



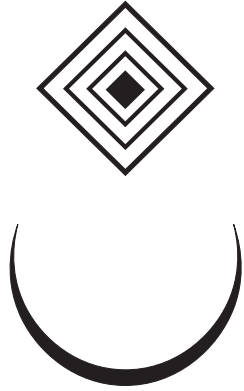
Aia ke ola ma ka hale.

There is life within the house.

First seek those within your house for health and guidance when sick.

I OLA 'OE, I OLA AU E.

When you have life, I have life.



K A P Ā O
L O N O P Ū H Ā

Academy of Native Hawaiian Healing Traditions



Keola Kawai'ula'iliahi Chan, Kumu Lapa'au

Ka Pā o Lonopūhā

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Nānā I Ke Kumu

Kū i ka māna.

Like the one from whom he received what he learned.
The haumāna (pupil) receives knowledge from the mouth of his teacher. 'Ōlelo No'eau #1875

George Holokai

Alva Andrews

Kaman'opono Crabbe

Umi Kai

Ainsley Halemanu

Kimo Alama Keaulana

Dennis Kauahi

Sana Pahulehua

Ka'uhane Lee

Sheila O'Malley

Kaliko Chang

Roxanne Bertelmann

Alapa'i Kahu'ena

Mālia Craver

Kaleipua Pahulehua

Ken Kamakea

Kāwika Lewis



NAMI HAWAI'I 2024
Cultural Practices for Mental Health

I OLA 'OE, I OLA AU E.

When you have life, I have life.

Hawaiian wellbeing is deeply rooted in the concept of Pilina (relationships), emphasizing the interconnectedness of all things. This philosophy extends to our peers, the environment, and our ancestral connections, all of which are fundamental to fostering a healthy and thriving Maui (life-force).



Hui Ho‘omaluku

“For every Hawaiian issue, there is a
Hawaiian solution.” -Likeke Paglinawan

HUI HO‘OMALU



MALU MAUI LOA

SUPPORT OUR MISSION

Join Hands in Rebuilding Maui



We earnestly ask for your support in this vital undertaking

If you feel you or your organization can support our cause, please contact us



DEPARTMENT OF HAWAIIAN HOME LANDS



MAHALO FOR GENEROUSLY SUPPORTING HUI HO'OMALU

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ahahuihoomalu@gmail.com

https://www.huimauiola.org/hui-hoomalu



SCAN ME



FUNDERS AND COLLABORATORS



HUI HO'OMALU

HEALING OUR MAUI COMMUNITY

Restoring Hope, Unity, and Resilience

MALU MAUI LOA



ABOUT HUI HO'OMALU

Nurturing Healing Through Hawaiian Traditions



Introducing Hui Ho'omalua, a collective of individuals and organizations dedicated to the well-being of Maui's families firmly rooted in the knowledge of our Native Hawaiian healing practices.

OUR MISSION

To provide support and solace to the families of Maui affected by the recent wildfires.

HUI HO'OMALU BROCHURE

WHO IS HUI HO'OMALU?

Cultural practitioners who hail from various islands and lineages supported by organizations spanning the Pae 'Āina.

OUR FOUNDATION

Native Hawaiian healing traditions of Lomilomi, Ho'oponopono, and Lā'au Lapa'au.

OUR SERVICES

HOLISTIC HEALING FOR BODY AND SOUL



LOMILOMI

by our skilled practitioners

KŪKĀKŪKĀ SESSIONS

facilitated by Ho'oponopono practitioners

ACCESS TO NATIVE HAWAIIAN PSYCHOLOGISTS, SOCIAL WORKERS, AND PHYSICIANS

providing specialized care tailored to your needs



What does Maui and Ola really mean?

