



# Wahiwawa Hongwanji Mission

AUGUST 2013

Phone: 808.622.4320 \* Mon.-Fri. 8 a.m. to 12 noon \* email: office@wahiwawahongwanji.org

Website: www.wahiwawashinbuddhists.org

President: Mr. Glenn Hamamura \* Minister: Rev. Kojun Hashimoto

## *Power of Shin-Buddhism*

The Buddhist Study Center Summer Session 2013 featured Reverend Dr. Mark Unno, Religious Studies Department Chair at the University of Oregon in Eugene. He is the last descendent of 14 generations of the Unno clan who promoted Shin Buddhism for four hundred years. He is the son of Dr. Taitetsu Unno, a retired professor of Shin Buddhism in America and an internationally acclaimed Buddhist scholar.

Dr. Unno's lecture series was thoroughly enjoyable and riveting as he peppered Buddhist concepts with personal stories and narratives of human relationships. This series was NOT one filled with religious dogma, but one filled with funny anecdotes and moving stories, providing both beginner and well-versed Buddhist scholars with a very meaningful experience. I was especially impressed with his stories of his relationship with his parents and his journey to find his own direction in life having been the son of such a revered father.

The interactions amongst nearly 50 participants were a key part of the series. Learning about each other and sharing thoughts and questions brought home the concept of interconnectivity and truly appreciating the reality of life. I felt humbled listening to the life experiences of the participants and the depth of their insight into their own lives. It cemented my own conviction that Buddhism provides a vehicle to discover who we are with no fear of judgment, and learning to appreciate every moment every day through understanding and compassion.

The following is a summary of my impressions of the key concepts Dr. Unno presented:

- Joy of Chanting—The moment before starting any chant is the most important moment. It allows you

to become centered and brings you into the present. It doesn't matter that the Classical Japanese chants are not understood. What is important is finding your own inner voice in the process and blending that voice with everyone else's, ...creating a metaphor for individuality and oneness with the universe. This was the first time I ever heard chanting presented in such a passionate way. There is a wonderful harmonic resonance going through the process that is

indecipherable when the experience itself is understood. It is also the realization that this moment is fleeting; it will never happen again; appreciating it is so important.

- Simple and Complex – Buddhist concepts of living ultimately express a simple truth beyond words. What makes this simple reality difficult is that we make them complex with our egos. Life becomes complicated due to our attachments and entanglements. Any complexity in the teachings reflects the need to address the complexity of our egos. In Shin Buddhism we are accepted just as we are by Amida Buddha, yet we find this acceptance hard to accept! Dr. Unno describes his relationship

with his wife, Megumi, as very close to the truth. In marriage we find acceptance of who we are with all our quirks for the other to see.

- Life as the constant unfolding of the truth through many levels of struggling (suffering)— How often are we tormented with the inner voice within ourselves questioning our decisions or judging others of their actions? Awareness of our self-imposed suffering and the “letting go” into Amida's great compassion is the essence of Buddhism; an opportunity that we are given in fleeting moments all the time. The personal stories of struggles and encounters amongst the participants' lives made me reflect upon all the struggles in my own life.

*Continue on next page ...*



**Shinran Shonin**

Continued from the front page...

- Duality and Oneness —Duality is the concept of “twoness.” It provides a way to better understand and interpret life as we see it. In Buddhism, there is no definition of right or wrong. There is only the acknowledgement that both exist and are in the eyes of the beholder. What is “right” in one culture or language may not be so in another. The ethical or moral perception is derived from many factors including upbringing, parents, friends, environment, etc. There is nothing wrong with dualism until there is conflict between the two parts of a polar pair. This conflict causes the pain and suffering and struggle in life’s journey. Acknowledgment acceptance of this reality is difficult. Once this awareness is accepted, we actually grow from the experience. This process takes us into viewing life as “oneness.” Example: “In trying to understand the acceptance of others and ourselves, if I am not there always for others, how can I demand that they be there for me?” So understanding “two yet one, one yet two” can be very complex. Buddhism is about going deep enough to enjoy BOTH happy times and sad times, realizing these conditions are arbitrary labels.
- Karmic Self – Amida Self: The concept of Karma can be defined as a logical consequence of some previous action. The complexity stems from the fact that our reality is the consequence of many-eons of generations and our changing environment. Though we may think that we (ourselves) are responsible for our actions, the realization of “good and bad, happy and sad, rich and poor, etc.” is really the result of many factors. Being grateful for these experiences is an essential part of Buddhism. Gratitude for the perceived difficulty in life (whatever it may be) and accepting this as yet another lesson in learning more about our own reality in a positive manner is the key to having a joyful life. This is not a concept of fateful pre-determination or doing whatever we want; it is about “radical acceptance” of our own actions and responsibilities. Many examples were given to describe this. One example is the reality of the advancements in technology and their effects on society both intended and unintended, helpful and unhelpful.
- The Primal Vow of Enlightenment for everyone: The Vow is there for everyone. No matter how long it takes, we all will wake up and realize

