

# Hawaii Kotohira Jinsha Hawaii Dazaifu Tenmangu

July 2016



## Chinowa for People & Pets

A procession of dogs, cats, birds, and a Jackson Chameleon went through the Chinowa ring under sunny skies on June 5 for the annual Chinowa for People & Pets.

Prior to the event, a ceremony was held in the shrine with shrine President, Dr. Shinken Naitoh and all the "blessers" for the event. Special prayers were also given for deceased pets and pets who are victims of

inhumane treatment of animals.

Some humans and pets hung around for some "yappy hour" while others slurped Pet Shave Ice.

As usual, all had a tail wagging good time going through the Ring of Renewal.

A special Mahalo goes out to Niki Libarios of Hawaii Doggie Bakery for the donation of doggie treats, Carole Omura

and her students from Kobe and to Karen Nishida who flew in from Hilo - 2 years in a row - to help out at the event.

A Big Mahalo also goes out to Hanayagi Dancing Academy Hawaii Foundation and the many volunteers for their kokua in making this event a success.

Mark your calendars for the next Chinowa for People & Pets on Sunday, June 4, 2017.

# MAHALO for your generous donations

Tom & Linda Agawa  
Cabansag Ohana  
Bill & Keiko Doughty  
Clark & Gayle Fujihara  
Bob Harada  
Hawaii Doggie Bakery  
Seizo Imamura  
Kyoko Isa  
Rodney & Sharon Isa

Matthw & Chikako Jackson  
Elaine Komatsu  
Maya Kodi & Kia Kunishima  
Tamie & Lorraine Kunishima  
Mike Lee  
Gerry & Audrey Mori  
Roy Morioka  
Shinken & Marilyn Naitoh  
Karen Nishida

Thomas & Jean Nishimura  
Akiko Sanai  
Gary & Linda Shinsato  
Takakazu Maeda  
Wayne Takenaka  
Kasen Kunishima Takushi  
Keith Tanigawa  
Sharon Tanigawa  
Shelley Wadahara



## Chinowa Prep

Bob Harada  
Arthur Isa  
Marilyn Naitoh

Shinken Naitoh  
Craig Nishida  
Diane Nishida

Karen Nishida  
Gary Shinsato  
Linda Shinsato



# MAHALO Volunteers

Ally Carlyle  
Cassie Carlyle  
Lisa Chong  
Cal Chun  
Chad Enoki  
Kei Enoki  
Gayle Fujihara  
Jeff Fujioka  
Brent Furuya  
Bob Harada  
Arthur Isa

Arthur Isa, Jr  
Elaine Komatsu  
Mike Lee  
Calvin Mai  
Marilyn Naitoh  
Shinken Naitoh  
Craig Nishida  
Diane Nishida  
Karen Nishida  
Diane Ogasawara  
Carole Omura

Stuart Pang  
Danielle Sato  
Gary Shinsato  
Linda Shinsato  
Becky Sun  
Sharon Toma  
Val Tsutsumi  
UH NICE Students  
Kathryn Yoakum  
Kris Yoakum



Event pics: [www.flickr.com/kotohira-dazaifu](http://www.flickr.com/kotohira-dazaifu)

Event Videos: <https://www.youtube.com/channel/UCzBwD2WvzdzTrtYbDV4P-g>



# CALENDAR

## JULY

- 3 3 pm  
**Tsukinamisai & Tanabata**

## AUGUST

- 7 10 am - 2 pm  
**Education Blessing**

9 am - 4 pm  
**Otaku Summer Festival**

## SEPTEMBER

- 1 Reservations accepted for **Shichigosan**

- 4 3 pm  
**Tsukinamisai & Choyo no Sekku**

- 25 3 pm  
**Autumn Thanksgiving Festival**



## MAINTENANCE PROJECTS

The wheels of the sliding gate on Olomea Street were replaced on 6/3/16 by Mike Lee and Rev. Takizawa.

The under-stage storage was cleaned out on 6/5/16. MAHALO to Mike Lee, Bob Harada, Brent Furuya, Arthur Isa, Jr.

Meeting room ballasts were changed and minor re-wiring done on 6/23 by Mike Lee.



# Shrine Visitors & Private Blessings



Dr. Jay Sakashita's UH Religion class from Summer Session I visited the shrine on 6/3.

Noriaki Kunimasa and Ohana of Kyoto visited the shrine on 6/15. Mr. Kunimasa is the president of the company that supplies many of the shrine's omamori.

Congratulations to the birth of a 3rd son for the Cabansag Ohana! Rev Takizawa has performed Baby Blessings for all 3 sons and Shichigosan for the older two boys.



A 50th-Day Memorial Service was performed by Rev Takizawa on 6/19. In Shinto, the 50th-Day Memorial Service is meant to affirm that although we are still experiencing sadness and pain, death is merely a change of form and the pain of grief is in a way, a gift to us because it is evidence of the presence of love.