- **Maui**, in Polynesian belief systems, is a concept that represents the vital essence or life force of a person, object, or place. It is intrinsically linked to health, vitality, and spiritual essence, serving as the foundational life force that binds the physical and spiritual realms. Unlike mana, which is a form of supernatural power or authority that can be acquired, lost, or inherited, maui is a more intrinsic quality that signifies the sacred spark of life. It underpins the potential for mana, the power or influence that emanates from a being or object, by serving as its essential life force. Essentially, maui is viewed as the core from which life itself emanates, making it a critical concept in understanding the interconnectedness of all things in Polynesian cultures.
- **Ola**, within Polynesian cultures, especially in Hawaii, signifies life, health, and well-being, encapsulating a holistic view of vitality that encompasses physical, mental, emotional, and spiritual health. It underscores the importance of harmony and balance with nature, community, and the self. Ola is reflected in practices that foster respect for the land, communal unity, and spiritual engagement, advocating for a harmonious existence and responsible stewardship of the environment. This concept is central to daily life and cultural practices, promoting a comprehensive approach to well-being and the interconnectedness of all life forms.

What is Maui Ola?

"Maui Ola" embodies the Hawaiian holistic view of health, where well-being is a tapestry woven from the physical, mental, emotional, and spiritual strands of life. It's a belief that vitality—'Maui'—is the life force within, and 'Ola' is its manifestation as health and life. Together, they emphasize the importance of balance and harmony within oneself and in relation to others and the environment. This concept is not just about the absence of disease but about nurturing the whole self, maintaining interpersonal harmony, and respecting the natural and spiritual worlds.

In practice, Maui Ola translates to caring for the body with good nutrition and rest, fostering mental and emotional equilibrium, and sustaining connections with one's heritage and nature. It's a way of life that honors the wisdom of ancestors and the interconnectedness of existence. Hawaiian traditions, like lomilomi and ho'oponopono, reflect this understanding, aiming to heal not only the body but also the spirit and communal ties.

Adopting Maui Ola means living in 'pono'—righteous harmony with all aspects of life. It's a powerful framework for health that transcends the physical, advocating for a balanced, holistic lifestyle in tune with the deeper currents of Hawaiian cultural wisdom.



Hāola (Breath of Life)

We're going to "hanu mai," breathe in positive thoughts, the life-giving mana of our honua.

"Hanu aku," release, let go the heaviness, the burdens, the pain that holds us back.





Hāola (Breath of Life)

-Close your eyes

-Relax your kino

Hanu mai.....(Breathe in)

Hanu aku.....(Breathe out)

Ho'omana Ke Kino

-Daily Invocation

Ho'oulu ka maui,

Inspire the life,

Ho'omana ka wailua,

Invoke the spirit,

Hō mai ke ola no ia kino.

Grant life to this body.



