

Living ALOHA

ALOHA as a daily practice to build healthy foundations for self, home, and community



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What contributes to my "grounding" in Hawai'i?

- A place where I feel inspired
- A place where I feel excited
- A place where I feel I am making a difference
- A place where I feel safe
- A place where I feel connected
- A place where I feel joyous

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What is ALOHA?

- A**kahai Kindness (**grace**), to be expressed with tenderness
- L**okahi Unity (**unbroken**), to be expressed with harmony
- O**luolu Agreeable (**gentle**), to be expressed with pleasantness
- H**aahaa Humility (**empty**), to be expressed with modesty
- A**honui Patience (**waiting for the moment**), to be expressed with perseverance

Aunty taught that nearly all Hawaiian words have 3 interpretations - the hoopukaku (literal); kaona (symbolic); noahuna (**spiritual**). She said most people understand the first two, but the noahuna are less accessible.

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Foundations of ALOHA

What is Aloha?

A secret of Aloha is that a person cannot do one of the things without truly doing all and if you are not doing one you are not doing any. So to be "Living Aloha" is to live all of the principles. An even deeper meaning of Aloha that Auntie Pilahi Pahi shared with us can be found in a quote from our Queen.

In 1917, after Queen Lili'uokalani had seen the end of the Hawaiian monarchy, she said to her final daughter, Lydia K. Ahoi, "To gain the Kingdom of Heaven is to know what is not said to see what cannot be seen, and to know the unknowable - that is Aloha. All things in this world are two - in Heaven, there is but One." - Queen Lili'uokalani (1917)

What is Aloha? What is this special "spirit" that is universally "soem off" For some of us it is more than a greeting, but rather a life force that defines who we are and why we are here.

Auntie Pilahi Pahi, who was a "keeper of the secrets of Heaven" taught several of her students to be prepared for the future when the world would be impossible. One secret of that time when Hawaii would have the remedy to save the world and the remedy was Aloha! In 1993 at a Governor's conference she introduced modern Hawaii to a deeper understanding of Aloha!

A Akahai - meaning kindness (grace), to be expressed with tenderness.

L Lokahi - meaning unity (unbroken), to be expressed with harmony.



O Olu'olu - meaning agreeable (gentle), to be expressed with pleasantness.

H Hahaione - meaning humility (empty), to be expressed with modesty.

A Ahonui - meaning patience (waiting for the moment), to be expressed with perseverance.

The world will turn to Hawaii as they search for world peace because Hawaii has the key... and that key is **aloha.**

Auntie Pilahi Pahi
Kauaie and Hawaii
1981

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Aloha Value

AKAHAI

This is the week of "Akahai"; literal translation is kindness. I know it as "grace" and the illustration Auntie Pilahi gave me was "with white gloves." To be akahai is to be mindful of grace, and to find the graceful engagement and to share it. White gloves give the image of leaving someone clean and not staining them or leaving a blemish or scar, to leave someone unblemished is to share akahai. It does not carry an expectation of an award or reward or reciprocity, it is to share our best fish and keep our less than best fish.

often we consider the objectives or goals of a project based system; akahai recognizes this and adds the desire to not cause ancillary events to others in the process of goal achievement.

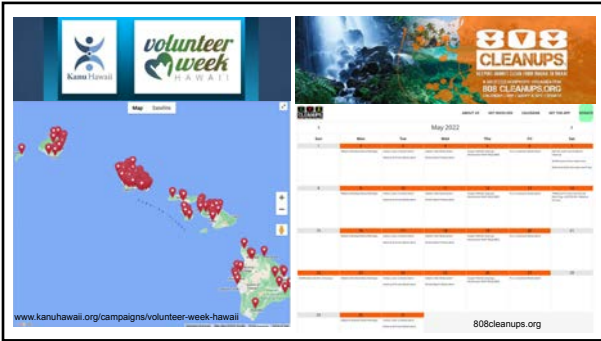
-- Pono@Shim

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How do I practice and grow Akahai for:

- My self
- My family
- My community

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Foundations of ALOHA

“Aloha is being a part of all and all being a part of me. When there is pain -- it is my pain. When there is joy -- it is mine also. I respect all that is as part of the Creator and part of me. I will not willfully harm anyone or anything. When food is needed I will take only my need and explain why it is being taken. The earth, the sky, the sea are mine. To care for, to cherish and to protect. This is Hawaiian -- This is *Aloha!*”

from *Tales of the Night Rainbow*, an oral history as told by Kaili'ohe Kame'ekua (compiled by her mo'opuna Pali Jae Lee and Koko Willis)

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“The universe is always in balance. We are the ones who are out of balance. Yet the paradox is that to establish and experience balance here on this level, it always begins with us... And to establish this balance, this harmony within yourself, you have to be in love. And when you are in love, you can offer yourself that love as well.

This energy, this tapestry of aloha, is the most powerful of all forces in the universe. And only when you are in a state of aloha, only then can you truly touch the universe. Only when you are in a state of love and practicing kindness, only then will the universe respond.”

Hale Kealahani Makua
via Hank Wesselman, *Bowl of Light*

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Meditation: Kindness for yourself and others



Foundations of ALOHA
Cohort 15

We are in the midst of our 15th cohort, sharing and learning together from the inspiration and teachings of ALOHA from Aunty Pilahi Pahi and Pono Shim.

We meet via Zoom daily at 7am and 4:30pm (no longer than 30 minutes per session) and Sundays at 4:30pm for an hour. April 17 - May 22. bit.ly/cohort15reg

You can register for Cohort 16 (June 12 - July 17) at this link: bit.ly/cohort16reg

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SPARK, STRETCH

Prompts

1. Spark - something new you learned or realized (ex: "I realized that I find it difficult to ask for support," "I learned today how much I try to stay in my comfort zone")
2. Stretch - something you did that felt like a challenge or edge for you (ex: "My stretch was that I shared a personal story today," "My stretch was that I made a commitment to be kind to a stranger")



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Thank you!

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*helping you to intentionally navigate your home, classroom, organization, and life
towards purpose, passion, and joy with the healing power of ALOHA*



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