

# 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**

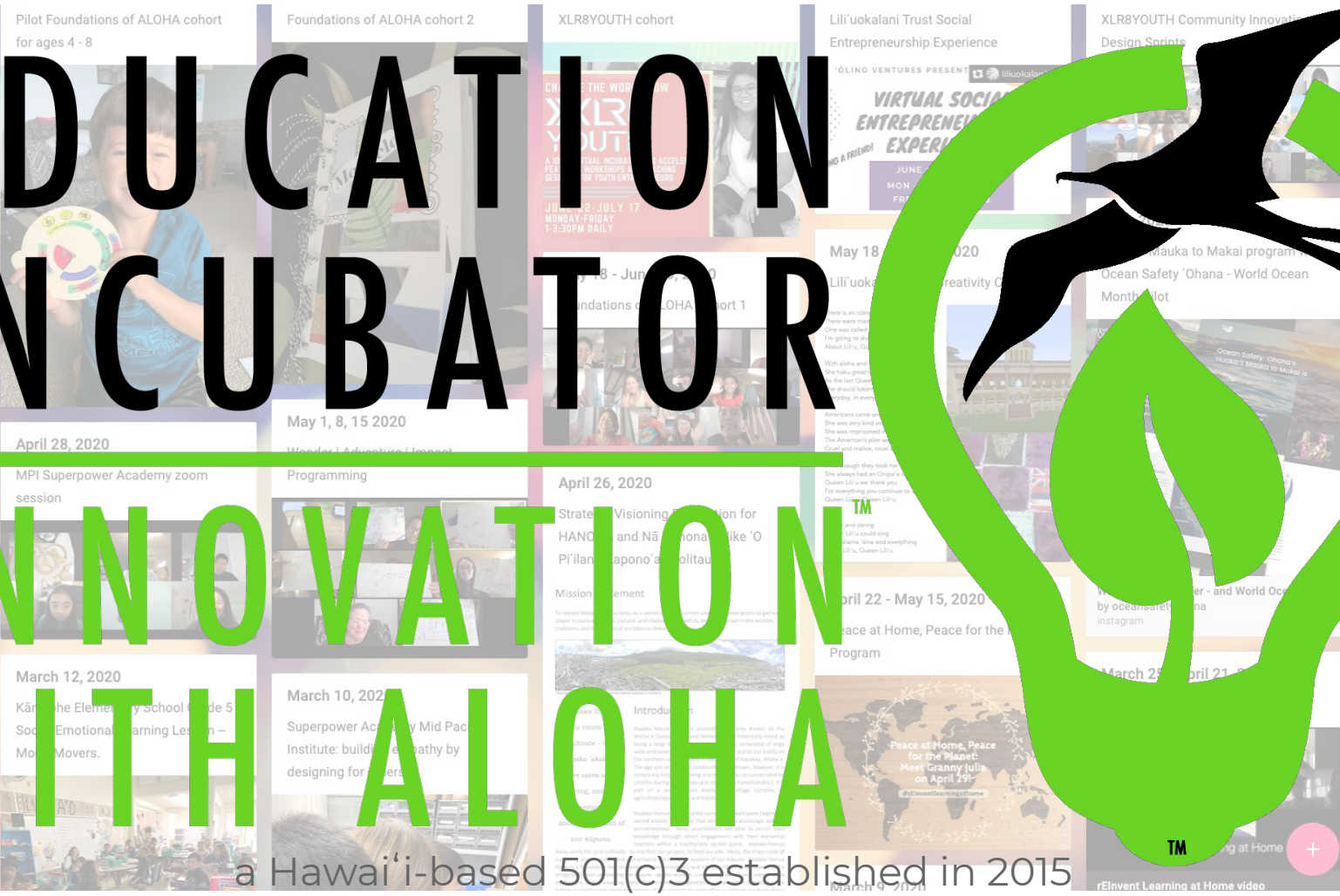
*(Share your unique gifts freely with all you encounter)*

**[bit.ly/TCC2021Aloha](https://bit.ly/TCC2021Aloha)**

*i am...*

# EDUCATION INCUBATOR

# INNOVATION WITH ALOHA



a Hawai'i-based 501(c)3 established in 2015

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A 100% VIRTUAL INCUBATOR AND ACCELERATOR FEATURING WORKSHOPS AND COACHING SESSIONS FOR YOUTH ENTREPRENEURS

**JUNE 22-JULY 17**  
MONDAY-FRIDAY  
1-3:30PM DAILY

POWERED BY:

