



Title: Message from Hale Makua

Author(s): Hale Makua

Published by: Worldwide Indigenous Science Network

Publish date: 31 August 2013

Disclaimers:

The information and all content provided herein by the Worldwide Indigenous Science Network (WISN) are provided as a service and are for general informational and educational purposes only. Original creator(s) of materials contained herein retain full copyrights. Although WISN uses reasonable efforts to ensure high quality materials, WISN does not guarantee the accuracy or completeness of content. Neither WISN nor any party involved in creating, producing, or delivering this information shall be liable for any damages whatsoever arising out of access to, use of, or inability to use the materials, or any errors or omissions in the content thereof. Users assume all responsibility for the access to and use of these materials.

Translations of any materials into other languages are provided as a convenience, and translation accuracy is not guaranteed nor implied. Users may refer to the original language/official version to ensure accuracy.



wisn.org | 573 Waive'e Street, Lahaina, Hawai'i 96761

Greetings in the love and in the light of the ancestors, the Source of Life.

There is nothing better than a good cry to help restore your ability to think clearly. Purification is needed when progress is blocked. Protection and purification are inseparable.

Physical purification requires a healthy diet, adequate exercise and rest. If there is a block from achieving physical purity, then it is time to make a change.

Emotional purity requires words and deeds to be genuine. This involves simplicity and honesty. Grudges and resentments, time to release them. Mental purity is of clear intentions. Spiritual purity is the focusing of the highest good. Release anything that keeps you from shining.

Stay on track and shine brightly. The emphasis is on the importance of balance. Celebrate the material world without clinging to it.

Develop spirituality without losing touch with the physical and natural world. This will facilitate a state of balance. Pay close attention to all things, ideas, or persons that seem to pull you off balance or trap you in emotional states. Approach all obstacles with an open heart and be victorious.

You are the navigator of your canoe. Therefore, the only thing that is permanent is change. Travel through changing conditions and chart your course carefully.

Sometimes strong winds and currents cause you to detour. You don't need to worry. Detours are also part of the journey. You may seem to go off course; you are still on your way. Detours may even be necessary to ensure survival and success. You can only go as fast as the wind will take you requiring timing and patience.

Notice where you are and who is on the journey with you and focus on the direction you wish to go. Allow the wind to carry you.

Before we can harvest our crops, we must care for them with diligence, patience, and persistence. Lono, the healer, breaks through and so do the spurts of energy needed to complete a cycle. He appears when abundance is about to be harvested and to remind you to share the fruits of your efforts.

Hawaiian Elder, Hale Makua