

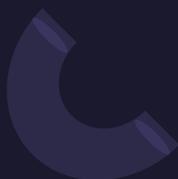
*The
Allness
of
Aloha*

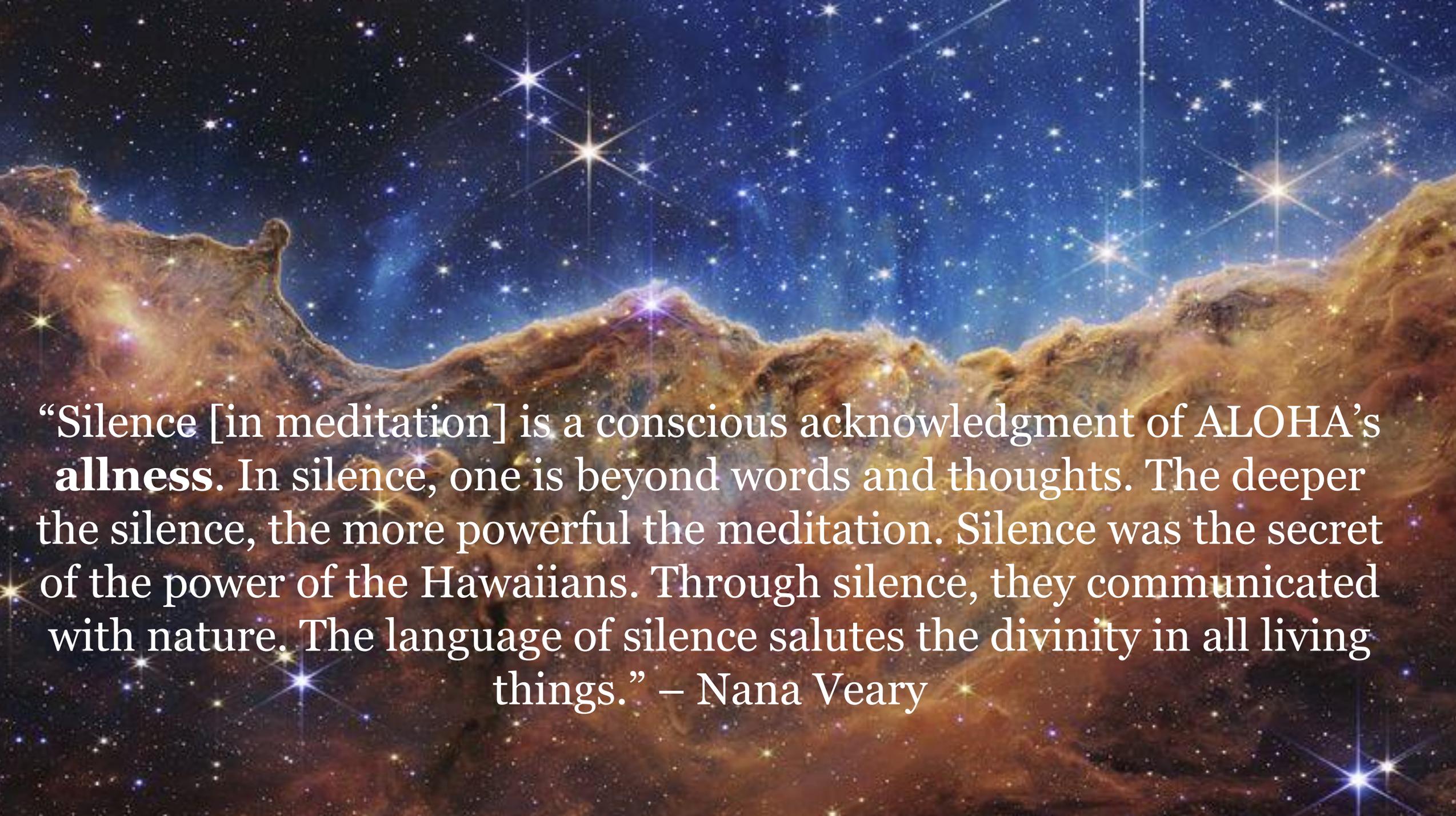




“I want you to remember these words and never forget them: ‘A‘ole au I hānai aku nei I ke kanaka; akā hānai aku nei au I ka‘uhane a ke Akua I loko ona.’ I was not feeding the man; I was entertaining the spirit of God within him.”