MAULI OLA HEALTHCARE SYSTEM



'Ai Kūpele



Lā'au Lapa'au



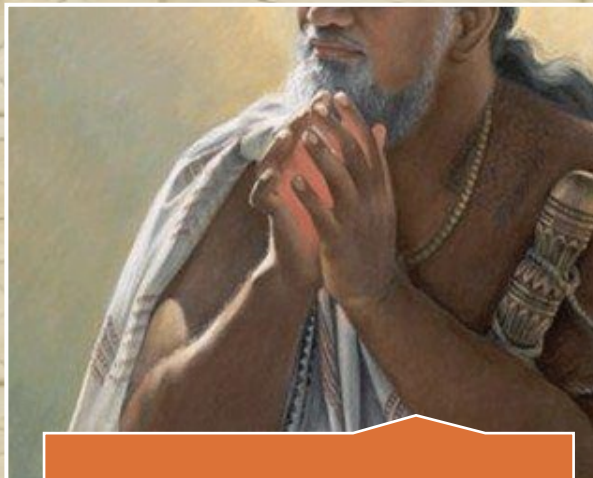
Lomilomi



Ho'oponopono



Ho'oma'ema'e

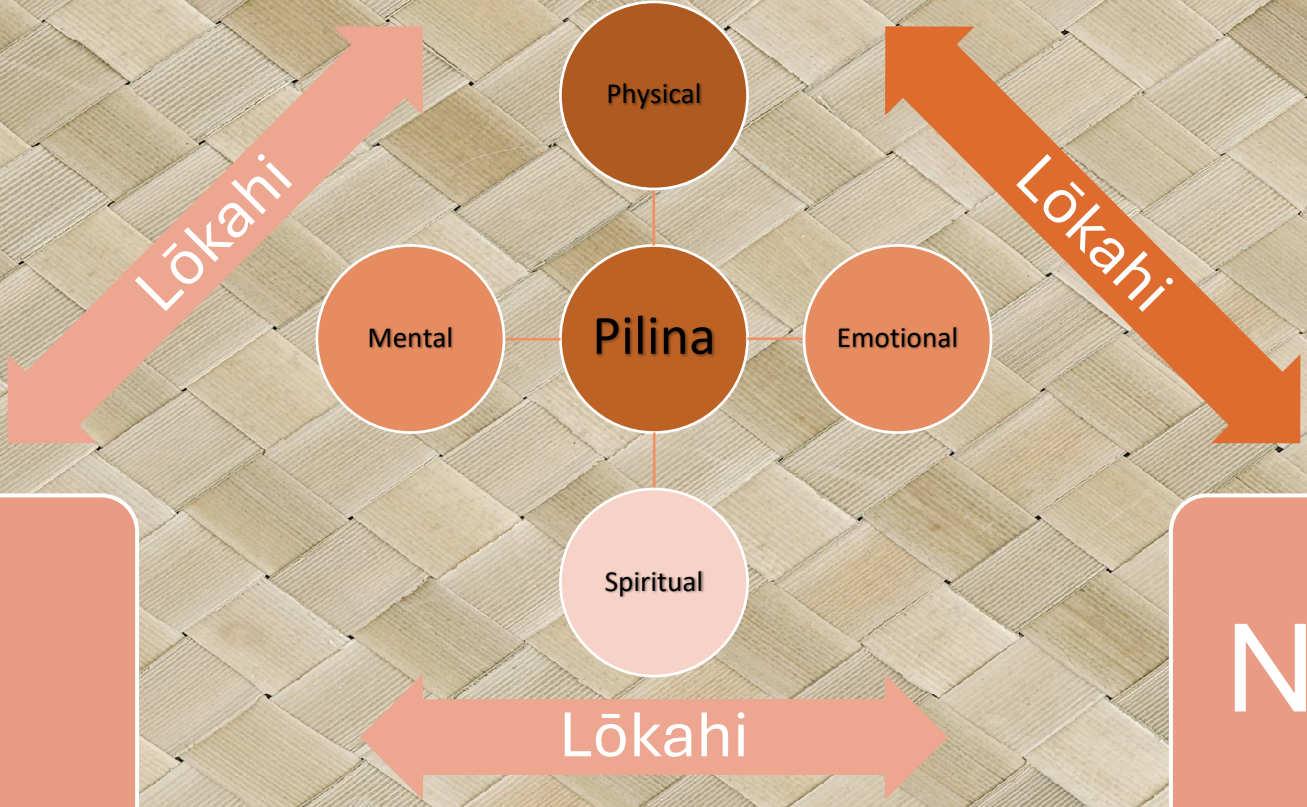


Lā'au Kāhea



Pale Keiki

Nā Akua



'Āina

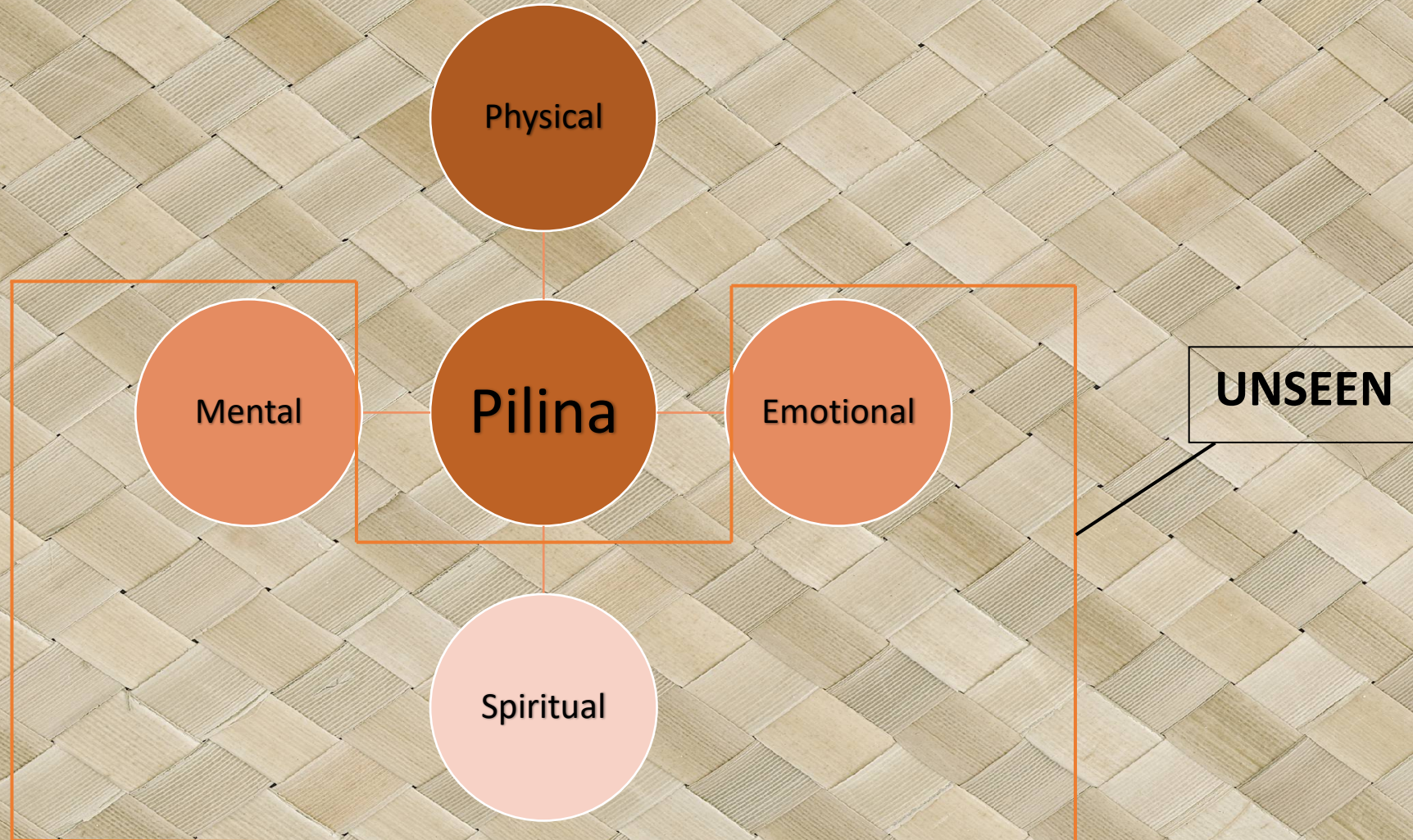
Nā Kānaka

All must work in harmony, for all things are connected.

Mahope o ka iliohe, 'oia ka lā'au lapa'au e ho'ōla.

After the moss, one shall find the medicine that shall heal.

Said of a healer who is steeped in treating the afflicted who knows where to find the antidote. –Kāwika Ka'alakea



