

Seven Sacred Hawaiian Principles

Ike (The world is what you think it is)

Pronounced "E-kay". You create your own reality in life. If you think today is a good day, it will be. Conversely, if you think today is a bad day that will be your truth. Think positive and create your own reality.

Kala (There are no limits)

Any limits in life are self imposed. There are not natural limits to what you can do. Remember, there are no limits as to what you can accomplish. You can make the world whatever you want it to be (Ike).

Makia (Energy flows where attention goes)

This is about focus. Put your attention into the moment and what you are doing now. Always focus on the present. Your energy will then flow into that project making you succeed in your endeavors.

Manawa (Now is the moment of power)

Pronounced Ma-na-va or Ma-na-wa. Now is the moment you can control. Do not put things off. You can only control the present and that is the time in which you have power. If you dream of accomplishing something, do it now! Remember, the rest of your life starts now. Put your full energy into it (Makia) and you will find there are no limits (Kala) and the world we be what you want it to be (Ike). The ending sheet ritual in lomi lomi is based on this principle. After the ritual the client is reborn and the rest of his life begins then.

Aloha (To love is to be happy with)

Having positive emotions towards others is a means for you to be happy. If you love your clients, other members of the ohana, and the world, you will find that you will be happier and more productive. Hatred, jealousy, and other negative emotions lead to the dark side as the wise man, Yoda, once said.

Mana (All power comes from within)

You are empowered to run your own life and be whomever you want. Your power comes from within. You are not controlled or empowered by your spouse, employer, or anyone else. Once you realize that you have the power, within yourself, to lose weight, get in shape, complete your education, get out of a bad relationship, etc. then you can accomplish anything. Say to yourself, if "If I knew I wouldn't fail, I would (fill in the blank)". Now ask yourself why you are not doing it.

Pono (Effectiveness is the measure of truth)

Hawaiians were very practical people. If you call yourself a great healer and actually do heal people, then it is true, you are a great healer. When you are effective and successful it shows that what you are doing is your true path. A dual meaning in this principle is "alignment". Your life must be in alignment for you to truly accomplish all that is possible. You cannot be a successful healer when you smoke and abuse yourself. Be true to yourself, get your life in alignment, and you will be effective like never before.

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