



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 9 SEPTEMBER 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.

Purifying Therapy Corner - Making the Invisible Visible by Sage Kanemaru

Nothing about Purifying Therapy should work. A therapist raises their hand above stiff, feverish spots on the recipient's body, and the symptoms of their disease improve within an hour. What is the mysterious mechanism at work here? How can we prove if anything is actually occurring? And why would a profoundly rational thinker like Mokichi Okada pour so much energy into developing a therapy that defies common sense? To answer this, we need to examine Okada's theory of human health and his deeper aim in disseminating Purifying Therapy.

In Okada's philosophy, the condition of one's physical body is inextricably linked with the condition of one's spiritual body.



Okada's notion of the 'spirit' is not an otherworldly ghost, nor does it have to do with religion. Rather, he described the spirit as an energetic vapor which vibrates at a frequency

that we currently lack the scientific tools to detect. His core argument was that sickness in the physical body mirrors the natural elimination of accumulated impurities in the spiritual body.

We can use Okada's metaphor of 'clouding' to make this simpler to understand. Clouds in the sky form when vaporized water condenses around specks of dust in the atmosphere. Similarly, Okada theorized that the vapor-like spirit condenses into clouds when ultra-microscopic, dust-like particles form in the spiritual body. According to Okada, this dust accumulates when our lifestyle is not aligned with Nature, particularly when we put artificial substances in our body and think, say, or do impure things. Those clouds weigh down and darken the spirit,

(continued on page 2)

LET'S MEET:

By Nikolle—Skin • Nourishment • Balance

Aloha, I'm **Nikolle Coelho**, a holistic wellness practitioner and founder of *By Nikolle – Skin • Nourishment • Balance* at the MOA Wellness Center.

Originally from Brazil, I've called Hawaii home since 2016. My journey began in skincare over a decade ago and naturally expanded into a deeper interest in Ayurveda, nutrition, wellness, and the connection between body and mind.

Today, I bring these different areas together in my work. My facials combine thoughtful skincare with a holistic perspective, creating an experience that is both results-focused and deeply restorative. I'll also soon be introducing Marma Therapy, an Ayurvedic healing practice working with vital points of the body to support relaxation, balance, and well-being.

After spending the past year and a half traveling and exploring different wellness traditions around the world, I'm returning to Hawaii with new inspiration and teachings that continue to shape my work. I'm so happy to be back on the island and to be part of the MOA family toward creating a new kind of medicine. You can connect with me through my website: www.bynikolle.com



which produces mental anguish and weak physical health. However, the spirit routinely purges these impure clouds by generating fiery heat, which is mirrored in the body as the outbreak of fever. The resulting 'ash' from incinerated spiritual dust is eliminated from the body via phlegm, pus, vomit, or any other unpleasant excretion we associate with illness. Purifying Therapy accelerates the healing process by supplying additional heat to rapidly melt regions of heavy spiritual clouding.

This invisible process is already difficult enough to believe—so why would Okada use an equally unbelievable therapy to help people? The implausibility of Purifying Therapy is its greatest asset. Pure physics cannot explain why a client's back and shoulders are looser at the end of a session or why they leave in a lighter, more energetic mood. If the therapy included any physical manipulation, recipients could reasonably attribute good results to their body alone. However, the inexplicable results observed in Purifying Therapy slowly build conviction in forces we cannot see.

Producing visible changes through this invisible means holds the key to creating the world of peace and prosperity that Okada wished for. When people awaken to the possibility that there is more to human existence than mere physical reality, they are empowered to take control of their lives. They choose to eat food grown without chemical fertilizers, reduce their reliance on painkillers, and hold back from thinking mean thoughts not out of fear or moral obligation, but as an investment in their spiritual wellness. As a result, they fall sick less often and experience greater joy. Most importantly, as the clouds on their spiritual body are eliminated, their intrinsically kind and generous nature is allowed to shine and uplift those around them. From one individual, true happiness and health expands to their family, their community, their country, and eventually, to the world.

Please contact Sage Kanemaru at (808) 206-2771 or skanemaru@moa-inter.org if you are interested in studying with us and becoming a certified practitioner.