Ma'i Kama'āina

Ma'i Ma Loko,
Familial

Ma'i Ma Waho,
Community Relations

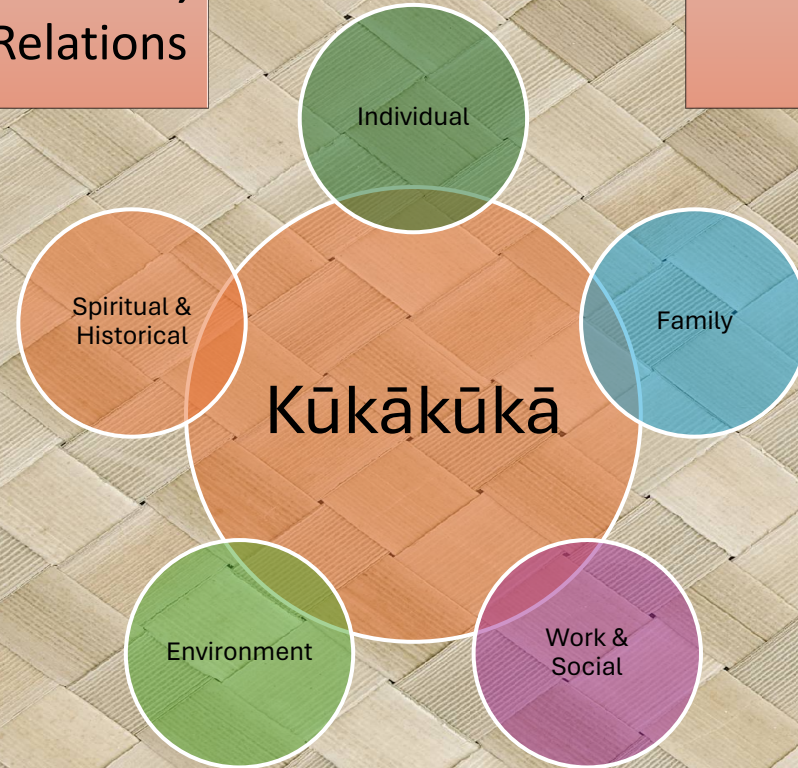
Ma'i Kino,
Biological

Ma'i
'Aumākua/Kumupa'a,
Ancestral Kinship

Ma'i Malihini

Ma'i Pāhalaha,
Infectious
Diseases

Ma'i Kuluma,
Chronic Diseases



Kāne

- Ma'i Ma Loko
- 'Ohana

Kanaloa

- Ma'i Ma Waho
- Community

Kū & Hina

- Ma'i Kino
- Biological

COMMERCIAL BREAK

ANY QUESTIONS???????

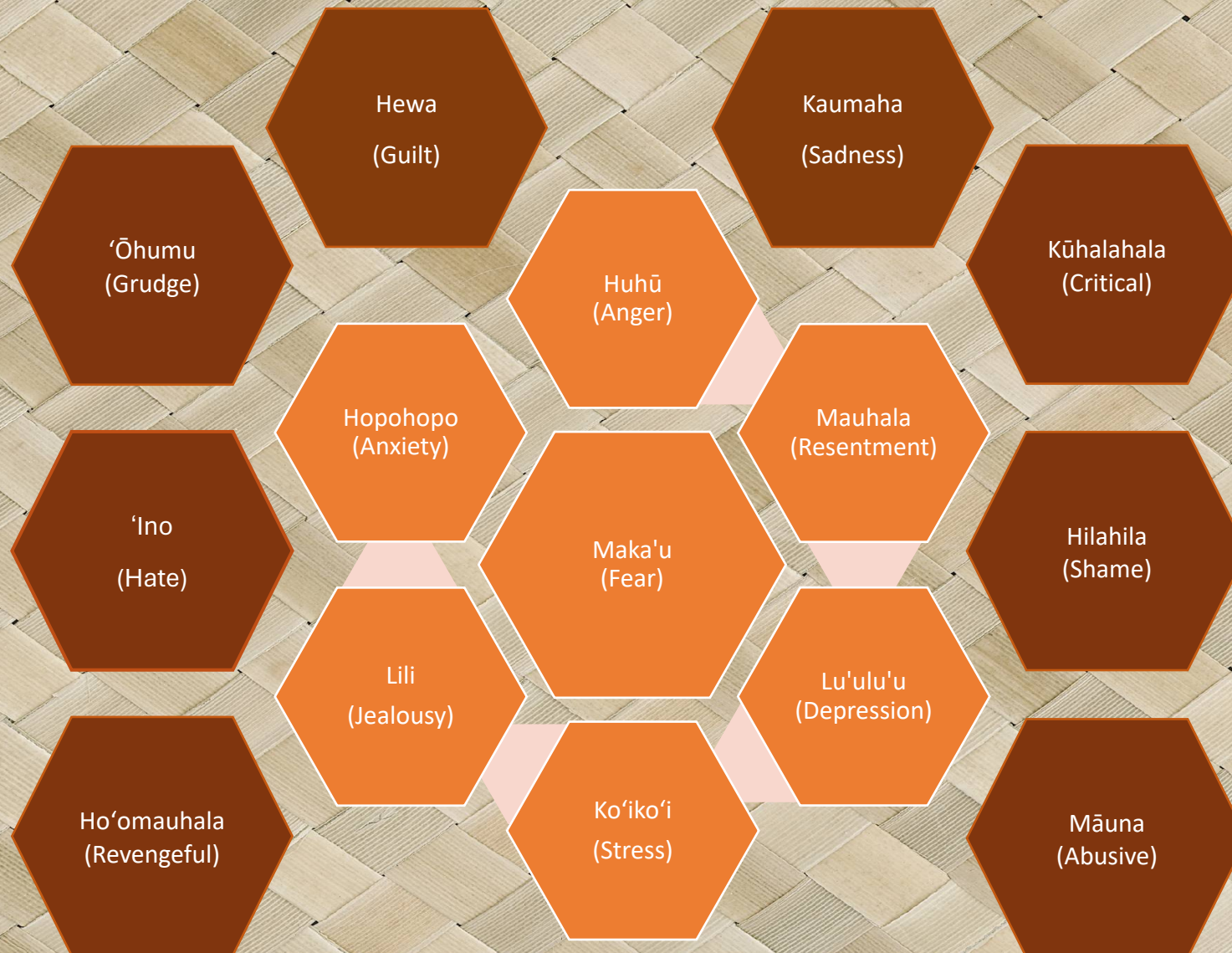
Ho'okahi no lā'au lapa'au, o ka mihi.