-Nana Veary's Grandma





“Silence [in meditation] is a conscious acknowledgment of ALOHA’s **alness**. In silence, one is beyond words and thoughts. The deeper the silence, the more powerful the meditation. Silence was the secret of the power of the Hawaiians. Through silence, they communicated with nature. The language of silence salutes the divinity in all living things.” – Nana Veary

Be Still



Breathe

Listen

Connect

ALOHA

"Aloha Spirit" is the coordination of mind and heart within each person.

It brings each person to the self. Each person must think and emote good feelings to others. In the contemplation and presence of the life force, "Aloha", the following may be used:

"Akahai", meaning kindness to be expressed with tenderness; Grace

"Lōkahi", meaning unity, to be expressed with harmony; Unbroken

"Olu'olu" meaning agreeable, to be expressed with pleasantness; Gentle

"Ha'aha'a", meaning humility, to be expressed with modesty; To be empty

"Ahonui", meaning patience, to be expressed with perseverance. Waiting for the moment.

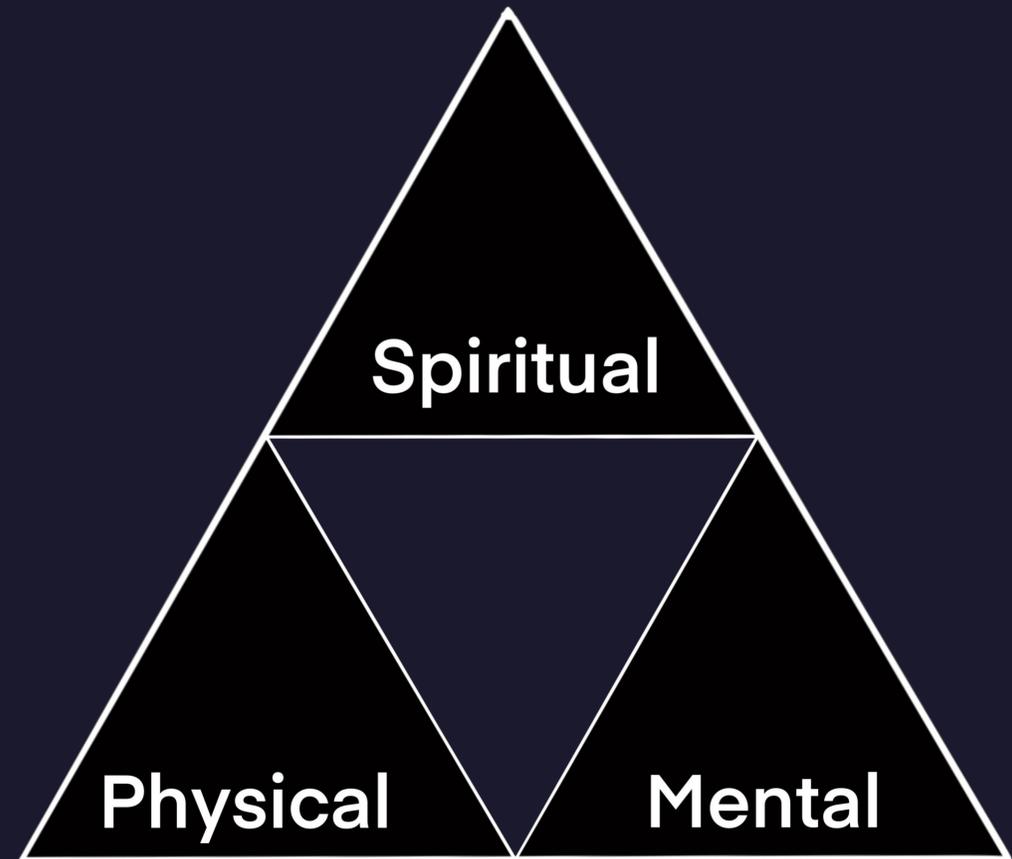
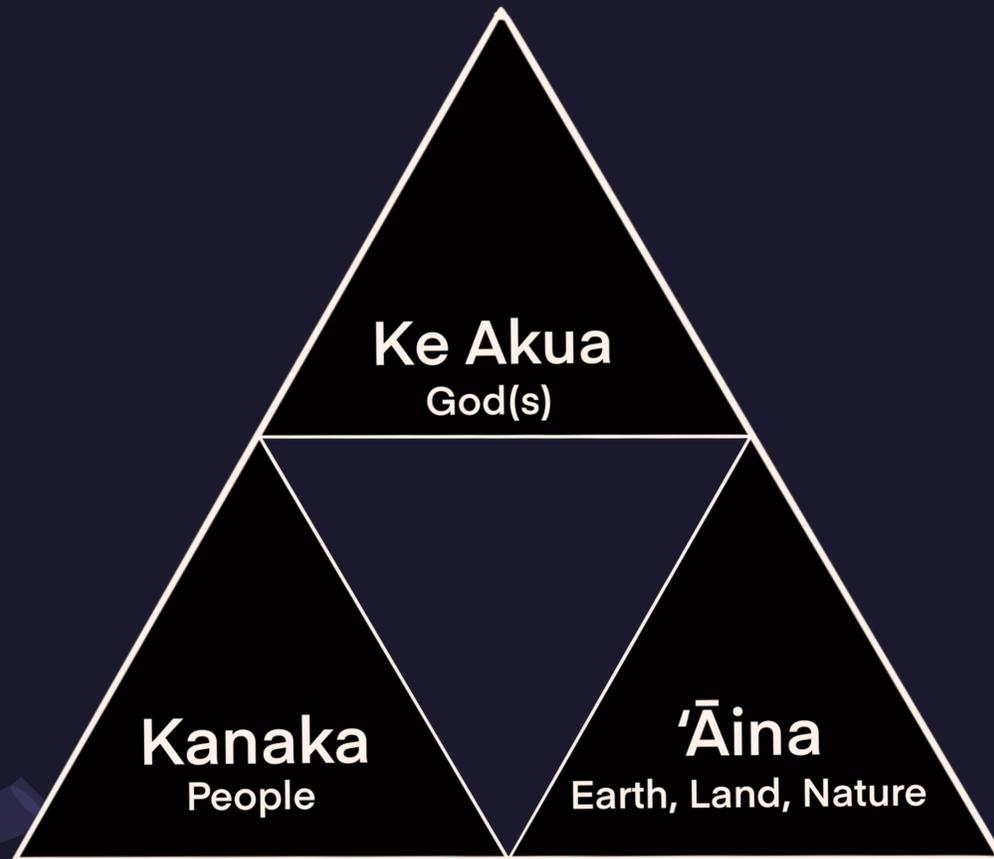
These are traits of character that express the charm, warmth and sincerity of Hawaii's people. It was the working philosophy of native Hawaiians.

"Aloha" is more than a word of greeting or farewell or a salutation. "Aloha" means mutual regard and affection and extends warmth in caring with no obligation in return. "Aloha" is the essence of relationships in which each person is important to every other person for collective existence.

This is Love...

-Aunty Pilahi Paki

As practitioners of Aloha; We are here to maintain
Lōkahi (Unity, Balance, connection)



“ ‘Alo‘ means the bosom, the center of the universe. “hā” is the breath of God. The word is imbued with a great deal of power. I do not use the word casually. Aloha is a feeling, a recognition of the divine. It is not just a word or greeting. When you say “Aloha” to someone, you are conveying or bestowing this feeling.”

