

# Neaulani's No'eau

'Ike #11  
25 June 2020

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*Hilina'i*

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

**Hope ~ Trust ~ Acceptance**

March 22

Aloha Kakou, today's Hawaiian word is: Mana'olana which means Hope and is pronounced: Mahnah ohlahnah. With mana'olana we can keep moving forward. Aloha, a hui hou.....

05 June

Today's Hawaiian word is: 'Āpono which means Accept and is pronounced: Ahpohnoh. What does that word mean to you? For me, I accept that I am spirit experiencing being human. I accept that I am a child of God and everyday I strive to live in his greatness. I gratefully accept and give thanks for my life and all the love I am blessed to receive from family, friends and so many other folks that I am blessed to interact with. I gratefully accept your appreciation for my posts and most of all I accept that I am here to be the best version of myself that I can be. I might backslide from time to time but it's ok - I always get back on the horse. Aloha, a hui hou.....



Apr 19

Today's Hawaiian word is: Hilina'i which means Trust and is pronounced: Helenah e. When we know that everything happens for a reason, trust tells us it's a good reason while doubt or lack of trust sees only the downside. E hilina'i kakou. Let's all trust. Soon we will all be in a better place than we were when this pandemic began. That's Hilina'i. Aloha, a hui hou.....

May 9

Aloha, today's Hawaiian phrase is: He ho'okahi kākou which means: We are all one and is pronounced: Hay ho ohkahhe kahkoh. It's easy to say that but it's not always easy to remember it. Let's be the one who lives this understanding. Can you imagine what the world will be like when we all do that? It's going to happen eventually and that's the day we all achieve whatever it is we believe is our Heaven - our Perfect World. Aloha, a hui hou....

May 8

Aloha Kakou, today's Hawaiian word is: Ho'omaopopo which means: Aware. Being aware is the best way to stay in touch with what's going on in our lives. Life often gets so busy that we miss those special moments when miracles happen. The smile a loved one gives us when we're feeling low, the helping hand when we need it most that takes just a moment then is gone, the chance we had to do something nice for someone but we didn't see it, the people and things in our lives that are blessings for us, the list goes on and on. E ho'omaopopo kakou - Let's be aware so we can recognize and enjoy all those wonderful events every day. Aloha, a hui hou.....

14 May

Aloha Kakou, today's Hawaiian word is: Hā'awipio which means: Surrender and is pronounced: Hah ahwepeo. Surrender is a positive thing to do when you find yourself bogged down so deep in trauma, there's no place left to go but up. Surrender, take some deep breaths, relax and let go. Answers come when we relax and let go. Aloha, a hui hou.....

04 June

Today's Hawaiian word is: Na'au which means Feelings and is pronounced: Na ow. Hawaiians believe that the na'au (which is the intestines, the guts) is where our true instincts lie. Growing up in Hawaii, I used to hear "trust your na'au" all the time. More than the mind or the heart, the na'au is where our true instincts lie. It will never lead you astray. Next time you're at a crossroads and can't decide, go quiet, listen to your na'au, more importantly feel your na'au and the choice that's for your highest good will come to you. Why listen to the na'au? It's because the na'au is not influenced by logic or emotion. It's only purpose is to take care of you. You are it's highest and only purpose. It can be trusted to give you only what's best for you. Aloha, a hui hou....

01 June

Aloha Kakou, today's Hawaiian word is: Pu'uwai which means Heart and is pronounced: Poo oohvy. Did you know that what you put into your heart radiates out into the world? Put love in your heart and you radiate love out to the world. Put fear in your heart and you radiate fear. Put hope in your heart and you radiate hope. The list goes on and on. What are you putting into your heart? I choose Love. It feels great, spreads good feelings all around and holds space for all positive emotions to live in. Aloha, a hui hou.....

31 May

Aloha Kakou, today's Hawaiian word is: Luana which means: Enjoy and is pronounced: lewahnah. Do you enjoy life? I know I do. When I think about the infinity of time, our time here is really short and for me I choose to make my time as enjoyable as I can while I'm here. It's so much better to live a life enjoying all the people, pets, good things and good stuff that we have while we have them. Whenever you feel life is a struggle and too hard, grab a paper and pencil and list all the people and things that bring you joy. If your list is short, that's a clear sign that it's time to spread joy out there - the more you share joy, the more joy comes back to you. Aloha, a hui hou...

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