

'Ike #10
17 June 2020

Neaulani's No'eau

'Ike



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

Knowledge ~ Insights ~ Learnings

Feb 29

Aloha Kakou, today's Hawaiian word is: 'Ike and is pronounced Ekay. This word has several meanings: To see, know, feel, greet, recognize, understand, to receive revelations from the gods, knowledge, understanding, recognition, comprehension. 'Ike au ia 'oe. I see you, I understand you etc. Aloha, a hui hou....

Jun 16

Aloha kākou, Today's Hawaiian word is: Ma'a which means: Accustomed, used to, know thoroughly. It is pronounced: Ma ah. Whenever you want to learn something, put yourself into it, study it, see yourself being, doing and experiencing it. Teach it to someone. It's like learning a new habit that is good for you. Practice makes perfect but Ma'a makes it unforgettable. Aloha, a hui hou.....

March 3 ·

Aloha Kakou, today's Hawaiian word is: Mana'o pronounced: Mahnah oh. There are many meanings for this word: Thought, idea, opinion, theory, meaning, mind, suppose, meditate, deem, consider. He ko'u mau mana'o me 'oe. My thoughts are with you. Aloha, a hui hou.....



12Jun

Aloha Kākou, today's Hawaiian word is: Pōloli which means Hungry and is pronounced: Pohlowle. Did you know that being hungry goes beyond "for food". One can be hungry for knowledge, hungry for spiritual enlightenment, hungry for friends, hungry for love, hungry for????? You know what's fun, feeding your hunger. When I'm hungry for knowledge, I grab a book, take a class, go online for facts... When I'm hungry for spiritual enlightenment, I meditate, listen to my spiritual guidance, read great literature, visit sacred places, .. When I'm hungry for friends I call someone just to talk, let people know how much they mean to me, share with others.... I'm very blessed because I have so much love in my life that I'm never hungry for love. I know that if ever I was hungry for love, I'd do everything I just said to fill my bowl of love. Mahalo nui loa for sharing your love with me. Aloha, a hui hou.....

29May

Aloha Kakou, today's Hawaiian word is: Heluhelu which means Read and is pronounced: Hayloohayloo. What do you like to read? In this fast paced world, reading has gone to the wayside, yet there is a wealth of information available to us all. Feeling down? Grab a book of jokes and get an instant lift. Lost your faith, let the Bible be your guide, need to make a home repair, lots of good books on that subject. Let your computer, tablet and phone rest and settle in with a great book. Need a shot of self worth, there's tons of self help books that will do that and more for you. Ho'okahi 'ōlelo o akahēle - One word of caution. E heluhelu nā mea 'ike loa. Let's read positive stuff. It'll help us to keep our spirits strong. Aloha, a hui hou

Apr 22

Aloha Kakou, today's Hawaiian word is: Ulu which means Grow and is pronounced Ooloo. Now is a great time to grow in our self awareness and self esteem. It's also a great time to grow in our relationships with our family and friends. In fact, it's a perfect time to grow in all ways. Aloha, a hui hou.....

Apr 14

Aloha Kakou, today's Hawaiian phrase is: Kokoke mākou ma laila which means: We are almost there and is pronounced: kohkohkay mahkoh mah lilah. This traumatic time will pass and with each passing day we can truly say: We are almost there. Stay strong, keep paddling forward, count your blessings and give thanks for this world we live in. Aloha, a hui hou.....

Apr 13

Aloha Kakou, today's Hawaiian phrase is: E hiki mai ana na mea maika'i which means: Better things are coming and is pronounced: Ay heke my ahnah nah mayah mykah e. Every trauma has a silver lining. That's the blessing about trauma. When it's passed, life is always better. Consider the major traumas Jesus experienced so that we could all live a much better life and we are all the better for his sacrifice. Stay positive and keep the faith. Aloha, a hui hou.....

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

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