

THE DEEPER MEANING OF ALOHA

ALOHA is the way the Hawai'ians greet and remember each other to be grateful every day for the **Breath of Life**. ALO is life and HA means breath - the Breath of Life. My father and mother **kamali'i** us - taught us children the deeper meaning of ALOHA as well. It is a feeling - the knowledge, which people all over the world have forgotten: the **Unconditional Love**. It is time to share the ALOHA with the world unconditionally, because

Aloha can heal the World

HULA CLASSES

With KUMU AIKANE ALAPA'I

KUMU HULA 'Aikane Alapa'i | hulaforlife8@gmail.com

Kumu 'Aikane Alapa'i



Aloha

to all who feel attracted by this message. Being **KUMU HULA** 'Aikane Alapa'i I come from the small Garden Island of Kaua'i and was initiated as a child into the Ancient Knowledge of **HULA DANCE** for many years. My family has been healers on Kaua'i for 12 generations and I have been chosen to teach the traditional **HULA KAHIKO**.



The Traditional Hawai'ian dance has been passed down through lines of descent and is expressed with love and **ALOHA** - with the composure, strength and dignity of our culture. It honors the Ancestors, the Land, the 'Āina, the Water and everything of existence with a deep spiritual connection. **HU-LA** means overflowing **MANA**: pure life energy. For us Hawai'ians the traditional ritual **HULA KAHIKO** is a sacred spiritual dance whose strict protocol is not to be changed.



Dancing Hula

HULA is the Heartbeat of Hawai'i. We connect with Heaven **LANI**, and with Mother Earth **HONUA** - our mind lets go and our heart opens. Every single step and movement has a certain meaning. It is poetry and harmony - an abundant expression of the culture, history and the thoughts of the Hawai'ian people. For all that they feel deeply in their heart, what they see, touch, hear, smell and taste.

HULA is a descriptive dance - gentle, loving and rich in expression and power. We are telling with our hands - supported by different step sequences - a Story, a Myth. **KUHI NO KA LIMA, HELE NO KA MAKA** - wherever your hands move let your eyes follow.

