Building Foundations of ALOHA in our Education Experiences

April 13, 2021 | 2:00pm HST

Ko koā uka, ko koā kai.
Those of the upland, those of the shore [1821].

Share gifts from home with each person you meet
(Share your unique gifts freely with all you encounter)

bit.ly/TCC2021Aloha
I am...
EDUCATION INCUBATOR

INNOVATION WITH ALOHA

a Hawaiʻi-based 501(c)3 established in 2015
At the heart of EI....

We work to create opportunities to demonstrate that passion & purpose can lead to meaningful impact and generate transformative hope.

We do this through helping our learners develop the mindsets and skillsets they need to develop their own pathways towards success.

We hope for every person to find their way towards individual and collective well-being with aloha, for a prosperous people, place and planet for all.
FOUNDATIONS OF ALOHA
Current State

COVID forced us into work-from-home, school-from-home. "Home" had turned into a pit-stop where we stop to grab things and freshen up; now we are all here all the time, and trying to do all the things we were doing outside the home. This adjustment has been hard on every family member.

Ideal State

With a strong foundation of ALOHA, we can turn our homes, our families, our workplaces, and ourselves into centers for living, loving, and learning. We can heal the trauma we are all suffering from through this foundation of ALOHA that we carry inside of us.
What is Aloha?

What is Aloha? What is this special “spirit” that is universally spoken of? For some of us it is more than a greeting, but rather a life force that defines who we are and why we are here. Auntie Pilahi Paki, who was a “keeper of the secrets of Hawaii”, tasked several of her students to be prepared for the future when the world would be in collapse. She spoke of the time when Hawaii would have the remedy to save the world and the remedy was “Aloha”. In 1970, at a Governor’s conference she introduced modern Hawaii to a deeper understanding of “Aloha”.

Akahai – meaning kindness (grace), to be expressed with tenderness;

Lokahi – meaning unity (unbroken), to be expressed with harmony;

Olu’olu – meaning agreeable (gentle), to be expressed with pleasantness;

Ha’aha’a – meaning humility (empty), to be expressed with modesty;

Ahonui – meaning patience (waiting for the moment), to be expressed with perseverance.

A secret of “Aloha” is that a person cannot do one of the principles without truly doing all and if you are not doing one you are not doing any. So, to be “Living Aloha” is to live all of the principles. An even deeper meaning of “Aloha” that Auntie Pilahi Paki shared with us can be found in a quote from our Queen.

In 1917, after Queen Lili‘uokalani had seen the end of the Hawaiian monarchy, she said to her hanai daughter, Lydia K. Aholo, “To gain the kingdom of heaven is to hear what is not said, to see what cannot be seen, and to know the unknowable – that is Aloha. All things in this world are two: in heaven there is but One.” – Queen Lili‘uokalani (1917)

Aloha is an overarching principle. Like most Hawaiian words, it has many meanings. It can be a noun, verb, adjective and adverb. It is prescriptive, descriptive and subscript.

Aloha is an action, not a reaction. It is a natural response of respect, love and reciprocity;

Aloha is to be in the presence of life, to share the essence of one’s being with openness, honesty and humility. It is a way of being, a way of behaving, a way of life. It is a commitment to being real. It is a commitment to accepting others and giving dignity to who they are and what they have to offer.

It is a spiritual principle that conveys the deepest expression of one’s relationship with oneself, the creative and life-giving forces, one’s family and community, and with one’s friends and strangers.

By Pono Shim & Ramsay Taum
Akahai (Grace) -- to always leave things better than you find them

Lōkahi (Unbroken) -- to know that we are all connected as one whole being, from the beginning of existence

ʻOluʻolu (Gentle strength) -- to be kind from an eternal view, which sometimes means making hard choices in the moment

Haʻahaʻa (Empty) -- to empty yourself so you may hear and feel what is beneath the surface, and to better observe the gifts you are receiving from others

Ahonui (Waiting for the Moment) -- to pause and hold your reaction, waiting for the intention and purpose to rise through

-- Manaʻo from Uncle Pono Shim, as taught to him by Auntie Pilahi Paki
Meditation: Kindness for yourself and others

ALOH + Community
Week 3 Day 1 AM
September 7, 2020

Foundations of ALOHA
AKAHAI
Akahai means to always be leaving things better than you find them. It means to give our best to others, without expecting anything in return. How might you exercise and strengthen your ability to give the gift of kindness to others in your community?

Creativity Challenge Week 3 Day 1!
Activity Idea (for Luana Home!)
What are some activity ideas that you might use for your cohort to do with a busy group? Share with us in the comments section below.

Movement and Well-Being Week 3 Day 1
We wanted more time in front of the screen these days and we should make sure to get for our neck and shoulders. Share with us how it went.

