



# NĀ WAIWAI ALOHA

Hawaiian Principles For Thriving  
Relationships

Kaipo Ho

Inspiring Aloha LLC

[Kaipo@InspiringAloha.net](mailto:Kaipo@InspiringAloha.net)

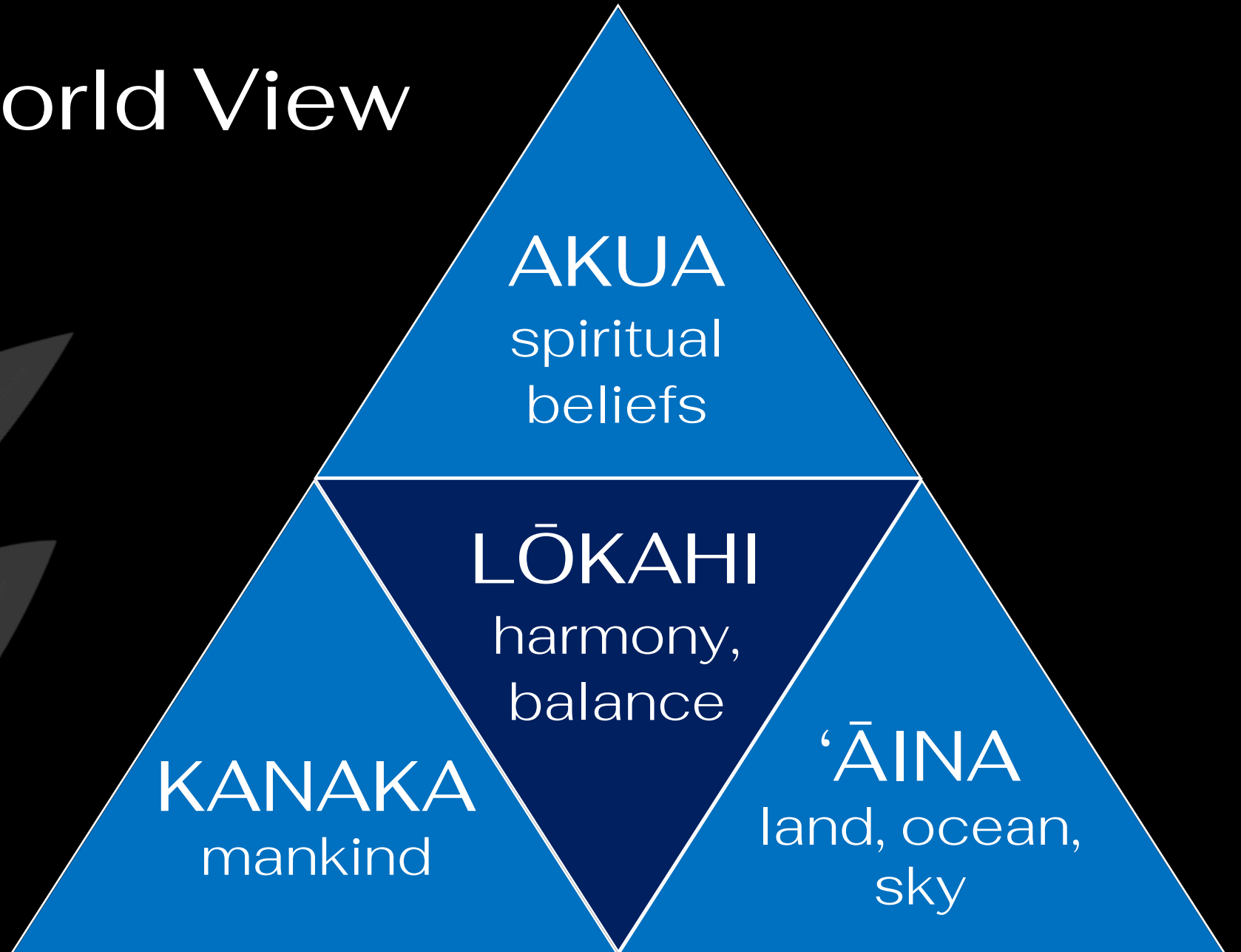
# PILINA

Relationships



# Hawaiian World View

## Relationships





# Hawaiian cultural principles

HO'OKIPA to welcome

ALOHA to embrace

HO'OPONO to uphold

HO'OMAIKA'I to bless



# HO'OKIPA

*To welcome, entertain, be hospitable*

Creating a space of welcome



# Creating a space of welcome



Willingness to welcome  
Continuum of experiences  
“Host and guest” concept

- ❖ To welcome; to be welcomed
- ❖ To invite; to be invited
- ❖ Both have inherent responsibilities



# ALOHA

*Compassion, empathy, caring, love*

How we act in that space of welcome

ALO

*presence*

HĀ

*breath of life*

*“He alo a he alo”, face to face*



ALO

*presence*

HĀ

*breath of life*

*“I ka 'ōlelo ke ola, i ka 'ōlelo ka make”*

*There is life in the word, there is death in the word.*



Kupuna Pilahi Paki

AKAHAI grace

LŌKAHI connection

‘OLU‘OLU gentle

HA‘AHA‘A humility

AHONUI patience

# How we enter

HA'AHA'A

humility

AHONUI

patience

HA'AHA'A *humility*

Empty yourself to  
welcome a fresh  
perspective.



# AHONU *patience*

Wait for the moment.  
Be present, mindful.



How we  
enter

How we  
engage

HA'AHA'A  
humility

AHONUI  
patience

AKAHAI  
kindness

'OLU'OLU  
gentle



# AKAHAI *grace*

Engage others gracefully,  
kindly, cleanly. Leave no  
fingerprints.



A black and white photograph of a young child sitting on a bed, gently touching the head of a sleeping baby. The child is wearing a patterned tank top and is looking down at the baby with a calm expression. The baby is lying on their back, wearing a white shirt, and appears to be asleep. The background shows a bed with a patterned pillow and a blanket.

‘OLU‘OLU

*pleasant, cordial, agreeable*

Treat others gently,  
as in touching a  
baby.

How we  
enter

HA‘AHA‘A  
humility

AHONUI  
patience

How we  
engage

AKAHAI  
kindness

‘OLU‘OLU  
gentle

Outcome

LŌKAHI  
connection

builds  
**TRUST**



# LŌKAHI *unbroken*

Connected, undivided,  
harmonious, whole.





Aloha begins with me.



# HO'OPONO

*To make right, correct, proper, righteous*

Protecting the Aloha





# Ho‘oponopono

- ❖ A traditional Hawaiian healing process of restoring harmony and aloha to a relationship.
- ❖ With relationships restored, the involved can work cohesively to resolve other matters.



“Ho‘okahi no lā‘au lapa‘au,  
o ka mihi.”

*The first remedy is forgiveness.*

## 2 basic rules of Ho'oponopono



- ❖ Recognize the difference between being offended and being the offender.
- ❖ Know when to offer forgiveness and when to ask for forgiveness.



# Restoring Aloha

*Kūkulu  
kumuhana*  
Create the  
climate.



*Ho'omana'oana*  
Get to the  
source.



*Wehe hala*  
Remorse,  
forgive,  
release,  
sever



*Nā hana mua*  
Restitution,  
next steps





# HO'OMAIKA'I

To express gratitude; to bless

*Honoring the Aloha*

MAHALO





MA

Within, in,  
at, on...

HĀ

Breath of  
life

ALO

Face,  
presence



E ho'omaika'i iā 'oukou.

*Mahalo. Thank you.*