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[XLR8YOUTH.ORG](http://XLR8YOUTH.ORG)




## rEinvent Learning at Home

in partnership with Dame Julia Morton-Marr of the Council on Global Issues and International School Peace Gardens present:

### Peace at Home, Peace for the Planet



Visit [educubator.org/reinvent](http://educubator.org/reinvent) to register



## rEinvent Learning at Home

Every Weekday  
8:30am Morning Meditation  
1pm Movement Activity  
3pm Closing Circle

Register at [bit.ly/eihome20](http://bit.ly/eihome20)

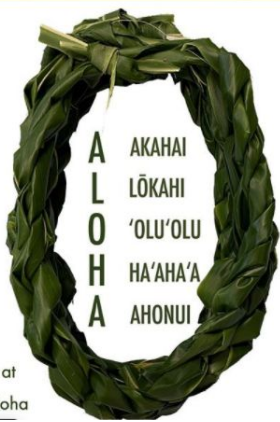



## Putting You + Community + Nature on the Map

**PACIFIC BLUE STUDIOS** 

EDUCATION INCUBATOR INNOVATION WITH ALOHA PRESENTS

## FOUNDATIONS OF ALOHA



Register at [bit.ly/eialoha](http://bit.ly/eialoha)

Lili'uokalani Trust 'Ōlino Ventures and Education Incubator present

## ONLINE CREATIVITY CAMP

May 18 to June 5, 2020  
Application deadline May 13, 2020

Explore technology  
Unleash your creativity




Preference will be given to current LT Kamali, orphan and other destitute children of Native Hawaiian ancestry in the Hawaiian Islands. All are welcome to apply. The camp is free of charge.

For more information, please contact [ventures@onipaa.org](mailto:ventures@onipaa.org) or Visit [onipaa.org](http://onipaa.org)



## VIRTUAL SOCIAL ENTREPRENEURSHIP EXPERIENCE!

BRING A FRIEND!

JUNE 15 - 19, 2020  
MON - FRI | 9-11:30AM  
FREE for ages 11-18

An opportunity to develop entrepreneurial ways of thinking and behaving - valuable for all career paths!

- Rooted in Hawaiian Culture
- Guest entrepreneur speakers
- Activities to guide youth from idea generation to pitching
- Virtual pitch event
- Opportunities to further develop your ideas

**DEADLINE TO APPLY: JUNE 8TH**

For more information, please contact [ventures@onipaa.org](mailto:ventures@onipaa.org) or Visit [onipaa.org](http://onipaa.org)





OCEAN SAFETY OHANA

## Huaka'i, Mauka to Makai

A program and mobile platform built for and by families in Hawai'i supporting safe access and a deeper connection with our island home through local knowledge and Hawaiian values. Let's huaka'i!

Our Huaka'i Adventure Stories

# 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

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INNOVATION  
WITH 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?

**W**hat 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 Hawai'i" tasked several of her students to be prepared for the future when the world would be in collapse. She spoke of the time when Hawai'i would have the remedy to save the world and the remedy was "Aloha". In 1970, at a Governor's conference she introduced modern Hawai'i to a deeper understanding of "Aloha"

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

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

**O 'Olu'olu** – meaning agreeable (gentle), to be expressed with pleasantness;

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

**A 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

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

**Ha‘aha‘a** (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

-- Mana‘o from Uncle Pono Shim, as taught to him by Auntie Pilahi Paki

### Mahina Mindfulness

Today Mahina rises Lā'aukōkahi, the first of the three lā'au moons. Lā'au literally translates to greenery and plant life - imagine energy dripping from the moon and sun, seeping in to āina and moana, joining with wai and kai to grow the beautiful green beings and the air of our planet, nourishing us inside and out from all directions.

Lā'au moons offer us an opportunity to soften and release the energy built up during the piha moons, to absorb the energy slowly, pause, and set our intentions of what we hope to harvest in the days and weeks ahead. Like photosynthesis and respiration... kū to 'ole and piha to lā'au.

Like seeds, our ALOHA grows and becomes potent inside, waiting to emerge and blossom when the moment arrives.

...inspired by the teachings of Tomi Parris, Pina Stein, and Frank Postinger



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### ALOHA + Community

Week 3 Day 1 AM  
September 7, 2020



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### Movement and Well-Being Week 3 Day 1!



We spend more time in front of the screen these days and we should make sure to care for our neck and shoulder.

