Neaulani's No'eau

‘Ike #2
07 May 2020

Mana



E Komo Mai & Welcome to *Neaulani's No'eau*

April 29
Aloha Kakou, today's Hawaiian phrase is: Ho‘ololi ka hiliha'i i ka maka‘u which means:Trust replaces fear and is pronounced: Ho ohlole kah helenah e e kah mahkah oo. If this pandemic brings flutters of fear in your tummy, replace that with trust. We all know that everything passes and trust is the mana that will carry us through it all. Trust in the knowing that there is a very good reason for what's happening now and we will all be better for having come through it. Aloha, a hui hou.....

April 27 ·
Aloha kakou, today's Hawaiian word is: Au which means Me and I and is pronounced Ow. Another benefit of this period in time is the ability to take care of me - self. After doing all we can to keep ourselves, our family and friends safe, let's take time to take care of ourselves - me. One of the things we often overlook is how are we - me doing? We don't usually have time for me. But, for the time
being, now we do. Let's take advantage of this opportunity, grow me - our spirituality, our wanting to take care of things for ourselves that we've been putting off all these years. Now is the time,. Malama pono au - Take care of Me. Aloha, a hui hou.....



April 25 ·
Aloha kakou, today's Hawaiian word is: Ikaika which means Strong and is pronounced: Ekykah. E ikaika kakou. Let's all stay strong. Now, more than ever is the time to stay strong. We all know that it's just a matter of time, so hang in there, keep your focus on continuing to do all you can to stay safe and healthy and know this will pass. Besides, what's the alternative? Give up and sink into despair? Not this pono paddler and I hope not you either. Aloha, a hui hou...

December 26, 2019 ·
Aloha Kakou, today's Hawaiian word is: Mana'olana which means Hope and is pronounced: Mahnah ohlahnah. Mana'olana au ia 'oukou mau pomaika'i o ka ola maika'i. I wish everyone many blessings of a good life. Aloha, a hui hou....

Kumu Neaulani Kuamo'o-Peck

comes from a family of Hula teachers from the Big Island, Hawaii. For her and her sister, Mahealani, their mother was their first hula teacher. Over the years, they have continued to dance, and Neaulani opened her own hula halau - hula school- in 1974, sharing the hula, music, language and customs. She continues teaching hula, as well as other Polynesian dance forms in the retreat programs with her sister, and students from the global communities. In addition to carrying on their hula tradition, Neaulani participated in numerous hula workshops led by hula masters George Naope, Pat Namaka Bacon, Pua and Nalani Kanaka'ole, Nona Beamer, and Cousin Maile Souza.

The strength, beauty and creativity of the hula served as an important and vibrant expression of cultural and family events, history, and spirituality, and were once solely performed by male dancers. Hula is the vehicle used for the hands to tell a story while keeping the rhythm flowing through the body, and to enfold you, and your audience with its emotions found within the story. The hula is fun, lively, sacred, light-hearted, and even satirical, solemn and ritualistic, and what determines the differences is the purpose for which it is danced.

In ancient times the hula was kapu-forbidden, and sacred, and only taught to those worthy of receiving its' knowledge and passed on from generation to generation. As a chosen child, you were taken from your family and given to the hula halau to be raised with the hula as your main priority. So sacred was this group of dancers that the halau became your family and secrets were closely guarded and kept within the halau family.

The arrival of the missionaries greatly changed the societal landscape of Hawaii forcing hula, along with other spiritual and healing aspects of the culture underground. Hula was deemed as barbaric, uncivilized and works of the devil. Fortunately, the hula did manage to survive, although a large part of its variety has been lost forever, including most of the animal dances, rarely done today, and forgotten by most.

Today, what is seen and kept alive occurred through the efforts of many courageous and beautiful Kumu hula teachers from past generations such as Neaulani's mother, and a family of teachers on her father's side, to the present generation for all to enjoy. As a member of this elite group, it is a great pleasure to be able to share the wonders and beauty of the hula. It is a most joyful and spiritual expression of Hawaii, it's land and its' people.

© Neaulani Kuamo'o-Peck www.kumuhulamana.com
Shared by Tracey Namakanaokalani Ha'aoLakaināpali with Neaulani's aloha blessing.
www.aloharainbows.earth