There is one remedy-repentance.

Said of one who had offended a family 'aumakua and suffered the penalty, or of one who was unhappy over a wrong he had done to others.



Root of Sickness



MO'OKŪ'AUHAU (Genealogical relationships) & MO'OLELO (Allegorical stories)

Names

Names of our kūpuna are critical when calling upon them.

Pictures

These are our modern-day ki'i/carvings of them.

Residency

'Āina is critical in knowing how a person was shaped and raised.

Traditions

Celebrations, protocols, order.

Medicines

Classify the healing traditions within your home in order to pass the knowledge down.

Gifts

Determine the inherent gifts you were born with to build upon throughout your life.

Cleansing

Organize your cleansing traditions and cleaning habits

Skillsets

Catalog the acquired skillsets that developed within your family line.

Foods

Document the food traditions that brought life and also contributed to the taking of life.

Trauma

Identify the historical and generational trauma passed on and carried on.

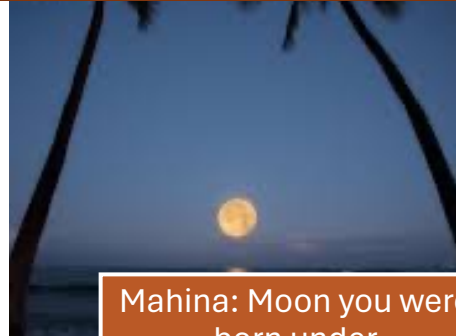
Sicknesses

Knowing the causes of their deaths, gives us insight into ours.

