

The Wellness Connections email newsletter is published during the week following the monthly meeting, except in the case of combined issues. The goal of the newsletter is to inform the members about important issues arising at the meetings, provide reminders about future events, and to be an information resource about issues important to members. You may communicate with the editor or submit articles at [franks@attitude.com](mailto:franks@attitude.com). To stop receiving the newsletter, send an email to the editor with "Stop Newsletter" in the subject field.

## MOA Oasis Garden Shares Facilities and Philosophy at Open House



The Wellness Fair is over, Spring has sprung upon us, the April showers have arrived in March, the MOA Oasis Garden is in full bloom and their open house offered a wonderful field trip opportunity. Located a few miles east of Clovis just north of Shaw on Indianola, the ten acres of the facility is a landscape of natural farming carefully and artistically planned to provide sustenance for the soul as well as the body. The Oasis Garden demonstrates the three principles expressed by founder Mokichi Okada: Nature Farming and natural foods (the art of agriculture); Okada Purifying Therapy (the art of life); arts, culture, and the natural beauty such as that found in flowers (the art of beauty).

Okada constructed models to demonstrate the fundamental principles of this healthy way of life, with the intent that the models would begin with individuals, expand to families, communities, nations, and eventually the entire world. The MOA Oasis Garden is the first such prototype in the continental United States. Besides the areas dedicated to crop production (which will now serve as a learning site for Fresno State agriculture students), there are flower gardens, a newly developed community garden, and a healing path to follow through the orchards and flowers.



One of the big highlights of the open house, was a Japanese Tea Ceremony. The grace and focus of the preparation and serving are all designed to give total attention and honor to the guest. This is such a nurturing and healing ceremony, it is well worth experiencing. The visit ended with a short session of Okada Purifying Therapy and we headed for home

enriched by the whole experience. Okada Purifying Therapy is now available Mondays and Wednesdays at The Center, 725 Pollasky, Suite 101, Clovis. See the website at [www.moa-fresno.org](http://www.moa-fresno.org) for information and appointments.



Sometimes, everything old is new again. The following bit of wisdom was spoken by Honani, the Badger, in one of the Hopi origin myths, when he was showing an old man some herbs to help a young girl who was ill. Honani said, "Pray also and I will help you. Medicine must always be accompanied by prayer and good thoughts."

## Website of the Month

The site for this month:

[www.grief.net](http://www.grief.net)

Tom Buckingham, who just completed his Grief Therapy Certification, recommends this site describing the program offered by The Grief Recovery Institute of Sherman Oaks, CA, as a “one of a kind program for training psychologists, medical doctors, social workers, clergy, hospice staff members and many others who deal with emotional loss, such as death, divorce, sudden change, and other stress inducing personal events.”

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## Keep Your Calendar Open on May 15

Sunday, May 15<sup>th</sup> marks the anniversary of the founding of Wellness Connections and plans are under way for an Anniversary Social. Be sure to keep your calendars open for that date, and watch for more details in future editions of this newsletter and the fahp listserve.

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## New Directory Imminent

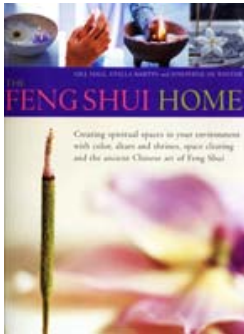
Although being faced with a large number of new listings and several changes in the old listings, the editorial staff of the Wellness Connections Directory has been plugging away steadily and it will be ready soon.

Questions about listing in the Directory should be directed to Executive Director Faye Saxton at 559-299-2900 or 559-435-5640. Technical questions about preparing files for listings may be addressed to Mike Neer by calling Veda Communications at 559-275-3675.

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## Book Review: The Feng Shui Home

Gill Hale, Stella Martin, and Josephine DeWinter, Hermes House, 2004



If you are contemplating entering into a study of Feng Shui and you are looking for a good resource to use as a study guide and reference, this is not the book you need. If, however, you are seeking to add to your general knowledge of the principles and want to become familiar with some of the vocabulary of Feng Shui, this book could be a good starting point. The definitions and explanations given are reasonably clear, although they are not expressed in any great depth. I also found that some of the instructions on how to use the information in the diagrams and tables seemed to be incomplete and, in some cases, contradictory, although that may be due in part to the fact that there are several schools of thought in regard to the practice of Feng Shui. On the other hand, the section about putting the principles into practice has easy to understand concrete examples and excellent illustrations. The Feng Shui Home is enjoyable, quick, and easy reading. On the positive side, the lack of detail creates an urge to seek out more definitive resources. I find it to be a good purchase, but only because I found it on the bargain table.

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Editorial Request: Please let me know how you feel about this new format for the newsletter; some members were having problems with the two-column format I was using; email the editor at [franks@attitude.com](mailto:franks@attitude.com). Thank you.