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apr 26	Apr 27	Apr 28	Apr 29	Apr 30	1 	2 1:00 pm Tea Practice
<div style="border: 1px solid red; padding: 5px; color: green;"> This whole month we'll be needing help getting ready for the Plant Sale (pricing, weeding, setting up, etc.) Please contact Teri June Amuro at (808) 497-8538. </div>						
3 ➤*9:00 am Nature Garden Volunteer Day ➤*10:00 am Korinka/Ikekomi Meeting	4	5 Tofu Poke Bowl	6 9:00am - 11:00am MOA Hawaii Team Staff Meeting	7 5:00 pm MOA Executive Comm. Meeting Lunch – Chicken	8	9 *10 am - 2 pm MOA Children's Painting Contest Awards Ceremony & Exhibition 1:00 pm Tea Practice
10 	11	12 Tofu Poke Bowl	13	14 Lunch – Wafu Hamburger	15 Lifestyle Improvement Program 9 am-1 pm	16 1:00 pm Tea Practice
17	18 6:00 pm Tom Flower Class	19 Tofu Poke Bowl	20	21 Lunch - Fish	22	23 ➤*9:00 am Tom / Nakano Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice
24	25 Remember & Honor 	26 Tofu Poke Bowl	27 6:30 pm MOA Board of Directors Meeting	28 Pick-up ODEN orders Lunch–Tofu Stir-fry	29	30 1:00 pm Tea Practice
31  Wellness Center Clean Up 9-12	June 1	June 2	June 3	June 4	June 5	June 6  Plant Sale on the 7th! ➔
<div style="border: 1px solid red; padding: 10px; color: green; font-weight: bold;"> One week until the Plant Sale! </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 Hawaii
 600 Queen Street, C-2
 Honolulu, HI 96813

Please use this form to join the MOA HAWAII 'Ohana!

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: Gale Eckerd, Dick Mills, Brian Nakano, and Steve Tomino.
MOA Wellness Center Staff: Takemasa Kawai, General Manager; Jody Kanemaru, Administrator; Steve Ichikawa, Operations Manager; Kenji Mayeda, Purifying Therapy Section Manager; Aisha Asami, Natural Foods Program Manager, Teri June Amuro, Nature Farming Program Coordinator; and Sage Kanemaru, MOA Certification Seminar Section Manager and 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.