

ALOHA



The “Aloha Spirit” is the coordination of mind and heart.
It’s within the individual - it brings you down to yourself.
You must think and emote Good Feelings to others.

- A** stands for *akaha’i*, Hawaiian meaning **Kindness**, to be expressed with tenderness.
- L** stands for *lokahi*, Hawaiian meaning **Unity**, to be expressed with harmony.
- O** stands for *olu’olu*, Hawaiian meaning **Agreeable**, to be expressed with pleasantness.
- H** stands for *ha’aha’a*, Hawaiian meaning **Humility**, to be expressed with modesty.
- A** stands for *ahonu’i*, Hawaiian meaning **Patience**, to be expressed with perserverance.

“Aloha” to the Hawaiians of old is the Great Spirit within us.
It means, “Come forward, be in unity and harmony with yourself,
Spirit, and mankind. Be honest, truthful, patient,
kind to all forms of existence, and humble.”

I Am ALOHA Am I