Why I Always Enjoy the Lifestyle Improvement Program!

by Jennifer Terukina

I came away from
July's Lifestyle
Improvement

Program feeling rested, relaxed, and renewed. Our session began when Wendy Fujimoto greeted us warmly into the Golden Tea Room where we did single flower arrangements and enjoyed a bowl of Matcha. I selected a lovely rose which caught my eye. I was attracted by its peppermint stripes and perfect shape. The rose's elegant beauty offered me healing. I chose a modern vase with angles to show off the qualities of the rose. Wendy then proceeded to talk about the Tea Ceremony and the impressive Golden Tea Room. We spent a few minutes discussing the flower arrangement in the Tea Room, which is an important part of the décor. The hot Matcha was delicious as it went down my throat and found its way to parts of my body in need of healing. I gave thanks to all of those who made my bowl of Matcha possible.



The two-hour Purifying Therapy session by Kenji Maeda, Sage Kanemaru, and Chieko Nitta offered calm and healing. As my therapist channeled the energy, I felt it penetrating my body and I was able to nap during the session. As purifying therapy session ended, Ellen Okazaki briefly demonstrated and described Bowenworks to me and the other participants. I had no prior knowledge of this healing method.

Wonderful aromas from the kitchen drifted into the OPT Room and were sometimes distracting. Healthy Food Manager, Aisha Asami

and her crew of volunteers prepared a summer menu of Nagashi Somen with an assortment of vegetables, including karashi renkon (lotus root stuffed with miso and mustard), spinach goma ae, nori, fried egg, sautéed mushrooms, tomatoes and okra. The bright dragon fruit sorbet for dessert was refreshing as well as delicious!! It was accompanied by a shiso jelly mixed with ginger and lemon juice. Aisha's creative recipes never cease to amaze me.



Kimiko Ichikawa, Laurie Lum, and I enjoyed our conversation as we savored our meal. It was a beautiful experience filled with positive feelings. Each one of today's experts gave his or her very best to be sure that our experience was positive, healing, renewing, and relaxing. I am so thankful that they did this for me—
かんしゃしています (kansha shite imasu).

For more information on the Lifestyle Improvement Program, please contact our Front Desk at (808) 952-6900 and for Bowenwork Hawaii, please contact Ellen Okazaki at ellenokazaki@gmail.com or see <https://bowenhi.com/>.

A BIG MAHALO FOR A GREAT 2026 RUMMAGE SALE!

Aloha, Everyone!

A heartfelt MAHALO to everyone who helped make our 2026 Rummage Sale the best sale ever!

As you know, none of this could have been accomplished without all the endless hours of work performed behind-the-scenes work by such dedicated volunteers.

Special thanks to Dick and Jan who spent a "whole lotta days" pricing, Charlene for pricing and keeping us on schedule not wanting us to overwork, and Laurie for her tireless research and visits to consignment shops and jewelers.

A huge thank you to all our wonderful volunteers for helping with setup, the sale, and cleanup: Leslie, Ron, Ranie, Chris, Jade, Frances & Jeff, Diane, Grace, Sets, the Date boys, the Kawai boys, Steve, Dawn, Darian, Gale, Orion, Phyllis, Brian, Violet, Lauraine, Jennifer, Aisha, Jody, Joyce, Brenda, Dustin, and Warren. If I missed anyone, please accept my apologies—my memory is not 100%!

And not to forget, many, many thanks to everyone who donated items. Your generosity made this sale possible and brought smiles to so many happy shoppers. Many told us they're already looking forward to coming back next year!

AND....Surprise, Surprise!! Next year's sale will be on the same date, August 1st, but on a SUNDAY!

SAVE THE DATE!

2027 Rummage Sale — Sunday, August 1, 2027

Can't say it enough, **Mahalo Nui Loa** to everyone who made this year such a success! See y'all next year!



Teri



Thank you
for your
support

SEEKING NOMINATIONS

The **MOA Hawaii Board of Directors** has started the nomination process for the 2027 annual meeting and election of directors. The terms of two current directors will expire and two director positions will need to be filled. Directors serve as volunteers.

To serve as an MOA director, the candidate must be an MOA member and an active participant in MOA activities. Each candidate must personally submit their nomination by Saturday, November 28, 2026. Submissions should be made to Board President Lester Nakamura at lesnakamura@moahawaii.org or MOA Hawaii Operations Manager Steve Ichikawa at stevetichikawa@moahawaii.org.



Foodland's Annual Community Matching Gifts Program

Foodland's Give Aloha Campaign

September 1–30, 2026

Donations can be made at checkout at all Foodland, Foodland Farms, and Sack N Save stores statewide.