# Kita Makura - sleeping with the head to the North

At funerals in Japan, corpses are positioned so their head is facing north. As such, sleeping with your head facing north is called *Kita Makura* and is said to bring calamity and negative energies.

Buddha is said to have died with his head to the North. So for Buddhists, sleeping with the head to the North was considered the direction of death.

There are magnetic fields on the planet. In many ways, the earth is engineered because of its magnetism.

While the evidence is all there that getting a good night sleep is really important to your health and well being, does the magnetic direction in which we align ourselves for sleep (i.e., North, South, East or West) effect the kind of sleep we receive?

Both Eastern medicine and science agree about the importance of a healthy sleep pattern for continued well being.

The Indian Ayurvedic tradition believes that sleep positions decide the kind of energy we want coming into our life, with sleeping facing the East and South being the most beneficial.

Vishnu Purana, considered one of the most important Hindu religious texts claims it is beneficial to lie down

with the head placed east or south. The man who lies down with his head placed in contrary directions becomes diseased.

Scientists have long suspected that humans have an innate magnetic compass, but have been unsure as to how this affects us.

Recent sleep research shows that some mammal species always graze and sleep facing north or south and that the earth's magnetic field is probably polarizing and causing this.

Further studies have suggested that humans who sleep in an East-West position have far shorter rapid eye movement or REM sleep cycles in which dreams occur, compared with North-South sleepers who got more REM sleep.

REM sleep is the final phase in our deep sleep cycle and it usually takes up 20-25% of the total sleep time.

There are various theories about what REM is from neural pathway development to memory consolidation, but science agrees that it is a vital function and maximizing your REM could help promote greater health and well being.

We know that when we sleep, our bodies start a



In Feng Shui, the location of your bedroom in the house and the direction of your bedroom furniture is more important to the free flow of positive energy and so is critical to getting good sleep.

healing process that is critical to feeling our best.

Sleeping is also a way to nourish your important organs that are key to producing the energy we all seek when we are awake.

Getting enough sleep is about being in touch with the stillness inside of you. Most of us are rushing around from one thing to another. We even rush to bed in order to get enough sleep, but our bodies are so full of adrenaline and cortisol that sleeping can seem impossible. Upon waking, we startle our bodies again with a loud alarm clock.

When the body is positioned horizontally, your pulse rate drops. The body makes this adjustment because if blood is pumped at the same level, too much will go into your head, causing damage.

According to recent Chinese studies, sleeping with your head to the north for 5 to 6 hours, can cause pressure on the brain because of the magnetic pull.

This could lead to strokes and hemorrhages if you are over 50 or if your arteries are weak.

In Feng Shui, the North rules the element of Water, so the head is said to remain cool and the feet warm - a good position if you are healthy and sturdy. You could awake agitated from the over-whelming circulation in the brain, if you older or not in the best of health.

One day will not make much of a difference. However, if you do this daily, the energies will eventually have an effect on your body.

So, which is the best direction to sleep? East is said to be the best direction. North-east is comfortable, West is fine, South, if you must. North, not recommended unless you are young and healthy.

This is true as long as you are in the Northern hemisphere. In the Southern hemisphere, don't put your head to the south.

Head to the West allows a serene energy to permeate the body. Since the sun sets in the West, this is said to be an ideal position for a restful sleep for the elderly.

Head to the East promotes growth and success in all endeavors. It's also said to be a good direction for those who have difficulty waking up in the morning.

Head to the South is considered inauspicious in Feng Shui. The south rules the element of fire, which is said to bring an unstable, and excitable energy. It is also said to "burn" money and love.

Despite the negative image of head to North as being an inauspicious direction for sleep, head to the North may be the most comfortable direction for those who are young and in sound, robust health.

If you are not able to change the position of your bed, you can still reap the benefits of the energies by using pillow covers.

North: White, West: Yellow, East: Red and South: Green.

## Doyo no Ushi no Hi

The word *doyo* refers to the 18 days before a season changes. Within this period, *ushi-no-hi* (day of the ox) is called *doyo-no-ushi-no-hi* (day of the ox of the seasonal change period).

It is customary in Japan to eat *unagi* (eel) on this day.

During the Edo period, an eel restaurant had difficulty selling eel in summer, so the owner sought the advice of *Hiraga Gennai*, a famous herbalist and inventor. Gennai suggested promoting

the tradition of eating *unagi* on *ushi-no-hi* to survive the summer heat.

As a result, the eels began to sell extremely well. Thus, people started to enjoy eating grilled eel on the day of the ox in summer.

*Unagi* eels are rich in vitamin B, and it is recognized in academic circles as being effective in fighting summer heat exhaustion and a loss of appetite. It also helps increase stamina and revitalizes the body.



"Doyo no ushi" or the day to eat eel changes from year to year and is determined by the Japanese calendar.

2016 has only one day - July 30 Saturday. Survive the heat by eating some *unagi* on this day!!