**“THIS IS MY LIFE AND I WILL LIVE IT!  
I was here and I belong! I am here, RIGHT  
NOW! ENJOY THE JOURNEY AS IT  
COMES BY ONLY ONCE!  
NAMU AMIDA BUTSU!”**

In closing, Dr. Unno animates a scene in Winnie the Pooh that summarizes the seminar.

***Pooh to Piglet:      What is your favorite day?  
Piglet:                Today is my favorite day!  
Pooh:                   ME TOO!!!***

In Gassho,  
Rod Moriyama



**Shin Buddhism**

The word Shin means “heart” or “core”, so Shin Buddhism can mean Heart of Buddhism, but the original Japanese name of *Jodo Shinshu* means the “True Essence (Heart) of the Pure Land Way.”



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Roy Higa, Editor



## President's Message

Glenn Hamamura

Welcome to August. Despite the rain on both days, we had a successful Bon Dance in June. The rain did not seem to diminish the enthusiasm of the dancers, and we did well at the food booths, the country store, the silent auction, and our other events. The "designer" Bon Dance towels did well, and many participated by purchasing our memorial ribbons that fluttered from the lantern strings.

Thank you to all the volunteers who worked very hard to make this event successful. We will be conducting a lessons learned session in a few weeks, and if you have any suggestions to help us improve, please provide the comments through the office. You can email them in at [office@wahiawahongwanji.org](mailto:office@wahiawahongwanji.org)

As the summer comes to an end, the construction to re-roof the school, social hall, and kitchen is coming to a conclusion. We are a little behind due to weather, but the timetable is still sufficient to get the work done before heavy use of the facility begins again in August.

There are many events coming up in the next few months. The Buddhist Studies Center Youth Fellowship Club will be holding a car wash in our parking lot on Saturday August 24, from 10 a.m. to 3 p.m. This event's proceeds will be used to support one of their members who is undergoing medical treatment. In late September, we will be hosting a public event with our headquarters (the Honpa Hongwanji Mission of Hawaii) at Wahiawa.

Thanks for your support of the temple. I hope that you will be able to take advantage of the events that are scheduled.

— In Gassho, —

Glenn Hamamura



Kathlyn Chiyomi Kakazu  
August 17, 1942 - June 13, 2013

If you are depressed you are living in the past. ☸  
If you are anxious you are living in the future. ☸  
If you are at peace you are living in the present. (Lao Tzu)  
WWW.LIVELIFEHAPPY.COM

Our condolences to the family of Kathlyn Kakazu. She was always around the temple helping with chores and activities. She would always have a happy smiling face when greeting everyone and there was a warm feeling whenever she was around. We will miss her very much.

*Namu Amida Butsu...*

# Buddhist Thoughts

## Lessons from a Ballet Recital

Yesterday, a group of us attended Katie Shimauro's annual ballet recital (Ballet Hawaii). Parents, grandparents, granduncles, and grandaunties crowded into the Leeward Community College Theater for their favorite children's performances. It was a nice way to end an enjoyable Mother's Day.

Watching the performances, there were many lessons in life in line with our Buddhist teachings. The initial performances were by the beginners, (4, 5 and 6 year olds) and included the trauma of their first performance. As much as there was a theme and some semblance of connectivity between the children, the challenge of fear, and remembering their parts, their suffering all became very evident in their brief two-minute performances. At this age, it is very difficult to get beyond the "individual-ness" or ego of each child. It reminded me of watching my grandson playing with other children at pre-school. Each child played side-by-side, but they clearly were in a world of their own. Two children in two separate performances just stood and cried as all the other children danced around them. There was tremendous drama on stage as well as within the audience! I empathized as parents shouted encouragement.

As these children mature, their awareness and skill also progress. If they don't, they drop out to pursue other interests. Ballet is not very forgiving. If you don't have it, it is very evident. As we watched the older children perform, the interaction and interconnectivity of the performers increased in difficulty. Their individuality was still in place as the



audience could clearly see when a performer was superior. However, the beauty of the performance was dependent on how well the presentation/performance was synchronized and coordinated. The really good performers, performed individually in their own special moment. There was no chance for one person to "help" another perform...they had to do it on their own. It reminded me of the self-power side of Buddhism.