-Nana Veary





Ryank Souza 2019



"ALOHA is to learn what is not said, to see what cannot be seen, and to know the unknowable." – Queen Lili'uokalani

“Think of ALOHA streaming, pouring, rushing, and shining into you, through you, and out from you in all directions while you sit quietly. Life is lived from inside out. You are a dynamic center in the creative flow that is ALOHA.”

– Nana Veary

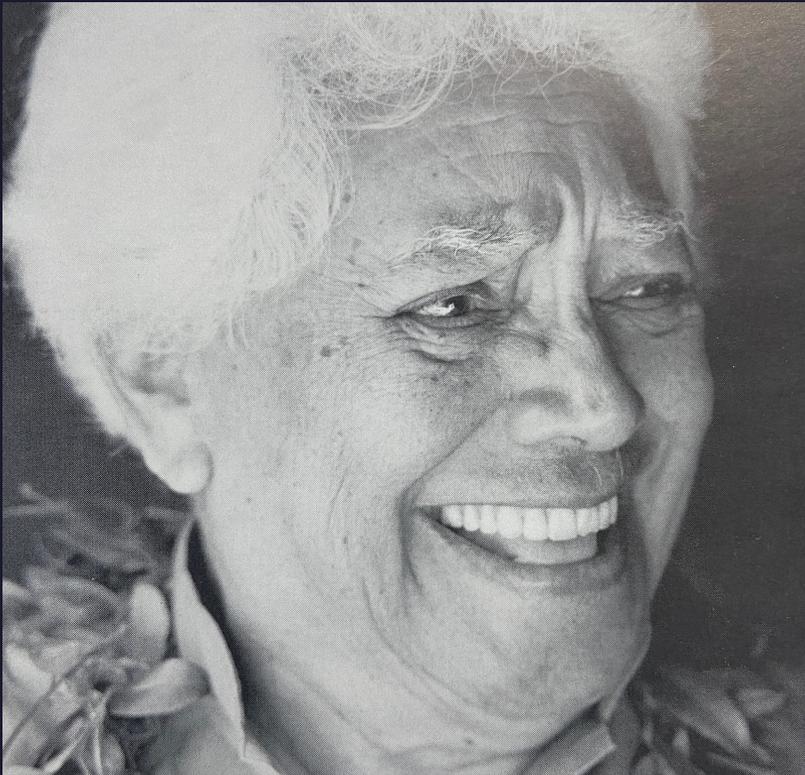


“In the 21st century, the world will search for peace and they'll look to Hawaii because Hawaii has the key and that key is aloha.”

-Pilahi Pahi



To Live With Aloha Is To Be Divine



"All nature awaits our recognition, acceptance, and cooperation with it. All that [ALOHA] is, is around us and within us and eternally asking us to recognize it. Those who live without spiritual vision and understanding are forever trying to solve problems by manipulating their human minds and exerting their human wills. This does not work in the end because all problems begin and end in the individual's own [mind]. As we realize that [ALOHA] is the basis of our individual consciousness, we begin to solve our problems at their point of origin, which is within ourselves." – Nana Veary



Ho'oponopono Of The Self

“We are the sum total of our experiences, which is to say that we are burdened by our pasts. When we experience stress or fear in our lives, if we would look carefully, we would find that the cause is actually a memory. It is the emotions which are tied to these memories which affect us now. The subconscious associates an action or person in the present with something that happened in the past. When this occurs, emotions are activated and stress is produced. **The main purpose of this process is to discover the Divinity within oneself.** The Ho'oponopono is a profound gift which allows one to develop a working relationship with the Divinity within and learn to ask that in each moment, our errors in thought, word, deed or action be cleansed. **The process is essentially about freedom,** complete freedom from the past.”

-Mornah Simeona





ALOHA

Ryan K. Souza