Share with us how it went:  
[podst.com/7rejangaloha3](https://podst.com/7rejangaloha3) PW: aloha



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### 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?



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### Creativity Challenge Week 3 Day 1!



Activity Ideas for Lunaliilo Home!

What are some activity ideas that you might have for our cohort to do with nā kupuna at Lunaliilo Home?

Share with us: [podst.com/hysaungakba3](https://podst.com/hysaungakba3) PW: aloha



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### Mahina Mindfulness

Mahina sets Lā'au'au'au at 10:48 am, and will rise mostly Lā'au'au'au tonight at 10:21 pm before setting 'Olekaikahi tomorrow. We are seeing Mahina transition from the last of the harvesting/gathering moons to the first of the resting/reflecting moons, moving from Poipoe (rounding) to Ho'ēmi (waning). The 'Ole moons are a time to find grow the potency of the ALOHA practices we planned and gathered in the weeks before this.

Planning, resting, refining and introspection are all part of the 'Ole moons, part of balancing our energy inside and out. Spend some time thinking about how you might bring ALOHA and kindness to yourself, your home, and your communities this week - what medicine do you have to share?



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### YOUTH FOR O'AHU

Mini grant funds available for O'ahu youth from 6th grade through college. Check out this [opportunity](#) from Youth for O'ahu.



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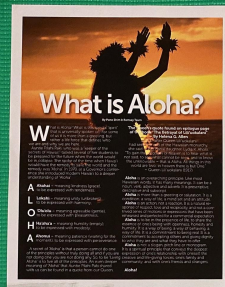


OAHU ECONOMIC DEVELOPMENT BOARD

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PROJECT WAYFINDER



# KILO CALIBRATION

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.



**OBSERVATION SPOT: LOKAHI or AHONUI LESSON**



# 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?

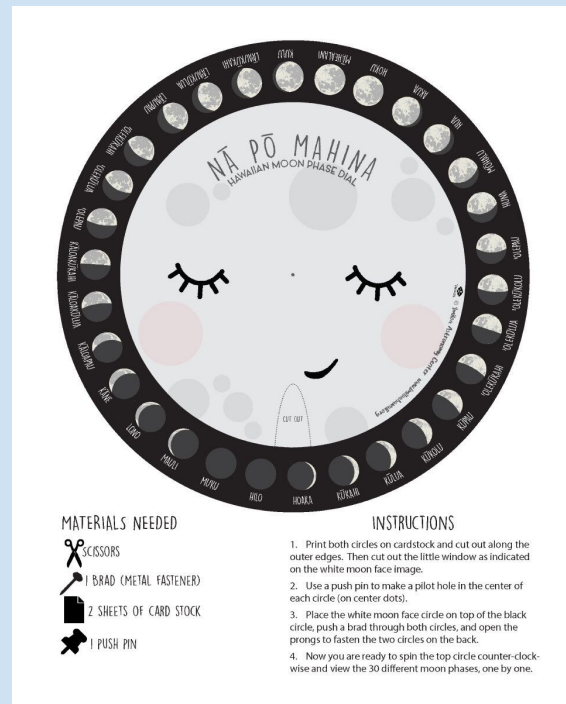
**OBSERVATION SPOT: LOKAHI or HA'AHA'A LESSON**



# 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:

Friday: Mahina 'Olekūkahi/luu	Rise: 12:33am	Set: 11:47am
Saturday: Mahina 'Olekūlua/pau	Rise: 1:36am	Set: 12:41pm
Sunday: Mahina Kāloakūkahi	Rise: 2:38am	Set: 1:38am