For the more mature students though, the interaction and interconnectivity amongst the students and teachers were also evident. Their kind words of encouragement as well as coaching for improvement helped the maturation process...for BOTH the student and teacher. Katie, by the way, was in the last performance and she was terrific!

In Shin Buddhism, we stress that this compassion and words of encouragement really play important parts as we all enjoy the support of Amida Buddha, the other power. Does this make sense? As a community, we can all improve ourselves even though we all are at different stages of maturity and skill level. With this in mind, the entire community improves.

Namu Amida Butsu!  
In Gassho,  
Rod Moriyama

"If your mind is empty, it is always ready for anything; it is open to everything. In the beginner's mind there are many possibilities, in the expert's mind there are few."--Suzuki Roshi

# Temple News

## English Seminar

Buddhist Study Center's Summer Session speaker, Rev. Dr. Mark Unno led the seminar at Pearl City Hongwanji on July 14, 2013. He is Head of the Department of Religious Studies at the University of Oregon, and Associate Professor of Japanese Buddhism.

Dr. Unno explained that the Nembutsu Path is a crooked path because of our humanness. Not all our dreams may be fulfilled. For example, in the inner city, many students use sports as a way out but only a few are able to obtain the scholarships available to attend college and then play well enough to become a NBA player. For the others, they may be labeled failures, but that is just a part of human life, a world of suffering, but we must treasure those hard times and learn from them.

Dr. Unno tells stories to make his point. He explained that he was going to be a speaker at a conference and decided to rent a car instead of worrying about arriving on time. Together, with his wife Megumi and a cousin, they traveled on the freeway to San Luis Obispo. He began thinking that he should be focused on driving, so took his shoes off and sat in the half lotus position. Megumi told him they would get into an accident. He explained that he was in the moment and focused so not to worry. Assuming the cars approaching from the opposite direction were coming from smoggy LA, he wondered at their failure to have headlights on. As they drove further on, he noticed they still did not have their headlights on, so thought they were concentrating on getting dinner ready. Finally, he had a tap on his shoulder, and his cousin told him he needed to take his sunglasses off!

He was blinded by the image of himself as a minister. He was awakened to reality touched by the hand of Compassion. His stupidity became the source of his wisdom. Following that revelation he was able to drive onto San Luis Obispo. The Oneness of Reality comes from deep within. Amida Buddha is continually working and is embracing you just as you are.

## Family Day

On July 21 we celebrated Family Day. Our Dharma speaker, Rev. Blayne Higa, Pacific Buddhist Academy's Director of

Development and Assistant Chaplain, shared his thoughts of Obon and family. The remembrance of those who went before you creates this web of life that makes life meaningful because there are links to the past and to the future.

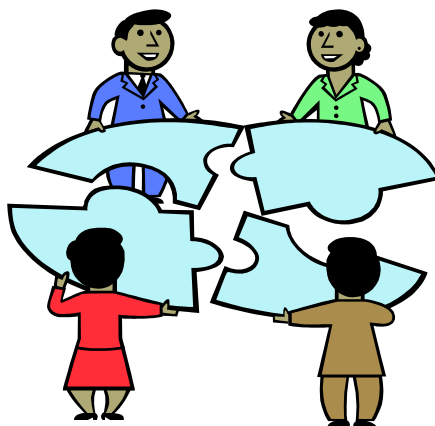
There are similarities in families because of the love we share even though we may have differences in appearances. Your family accepts you as you are and so does Amida Buddha, who awakens us to the ultimate reality through Namo Amida Butsu and it is Amida Buddha's call to awaken us to life. The rivers and streams we cross daily will get us to the Ocean of Oneness through our gratitude in life.

Rev. Higa reminded us about the Three Treasures: the Buddha, the Dharma, and the Sangha. The activities that followed had participants engaged in each area. The Buddha group made nenjus. The nenju is used when we gassho in front of the altar in the temple or at home. We express our appreciation and gratitude for Amida Buddha's Wisdom and Compassion.

The Dharma activity participants ate Mindfully by truly being in the moment with their Cutie by peeling it, taking it apart, and even eating it to savor the first chew with the burst of juice streaming into their mouth. Each one had to use their 5 senses in this exercise. They had to think about how this experience was different from their ordinary way of eating. Mindfulness is the key to awakening. Most of us are not awake and we have been conditioned to be in that state. The more awake and conscious we are in our life the richer, more vivid, and real it is.