Clip this out for your reference.

MOA's organizational code is:

78653

- From September 1-30, donations to Give Aloha participating organizations will be accepted at checkout at all Foodland, Sack N Save, and Foodland Farms stores statewide.
- Customers must be an enrolled Maika'i member to donate. Donations made without a Maika'i account will not be matched. Individuals must use their own Maika'i account. Customers without a Maika'i account may enroll at checkout. Only one Maika'i account number is allowed per person.
- Customers may donate up to \$249 per organization. Donations exceeding \$249 per organization will not be matched.
- Donations in the form of cash, check, or credit card (VISA, MasterCard, American Express, Discover, and JCB) will be accepted. Donations must be made payable to Foodland, Sack N Save, or Foodland Farms.
- The donation amount and abbreviated name of the organization will appear on the customer's receipt.
- Donor names will not be released to organizations. Organizations who wish to track donations for acknowledgment purposes should instruct donors to send a copy of their receipt directly to the organization. Donors may ask the cashier for a duplicate receipt at the time of donation.
- Donations are tax deductible to the full extent of the law. Please consult with your tax advisor.



Our MOA Hawaii website is in need of an overhaul. If you have website design experience won't you please consider helping us update it?

We know we need to clean up the website, especially restore broken links, create concise menus, ensure user-friendly experiences including consistent navigation, and making it secure for those making inquiries, donations, etc.

Please contact the Front Desk at (808) 952-6900 or Steve Ichikawa (808) 222-2183 or stevetichikawa@moahawaii.org. Thank you so much!



2027 Arts and Culture Study Tour to Japan

(including Ikebana Kohrinka Seminars and Tour of Hokkaido)

(as of 08/06/26 - 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), EXCELLENT FOOD, and participating in Ikebana Kohrinka Seminars.

May 12 - 26, 2027 (15 days/13 nights) - Beautiful Hokkaido

- Visit the Shinsenkyô garden (National Place of Scenic Beauty), the Hakone Museum of Art; the MOA Museum of Art (in 2023, the Museum was chosen as the “*too beautiful art spot*” on the TikTok site by 180,000 young people in Japan; in addition to the fine arts collected by Okada that are loved by all ages); and many other locations.
- Participate in Ikebana Kohrinka Seminars at the MOA Museum of Art and single flower therapy at the Sapporo Wellness Center.
- *The World Horticultural Exhibition Yokohama 2027*, themed *Scenery of the Future for Happiness*, will be the first top-class horticultural exposition held in Japan in 37 years. It will share with the world the values that are unique to Yokohama, such as blooming flowers and lush greenery, the richness of agricultural harvests and food, and the diverse interactions between people. It will also strongly contribute to Yokohama's Sustainable Development Goals (SDGs).
- Visit the beautiful island of Hokkaido—*Hakodate, Noboribetsu, Hell Valley, Bear Park, Edo Museum (dress up in Kimono for a photo), Lake Toya, Fireworks, Mount Usu, Silo Observatory, Ceramic Experience in Asahikawa, Experience the Coldest Temperature at the Ice Pavilion, Blue Pond, Patchwork Hills, Tomita Farm, Sapporo Beer Factory or Nikka Whisky Brewery, baseball game at Escon Field (optional), Otaru, Music Box Museum*], the fantastic seafood, the Hokkaido Art Hall (Sapporo Wellness Center), and other sites.



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

stevetichikawa@moahawaii.org

Next Nature Garden Volunteer Day Sunday, Sept. 6th from 9 a.m.

[Now every FIRST Sunday from 9 am. At Toho no Hikari Nature Garden: 3510 Nu'uaniu Pali Drive.]

Both organic and MOA Nature Farming methods do not use pesticides and chemicals (fertilizers). Organic farming constantly adds organic compost and nutrients to produce healthy vegetables and fruits. 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.



Today, "organic" items are readily obtained now at many locations, including our own MOA Wellness Center. You can even request fresh salad and brown rice at the hospital. Who could have foreseen this ever happening? Actually, our MOA pioneers from the 1950s did!

Volunteers are welcome to come out to work with our Nature Farming Program Coordinator Teri June Amuro. Weekdays are available, too. If you are interested in seeing what they do and/or want to volunteer, please contact Teri at (808) 497-8538. MAHALO!

