

Neaulani's No'eau

'Ike #9
10 June 2020

Pehea 'Oe



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

Care ~ Nurture ~ Connect

17 May

Aloha Kakou, today's Hawaiian word is: Pili 'ole which means: Connected and is pronounced: Peelee ohlay. Now is the best time to stay connected to spirit. How to do that? Pule - pray, give thanks for all the blessings in our lives, share the love and help with others, do good, focus on the positive, meditate, take care of yourself and recognize all the miracles that come into your life. There's so much more you can do to stay connected, look for them and do them. I will stay connected to you. Aloha, a hui hou.....

March 28 ·

Aloha Kakou, the Hawaiian phrase for today is: E ho'omau i ka hana maika'i which means Keep up the good work and is pronounced: Ay ho ohmao e kah hahnah myka e. Malama Pono Kakou. A hui hou....



Apr 5

Aloha Kakou, today's Hawaiian phrase is: Pehea 'oe? which means How are you? and is pronounced: Payhayah ohay? Now is a good time to check in with yourself - are you in Pono or Pilikia? Pono is righteous, just, goodness, uprightness, excellence, well being, prosperity etc. Pilikia is trauma and drama, the opposite of pono, trouble of any kind etc. Only one of these states of being can occupy your space at a time. Since we all have the freedom of choice - choose the one that makes you happy. It's a duh moment yeah? Aloha, a hui hou....

Apr 1·

Today's Hawaiian phrase is: E ho'omau ma ka hoe kakou which means: Let's keep on paddling and is pronounced: Ay ho ohmow (as in now) mah kah hoay kako. Mahealani sent out a great message today and it so hits home. This time is a great opportunity for all of us to come together, stay positive and keep moving forward together - Keep on paddling. Aloha, a hui hou.....

March 13 ·

Aloha Kakou, today's Hawaiian words are: Malama Pono which means Take Care and is pronounced: Mahlahmah Pohnoh. Malama pono kakou. Take care everyone. Aloha, a hui hou....

March 1 ·

Aloha Kakou, today's Hawaiian word is a short conversation. Aloha, pehea 'oe? - Hello, how are you? Maika'i mahalo, a o 'oe? Fine, thank you, and you? Other responses: Maluhiluhi au - I'm tired, Ano maluhiluhi au - I'm kind of tired, Hau'oli au, I'm happy. Ma'ona au - I'm full (from eating). Kaumaha 'a - I'm sad. Maka hiamoe au - I'm sleepy. Makaukau wau i hele - I'm ready to go. Aloha, a hui hou.....

February 18 ·

Aloha Kakou, today's Hawaiian word is: Pu which means together, completely and is pronounced poo. He pu kakou - We are together. Aloha, a hui hou.....

Feb 15

Aloha Kakou, today's Hawaiian word is: Hiki which means Able and is pronounced Hekey. Hiki 'oe kokua ia'u? Are you able to help me? Mana'olana au. I hope so. Aloha, a hui hou.....

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

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