Here is a website on Seven Habits of Mindful Eating: <http://www.karmatube.org/videos.php?id=3026>

The Sangha group gathered in a circle and tied their hands with yarn to form a net in the middle, Indra's Net. The challenge in this game was to keep the yarn taut while moving and being interconnected. Before the participants let go, they explained how they felt being connected to each other. The facilitator felt this was the best part of the activity because they found out about each other. That made the connections between the members of the group stronger.



In Buddhism, we refer to Indra's Net as the symbol for the interconnection and interdependence of all things in the Universe. We must cultivate our own hearts and minds and develop loving-kindness for all beings if we are to brighten and enhance the world around us.

Finally, we gathered for lunch in the Social Hall to continue the networking with the Sangha. We were treated to a delicious lunch of hot dog and 3 kinds of salads - tofu salad, Chinese chicken salad, and cabbage salad. It was topped off with cake and ice cream, a fitting end to a successful day of living the Dharma in our lives.

**Dharma School News**

Dharma Sunday will be on August 4th and the MC will be Thomas Kanemaru. Dharma School will be held on August 11, 18, and 25. Students will be practicing their song for the Songfest in September. They will also be learning about Sadako Sasaki whose family presented her crane to Hawaii.



**WHM Limited Edition Happi**

**Coats** – The final shipment of our limited edition happi coats for this year has arrived. If you missed getting yours the first time around, go down to the temple office today to try it on for size and get one while we still have them in stock.

**2013 Obon Memorial Ribbons** – For those who purchased memorial ribbons in remembrance of your loved ones, your ribbons are now ready for pick up if you wish to have them for your own home altars. Please call the temple office during regular hours (Mon...-Fri, 8am-12pm). Leave your name and telephone number and we will call you to make arrangements for pick up.

**Announcements**

September 1 - Grandparents Day  
September 8 - Ohigan

**St. Stephen's Food Collection**

Thank you for your generous donations to the Food Pantry. Please turn in your canned goods on August 4th, Dharma Sunday for the St. Stephen's Food Pantry. Let's work together to help the people in the Wahiawa community. A person's or family's day is brightened with your contributions.

**Meet the New Office Staff**



Aloha,  
My name is Beverly Ann Sabagala, I've been married 41 years to Melvin Sabagala. I retired from Bank of Hawaii's Servicing Department after working for ten years with the bank. I also worked for many years with escrow companies; and with a credit department. My enjoyments are: going to Tai-Chi classes, watching grand kids at their sports activities, watching Korean soap opera TV shows, and playing cards on Friday nights with family. (Beverly works on Wednesday and Thursday.)



Hi! My name is Caitlin Ohashi, but I like to go by Caity! I am a member of Wahiawa Hongwanji Mission as was my grandma, Gladys Ohashi. I recently had my first child, a son named Braylon, and I love every minute of being a new mom (except trying to lose that weight! :)) I love to eat yummy food and hang out with friends and family and LOVE to spend time online looking for recipes to cook and DIY projects on Pinterest! If you know what that is, come chat me up! Also, I love to sit and talk story, learning about people and their life stories so if you get a chance, stop by the office on Mondays, Tuesdays, and Fridays and I'd love to here from you! Hope to see you soon!

# Acknowledgements

## Gojikai dues

Shizuko Hisamoto  
 Rosamond Leong  
 Stanley Murakoshi  
 Atsushi Okata  
 Marcus Oshiro  
 Stanley Uesugi

## Gotane Service Donations

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 Please call the office 622-4320 to report any errors.

If you do not want your name to be published, please  
 mark your donation  
 "Do Not Publish." *Thank you very much.*

## PEACE WALK

Peace Walk sponsored by Dharma Light Project will take place on Friday, August 9 at 7pm from the Honpa Hongwanji Hawaii Betsuin on Pali Highway to the Nagasaki Peace Bell Memorial at Honolulu Hale. A short service will begin at 7:30pm. It will be preceded by the showing of the film, "The Gate" at 5pm at the Betsuin social hall.



## Peace Day

There will be a Peace Day dedication that will be at Pearl Harbor sponsored by the Honpa Hongwanji on September 21, a Peace Day parade in Honokaa, and a Peace Songfest at the Wahiawa Hongwanji on September 22.



Please go to the website and learn about Global Ranking for Peace as well as an Index for Terrorism. Peace starts with all of us individually. Can we raise our awareness for peace and focus on the little things that make peace happen for all of us just listening with empathy or THINKING before reacting? This is truly an exciting initiative! I was privileged to attend the Rotary International Global Peace forum in Honolulu in January 2013. It was fantastic to be a part of 2000 people from all over the world participating in peaceful initiatives and raising the sensitivity level for poverty, health, and the environment on a global scale. Nobel Laureate, Ang Sang Soo Khee, was the keynote speaker.