Mo'okū'auhau & 'Āina



Wā: Star(s) you were born on



Mahina: Moon you were born under



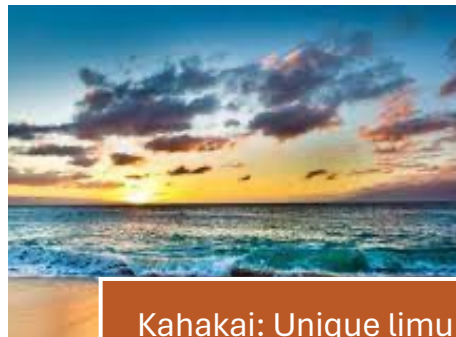
Ua, Pūnāwai & Kahawai: Sources



Makani: Attributes



Mo'olelo/Mele: Songs & Stories



Kahakai: Unique limu



Mea Kanu: Unique crops



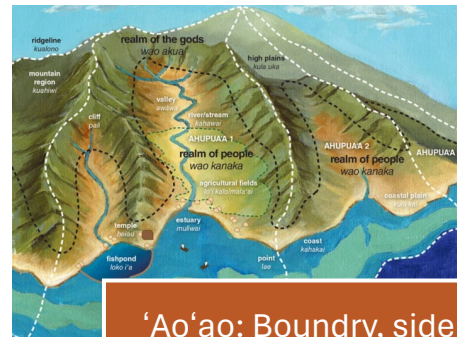
Wahi Ho'ōla/Pana: Healing space



Lepo: Texture, color, and make-up



Mauna: Hill, craters points



'Ao'ao: Boundry, side

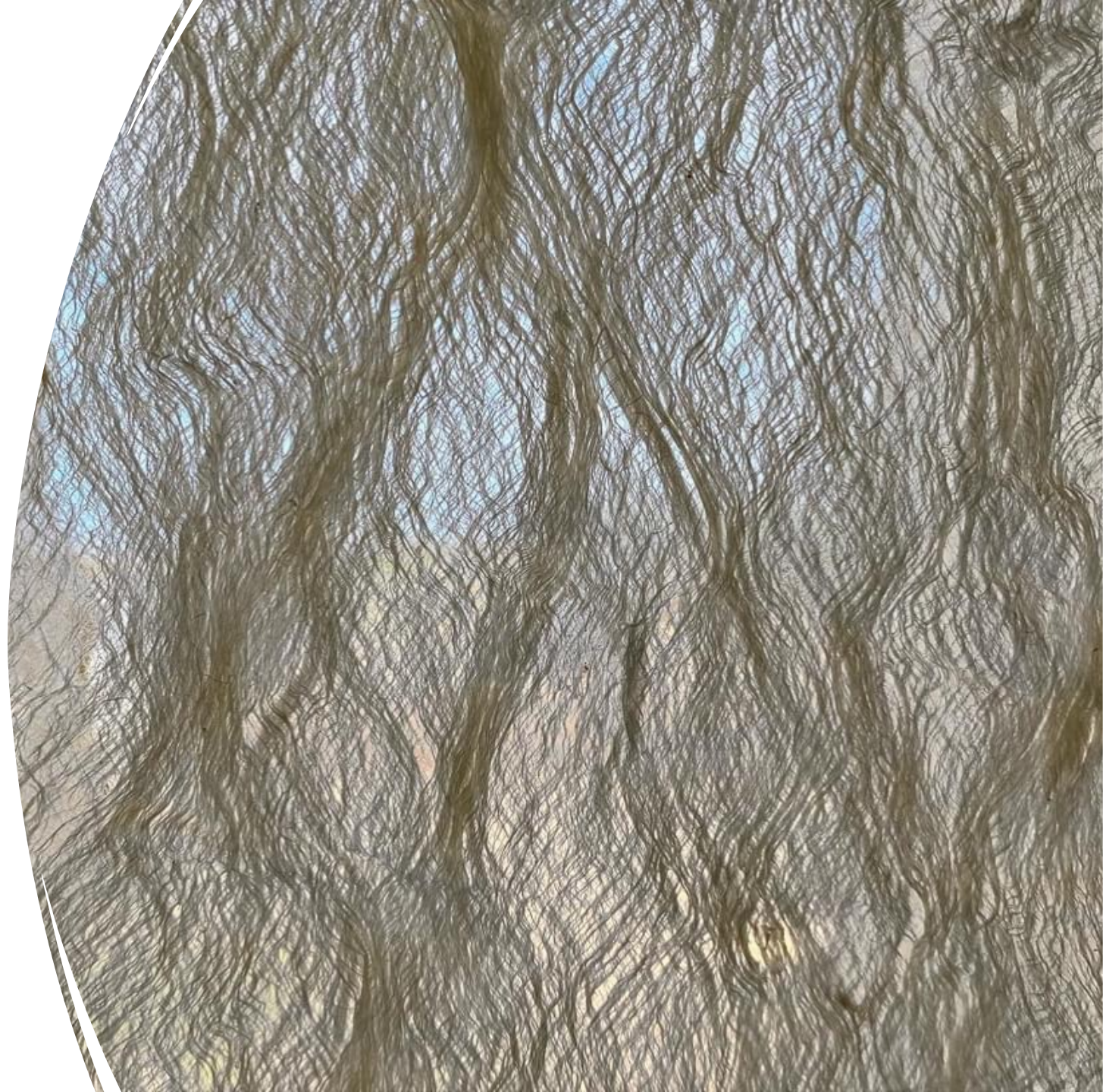


Me'e: Hero and famous feats within your district

Lomilomi

-Pūliki

-'Ōpā





Ua Pau

Nīnau?

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