

‘Ike #1
06 May 2020

Neaulani's No'eau

Aloha



E Komo Mai & Welcome to *Neaulani's No'eau*

Over the last few months, I haven't been getting any nudge to share any mana'o. I've asked Nā Kūpuna every so often & the answer was always basically the same.

Simply observe. Be IN the world but not OF it.

Just keep doing what you do – *Hele Ka 'Olelo, walk the talk*

Observe those who embrace all the pilikia (trauma & drama),
& those who stay in aloha & pono (rightness, moral, balance, fair ethics, integrity.)

Pa`a Ka Waha – shut the mouth & Simply Observe

as some choose to throw out the pono paddle & jump out of the wa'a,

those who stay in & continue to paddle stongly,

& those who choose to jump out & then decide they want to jump back in.

Simply observe the different FEAR. The pilikia version : Forget Everything And Run
or the Aloha & Pono Version : Face Everything And Rise.

Since 2018/ 2019 Kumu Neaulani Kuamo'o-Peck has been sharing 'Hawaiian Phrases' on Facebook. They have been a wonderful & fun opportunity of enhancing Hawaiian vocabulary & understanding of aspects of Hawaiian cultural & spiritual practices.

Over the last couple of months her sharings have contained many layers of wisdom very pertinent to the current global events.

Last week I received the poke with the pono paddle. So I contacted Kumu Neaulani with the guidance I received in regard to sharing her posts via Blog, email & further FB sharing.

Blessing received with aloha nui & *Neaulani's No'eau* was to be launched & off & paddling.



I knew these sharings to be invaluable wisdoms the world needed, & particularly at this time on the planet. Supporting *Ho'opono pono ke ala* – to make right more right the path. The No'eau nuggets of wisdom will not necessarily be shared in chronological order. Some may be recent ones relevant to current events, some will be earlier posts of fun & information. Their intent is to Inform, Empower & be a reminder of stepping into 'Uhane Nui (Spirit Greatness) & Mana 'iho (Self-Empowerment).

Those who have shared the HA with Kumu Neaulani Kuamo'o -Peck & Kumu Mahaealani Kuamo'o- Henry know the teaching that is often shared, the metaphor of **“they get to the beach when they get to the beach”**.

It's time to get to the beach.

May everyone's journey be smooth & arrive safely & swiftly at the beach.

Today, for the 1st *Neaulani's No'eau*, I'm sharing some very pertinent recent mana'o from Kumu Neaulani. I'm sharing only a couple here today as I invite everyone to reflect upon & absorb the layers of wisdom in each.. *Malama Pono., Tracey*



May 3

Aloha Kakou, today's Hawaiian word is: Nani which means Beauty and is pronounced: Nahne. We are so blessed to be surrounded in Beauty. Every day the sun rises and sets creating beautiful colors in the sky, the stars sparkle in the evening sky, the earth has flowers, trees, animals and the ocean surrounding us with beauty. The faces of our family and friends and the love we all share is beautiful. Being aware of the beauty in our lives is another way to help keep us spiritually strong and connected with the mana that brought us here. See the beauty out there and you will see the beauty within you. Aloha, a hui hou....

May 2

Aloha Kakou, today's Hawaiian word is: Hana mana which means Miracle and is pronounced: Hahnah mahnah. Do you believe in Miracles? I do and it's because I'd rather believe in miracles which makes them happen then not believe in miracles and never have them happen. Or, even worse, not believe in miracles and not notice them when they do happen. Miracles happen every day. Aloha, a hui hou.....

April 30

Today's Hawaiian phrase is: E kia mau which means: Stay focused and is pronounced: Ay keah mow (as in wow). With each passing day, we move closer to the end of this world pandemic. Yay. By staying focused on where we are now and where we're going, we are going to find ourselves right where we want to be - and it'll be by our choice. Control, we do have control. Aloha, a hui hou....

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Shared by Tracey Namakanaokalani Ha'aoLakaināpali with Neaulani's aloha blessing.
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