Volunteers worked hard on Sunday, August 2nd!



Above, Mrs. Mihoko Date, visiting from Japan, along with her family spent part of their vacation helping us in the Nature Garden! Below, can you even see Warren Shoda manning the machine that enabled him to trim back the ulu tree.

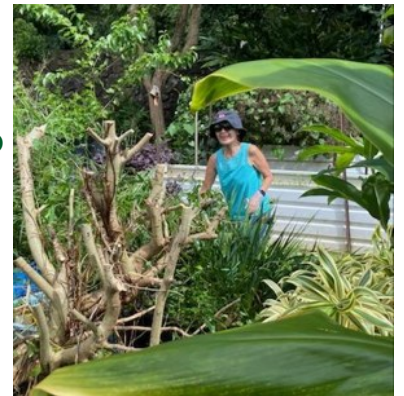


In the steamy verdant Nu'uaniu Valley, members converged on the Nature Garden on the Toho no Hikari property and helped with the monthly clean up. With the summer's unusual rains, the foliage was thick & lush!!! Even the kinds of plants we really don't want there are thriving—out! out! invasive ones! Have you seen how our beautiful heliconia and torch ginger* aren't able to grow properly because the vines have such an

incredible chokehold on the stems? They wind up the branches and stems of our good plants, strangling and preventing them from growing (like honu with fishing cord tightly wrapped around their flippers) *& so many other flowering plants/branches that we use in our Kôrinka flower arrangements at Toho and the MOA Wellness Center and for Washington Place and other notable places.

Warren Shoda was able to cut back a lot of the branches on our ulu (breadfruit) tree because the weight of its canopy was becoming a safety issue on that slope. It will continue to flourish and provide us with the best breadfruit (many outsiders know this and have snuck in under the cover of darkness to take our wonderful fruits).

Thank you to Teri June's crew that day: Dick & Jan Mills, Warren Shoda, Steve Ichikawa, the Date 'Ohana, Charlene Gray, and Alan & Wanda Aranaydo.



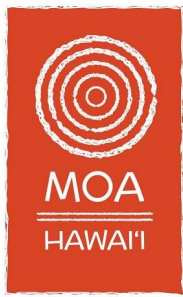
Above, Wanda Aranaydo worked hard with her husband Alan to clean the grounds. Below are Charlene Gray and Dick Mills taking a picture break for Dick's wife Jan. Thank you, Jan, for the photos!



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 as one 8-paged newsletter or 1 ounce has recently gone from 78 cents up to 82 cents!!!! Please let us know either by email at wcooperations@moahawaii.org or by giving us a call at (808) 952-6900. [Emailed newsletters are in color! Mailed ones are in black & white!] You can also view the newsletter on our MOA Hawaii website: <https://moahawaii.org/elementor-5530/>



Thank you!!!



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

SEPTEMBER 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
Aug 30  Foodland's Annual Community Matching Gifts Program	Aug 31 Please consider giving to MOA HI Foodland's GIVE ALOHA runs from Sept 1 to 30.	1 Tofu Poke Bowl	2 9 - 11 am MOA Hawaii Team Staff Meeting	3 5:00 pm MOA Executive Comm. Meeting Lunch – Chicken	4	5 ➤*1:00 pm Kanno/ Nakata Flower Class ➤1:00 pm Tea Practice
6 *9 am Nature Garden Volunteer Day	7 	8 Tofu Poke Bowl	9	10 Lunch – Wafu Hamburger	11	12 ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice
13	14	15 Tofu Poke Bowl	16 6:30 pm MOA Board of Directors Meeting	17	18 9am-1pm Lifestyle Improvement Program	19 ➤*10:00 am Nakano Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice
20	21 6:00 pm Tom Flower Class	22	23	24 ODEN pick-up	25	26 1:00 pm Tea Practice
27	28	29	30	Oct 1	Oct 2	Oct 3

“*” 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 HAWAI'I '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 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. Membership is on a calendar basis. Donations are tax deductible.

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Would you like the newsletter emailed to you? ☐ Yes ☐ No			
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	Your Signature:		

MOA Hawaii Board of Directors: Lester Nakamura, President; Shawn Hamada, Vice-President; Dawn Kanno, Secretary; Danny Asami, Treasurer; Members: Dustin Ebesu, Gale Eckerd, Dick Mills, Brian Nakano, Jennifer Terukina, 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.