Let's be a "Difference Maker"!! "Let there be peace on earth and let it begin with me....."

Rod Moriyama

## "Volunteers at Work"

Installing a new railing for the Temple. Left to right is Richard Kawamoto, Howard Nonaka, Jerry Ogata, Alvin Arakaki, Calvin Takashita, and Alfred Paulino. Alfred's son created the railing.

Thank you guys...

## Attention!!!

The Buddhist Studies Center Youth Fellowship club will be having a car wash at the Wahiawa Hongwanji on Saturday, August 24, from 10 am to 3 pm. This car wash will be supporting a BSC to help defray medical expenses.



supporting one member of the Honpa Hongwanji's youth groups. Please consider of the youth groups and have your car washed on this day. Tickets will be available at the temple and at the car wash.

*Please Kokua! Thank you!*





Photos by Arlene Ogata

# ~ August 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30am-10:30am Con- versational Japanese BWA Rm	2 8:30am-10:30am Quilt Club	3
4 9am-10am Dharma Sunday Service 10am-1pm CPR/ AED Awareness Class (SH- CPR/AED Awareness Class)	5	6 11am-12pm Calligra- phy BWA Rm	7 6p-7p Conversational Japanese Altar Work- room 7:30p-8:30p Calligraphy Altar Workroom 7p-9p Dharma Group Mtg. (BWA Rm)	8 Hosha Kai 7pm-8pm Club Asoka Meeting BWA Room 9:30a-10:30a Con- versational Japanese BWA Rm	9	10
11 9am-10am Sunday Service and Dharma School 10am-12pm SOCIAL HALL - BWA Meeting (Social Hall) 11a-12:30p Temple-installation Jr. YBA (Temple)	12	13 11am-12pm Calligra- phy BWA Rm	14 6pm-7pm Conversation- al Japanese BWA Rm 7:30pm-8:30pm Calligra- phy BWA Rm	15 9:30am-10:30am Con- versational Japanese BWA Rm 11am-12pm Hospital Visitation (PD)	16 8:30am-10:30am Quilt Club	17 7:30am-2pm Pine- apple Festival
18 9am-10am Sunday Ser- vice and Dharma School 10am-11am Board Meet- ing	19	20 11am-12pm Calligra- phy BWA Rm	21 6pm-7pm Conversation- al Japanese BWA Rm 7:30pm-8:30pm Calligra- phy BWA Rm	22 9:30am-10:30am Con- versational Japanese BWA Rm Hosha Kai	23	24 10am-3pm BSC Car Wash
25 9am-10am Sunday Ser- vice and Dharma School	26	27 11am-12pm Calligra- phy BWA Rm	28 6pm-7pm Conversation- al Japanese BWA Rm 7:30pm-8:30pm Calligra- phy BWA Rm	29 9:30am-10:30am Con- versational Japanese BWA Rm	30	31

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### *Chicken Long Rice EJK*

2 tablespoons cooking oil    2-3 cloves garlic    2-3 quarts water  
Ginger—approx. 1 inch thumb size, minced  
1 rounded teaspoon shrimp paste or sauce (Harm Ha—very smelly when  
first fried in oil. Patis may also be use but watch the amount of salt.)  
Chicken Wings or Thighs (I use 2 Costco Brand Chicken Wing,  
5 wings per packet, cut at the joint. I throw away the tips after cooking it.)  
2-3 packets Trader Joes Chicken broth or Knorr Chicken Flavor Bouillion  
1 packet Shiitake Dashi-no-Moto--optional — 1-7.75 oz. package NICE brand Long Rice  
1 Tablespoon, level, Hawaiian Salt to taste — 2 Tablespoons Regular Aloha Shoyu  
2 Tablespoons Lee Kum Kee Premium Oyster Flavored Sauce to taste

Basically I start out making a pot of chicken soup. I do not soak my long rice before cooking.  
In a big pot add the cooking oil, ginger, garlic, shrimp paste and stir fry few seconds. Going to be very  
smelly so add chicken quickly and continue to stir fry till chicken is slight brown. Cover with water and  
then add the chicken broth or bouillon, Shiitake Dashi-no-Moto, Hawaiian salt, oyster sauce, and shoyu.  
Bring to a boil; then simmer medium heat for approximately 15-30 minutes to cook chicken. Add long  
rice and continue cooking. May need to add more water if long rice absorbs all the water. Cook till long  
rice is swollen and soft.

#### ***Optional ingredients to enhance taste:***

Green onion &/or Chinese parsley, finely chopped. Use as garnish just before serving.  
1-2 cans (6.5 oz.) minced or diced clams. May not need to add oyster sauce.