



Na'auao Ola Hawaii: Hawaiian Principles and Practices of Being Well

Maka'ala Yates

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Native Hawaiian writer Maka'ala Yates shares timeless wisdom and practical tools for vibrant health from the forgotten Hawaiian past. The deeper 'aumakua principles deals with the idea that matter, mind, consciousness, and life are all manifestations of Kumukahi (One Source). Ho'oponopono teaches how to live responsibly to bring peace and harmony to one's self, the community and ultimately the world.

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