Mahina Mindfulness
What is Aloha?
W

Oahu Economic Development Board
INNOVATION WITH ALOHA
Education Incubator
PROJECT WAYFINDER
Uncle Pono teaches us that every Hawaiian word is active, it is a verb that you internalize and then connect to the universe around you.

According to our friend Tom Penna at Hō Mai Ka Pono, “in the literal (modern) sense, kilo means to observe, to gaze, to study the natural world. Traditionally, the experience of life would be felt as well as seen. Kilo would be grounded in feeling. This feeling could be described as being centered in a relationship with the natural world, with people (especially the ‘ohana), and with the self.”
Movement and Well-Being

Find an observation spot that will allow you the most opportunity to watch the sky throughout the day and night. Use this spot to build your very own star compass for your home. Use chalk, sticks, small rocks, slippers, etc. to mark the houses.
Movement and Well-Being

Spend time in your observation area to see where the sun goes throughout the day. Use NOAA's cloud spotter (print or draw it to recreate it) to help you identify the different clouds. Take time to also look into the different cloud names in your community. What shapes the clouds you see in your community? How do the clouds (and sun, moon, stars, winds, rains) shape or influence your community?
Movement and Well-Being

Today we start with observations of the moon using this Moon Phase Dial. Watch as Mahina rises and sets, how she changes shape. Here are some approximate moon rising and setting times for the days ahead:

<table>
<thead>
<tr>
<th>Day</th>
<th>Moon Phase</th>
<th>Rise</th>
<th>Set</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>Mahina ʻOlekūkahi/lua</td>
<td>12:33am</td>
<td>11:47am</td>
</tr>
<tr>
<td>Saturday</td>
<td>Mahina ʻOlekūlua/pau</td>
<td>1:36am</td>
<td>12:41pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>Mahina Kāloakūkahi</td>
<td>2:38am</td>
<td>1:38am</td>
</tr>
</tbody>
</table>

OBSERVATION SPOT: AHONUI OR HAʻAHAʻA LESSON

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AHONUI

Ahonui literally translates to “big breath”; it is often said to mean “patience.” Auntie Pilahi taught ‘Anakala Pono that ahonui means *waiting for the moment.*

We often carry expectations for ourselves and our family members to act or be a certain way - we “guess ahead” at what someone will do and then act according to what we projected, without pausing to think about intention and emotion.

In our practice of Ahonui, how might we zoom in and out of the situations and try out a new perspective before reacting/responding?
Can you guess what it is?
Creativity Challenge

Using our Easy-Macro lens, could we zoom in to see the details that we might have missed?

Try out the Easy-Macro and see if you can see things around you differently. Share with us the images/videos you capture today!
Creativity Challenge

Go to your special observation place. How does your perspective change as you sit?

Try “looking” with different eyes - make a paper cutout and use it to change your view of the things around you!
Mahina Manaʻo

Mahina is set Hua at 5:17 am this morning, rising again at 5:04 pm today.

Each moon carries a specific energy, some form of metamorphosis in her story. Mahina Mōhalu opens to reveal what was Huna. The Hua moon is about opening and unfurling, as a flower opens its petals. We often live our lives in “predictive text” or “auto-correct” mode… letting the answer fill itself in for us out of convenience, letting our sentence be constructed by something outside of ourselves. In going from emptying ourselves in Haʻahaʻa, to Ahonui today - let’s put these features on pause. If you do not guess ahead, what actually comes up next? What unfurls in the messages? How might we engage our energy in auto-connecting, instead of auto-correcting?

-- inspired by Uncle Pono Shim and Tom Penna --
we are not new to ed tech, nor are we new to “distance learning”
“Our interconnectedness, when in doubt, lives as a question. Our interconnectedness, when felt, lives as a reality.”

-- Tom Penna, Hō Mai Ka Pono (the return to wholeness)
"The pandemic is a portal, between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our dead ideas and dead rivers. Or we can walk through lightly, ready to imagine another world. And ready to fight for it."

Arundhati Roy
In the pursuit of peace, we may never find justice.
In the pursuit of justice, we may never find peace.

-- Uncle Pono Shim, student of Auntie Pilahi Paki --

The world will turn to Hawaiʻi as they search for world peace because Hawaiʻi has the key... and that key is Aloha!

-- Auntie Pilahi Paki, treasured elder and healer --
AO
KĀNE • DAY • LIGHT • AIR • WAI
THE WORLD ABOVE THE OCEANS SURFACE

PŌ
KANALOA • NIGHT • DARK • MOANA • KAI
THE WORLD 'UNDER' THE OCEANS SURFACE

@homaikapono
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mahalo nui!

Website: eduincubator.org
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Presentation: bit.ly/TCC2021Aloha