**OBSERVATION SPOT: AHONUI OR HA'AHA'A LESSON**



# ALOHA Value

## 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?







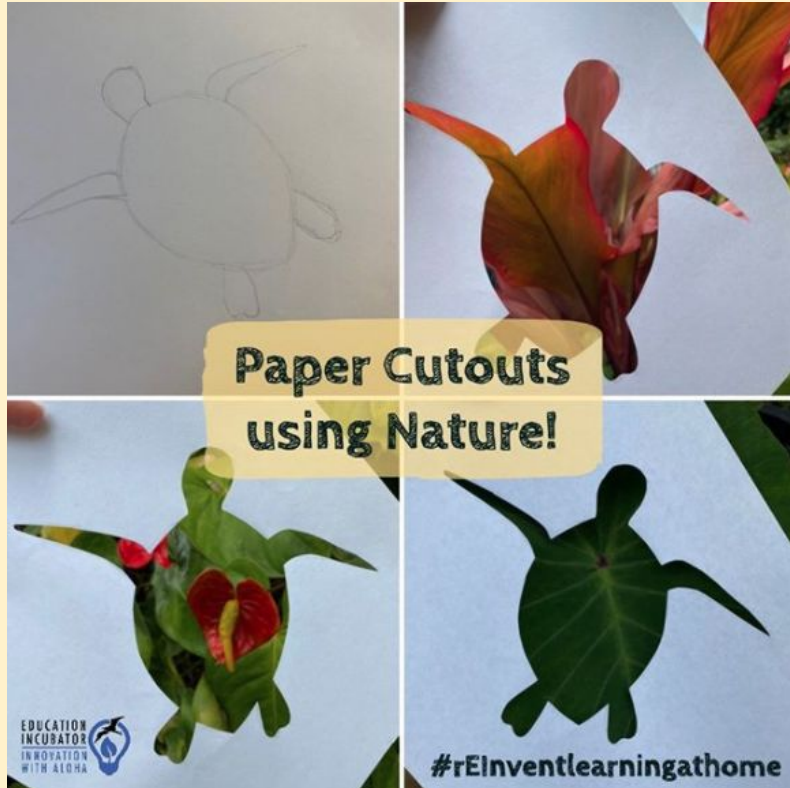
# Creativity Challenge

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 Mana'o

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 Ha'aha'a, 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 --



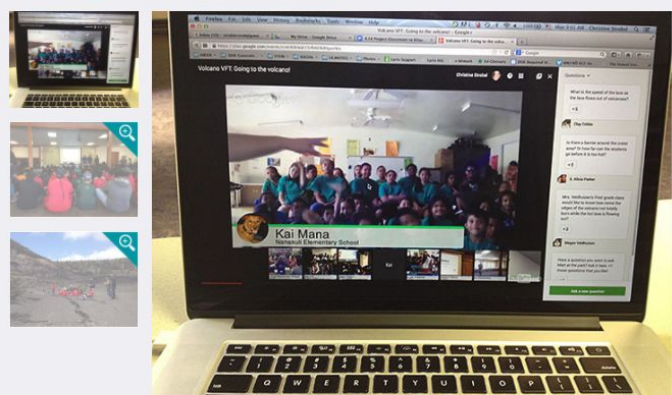


## Hawaii, Mexico students explore volcano online

14-Apr-2014

Dozens of public school students took part in a virtual field trip on Monday to Hawaii Volcanoes National Park, the latest example of how the Hawaii State Department of Education is using technology to innovate and expand learning opportunities at home and abroad.

SHARE THIS:   



Nanakuli Elementary immersion program students helped teach the other schools "E Pele E," a chant for the Hawaiian volcano goddess.

**HUFFPOST**  
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THE BLOG 06/29/2015 04:23 pm ET | Updated: Jun 18, 2016

## Taking Education Underwater With A Virtual Field Trip To The Great Barrier Reef

By Polynesian Voyaging Society



The Great Barrier Reef is the largest structure of living organisms on earth. The crew of Hōkūle‘a sailed to Townsville, Australia to explore the reef and “take their voyage underwater” after navigating from Hawaii to Australia without any modern instruments. Partnering with Reef HQ, Hōkūle‘a’s crewmembers were able to make this Australian field

