

‘Ike #17
11Oct 2020

Neaulani's No'eau



Maka'u ole



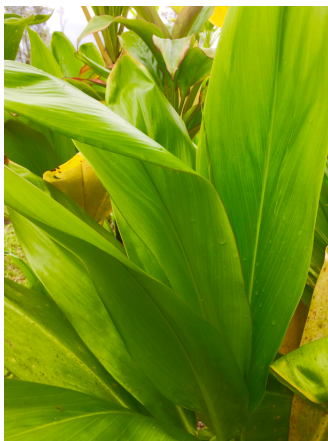
E Komo Mai & Welcome to *Neaulani's No'eau*

Fearless ~ Grow ~ Adapt

Oct 6: Aloha Kākou, today's Hawaiian word is: Maka'u ole which means: fearless and is pronounced: Mahkah oo ohlay. Fearless is the opposite of fearful and a much better place to be. Be maka'u ole in your beliefs for they are your anchors. Your anchors are how you choose to live your life. Freedom of choice is our blessings so choose maka'u ole in living your life the way you choose in accordance with your beliefs. E maka'u ole kākou - Let's be fearless. Aloha, a hui hou.....

Oct 4: Aloha Kākou, today's Hawaiian word is: Ulu. This word has many meanings with the 3 most commonly known ones being the Ulu fruit. and ulu - to grow. Today's meaning is: Inspire, inspired. It's good to have inspiration in our lives. Being Ulu helps is uplifting and motivating. When was the last time you were inspired? I'm often inspired by reading uplifting stories, positive phrases like "Do or do not, there is no try", and seeing people doing good things for others. Just tonight I saw a FB post of 8 young deer comfortably cushioned in the back of a van. They were all rescued from the fire. Way to go. Let's keep the Ulu going and growing. E mālama kākou i ka ulu. Aloha, a hui hou.....

Oct19: Aloha Kakou, today's Hawaiian word is: Mana'o'i'o which believe and is pronounced: Mahnah oh e oh. Mana'o'i'o o 'oe? Do you believe? 'Ae, mana'o'i'o au. Yes I believe. Aloha, a hui hou.....



Sep27: Aloha Kākou, today's Hawaiian word is: Ma'a aku which means Adapt and is pronounced: Mah ah ahcoo. When changes come into your life, you have choices. You can accept the changes and ma'a aku to a different way of doing things or a different way of being or not. The choice you make is or should be totally your choice. No one can live your life and make your choices for you. You are the only one who truly knows what's best for you. And when you make your choices, adapt to how those choices are affecting you and your life. That is what a master does. Ma'a aku is another way of saying Go with the Flow, Go with your Choices and you are the master of your life. Aloha, a hui hou.....

17 Aug: Aloha Kākou, today's Hawaiian word is: Hana hou which means: Do over, renew and is pronounced: Hahnah hoh. Did you know that every morning we are given the chance to hana hou our selves? If yesterday left you unhappy, today you get to do a do over - a hana hou and go for a better day. If at the end of today, you are still unhappy, tomorrow you get to hana hou your efforts to have a happy day. It's said that practice makes perfect but a better way to say it is persistence makes perfect. It's a fact that you do something long enough you will get the results you're going for. It is a universal law. Aloha, a hui hou.....

21Jul: Aloha Kākou, today's Hawaiian word is: Pahu hope which means: Goal and is pronounced: Pahwho hopay. Being a realtor, I hear a lot about goals. If you don't have goals or at least 1 goal, you'll never get where you want to go. For me, I first have to decide where I want to go, then I can set goals to get there. We are all blessed with the ability to decide what our life will be like but we often get stuck in life's experiences that we forget or don't have time to make those decisions and then never set goals. It takes effort to decide where we want to go and to set goals to get there. Those who put forth the effort get there. It may take a while but by sticking with it, it happens. Those who don't make the effort are often the one's wondering why they aren't getting anywhere in life. I choose to be among those who make the effort. How about you? It does pay off. You just have to make the decision about where you want to go, set your goals and stick with it. The universe will work with you to achieve your goals because you have a clear picture that they can see and align with. I'm just saying. Aloha, a hui hou.....

Sep3: Aloha Kakou, today's Hawaiian word is: Ku'oko'a - Free as in the state or condition of being. Pronounced Ku'oko'a - coo ohkoh ah. He ku'oko'a au. I'm free. Are you? Aloha, a hui hou....

Oct19 2019: Aloha Kakou, today's Hawaiian word is: Mana'o'i'o which believe and is pronounced: Mahnah oh e oh. Mana'o'i'o o 'oe? Do you believe? 'Ae, mana'o'i'o au. Yes I believe. Aloha, a hui hou.....

Oct 18 2019: Aloha Kakou, today's Hawaiian word is: No'ono'o ulu wale which means: Imagination and is pronounced: No ohno oh ooloo vahlay. How's your no'ono'o ulu wale? Pehea no'ono'o ulu wale 'oe? Aloha, a hui hou.....

Jul31 : Aloha Kakou, today's Hawaiian word is: MALU which means Peace and is pronounced Malu-mahloo. E malu ia 'oukou. Peace to all of you. Aloha, a hui hou.....

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

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