Ads by G

Stop seeing this

Why this

**TREND**

Trump's Ord  
Unemploy  
Big Mess

Republicans  
After Denou  
Executive A

SPECIAL

## Kailua seventh-graders experience virtual tour of South African caves



Posted: Nov 19, 2015 / 04:54 AM HST / Updated: Nov 19, 2015 / 04:54 AM HST

## CANOE TO CLASSROOM

Stories of Hope



Science at Sea



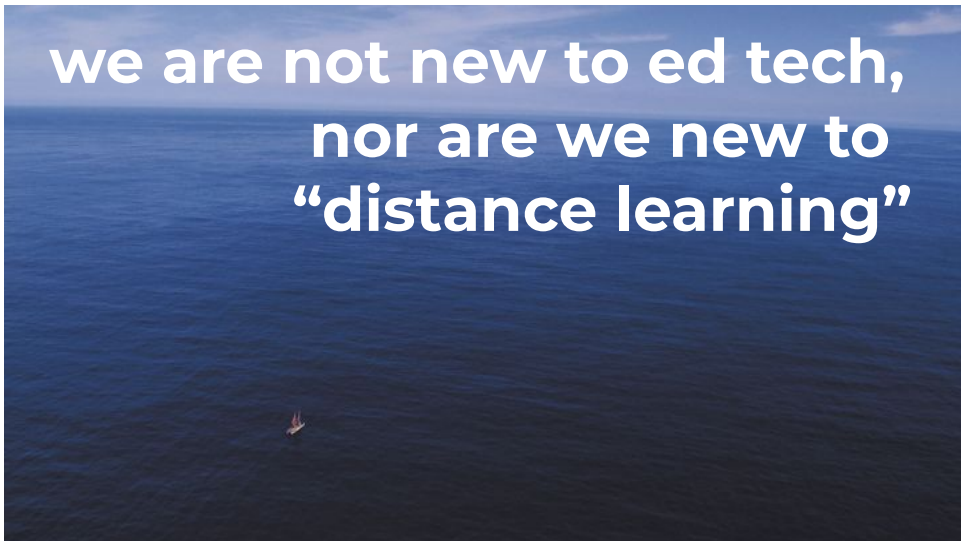
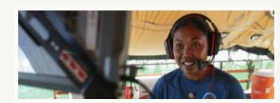
Ask the Crew



Navigation Reports



Join the Conversation



# SEVEN GENERATIONS



“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)



© 2015 POLYNESIAN VOYAGING SOCIETY  
PHOTO: 'ŌIWI TV • PHOTOGRAPHER: BRYSON HOE

**"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 Hawai'i as they search for world peace  
because Hawai'i has the key... and that key is Aloha!

-- Auntie Pilahi Paki, treasured elder and healer --



AWAKEA

KOMOHANA • WEST

HIKINA • EAST

**AO**  
KĀNE • DAY • LIGHT • AIR • WAI  
THE WORLD ABOVE THE OCEANS SURFACE



HIKINAA KA LĀ

NAPO'O ANA O KA LĀ

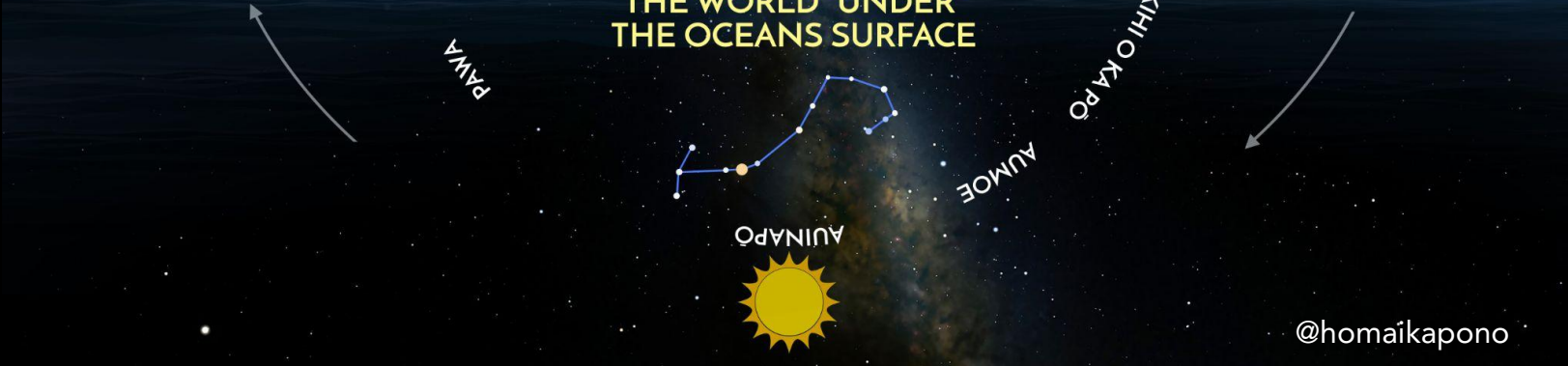


**WANA'AO**  
KA LĀ ENTERING THE  
WORLD OF AO



**AHIAHI**  
KA LĀ ENTERING THE  
WORLD OF PŌ

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



AUINAPŌ



RISING

DESCENDING

KAKAHIKA

'AUINALĀ

WANA'AO

AHIAHI

PAWA

KIHI O KA PŌ

AUMŌE

**Akahai** (Grace) -- to always leave things better than you find them

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

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

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*we are grounded*

# *mahalo nui!*

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