
Ho'oponopono

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Ho'oponopono is a Hawaiian way to resolve interpersonal conflicts among family members. Handed down from generation to generation, it was and continues to be a survival tool.

When the early Hawaiians settled in these islands they brought their values with them which evolved to suit their new life in the new lands. Among these were the beliefs in the importance of family, many persons working together for the common good, maintaining harmony, the importance of higher powers who controlled life and death, the existence of these powers in a myriad of environmental forms, love and respect for extended family to name a few. After the migrations ceased, and the big ocean voyaging canoes ceased to exist, these inhabitants were forced to develop systems that addressed the maintenance of their limited environmental and human resources.

The earliest recordings of Hawai'i and its people indicate the presence of a strict kapu system, resource management tools in planned plant and animal use, conservation periods and interpersonal behavior.

When Cook arrived in these islands, there was an estimated 300,000 people who could not leave these islands and who were forced to develop systems for healing and getting along. Thus, the Kāhuna applied the arts of psychological and emotional healing before beginning any physical healing.

One such system, **ho'oponopono**, is a method with defined procedures and processes that emphasize positive healing within the context of the nuclear and extended family. When used to restore harmony among relatives, the **mana** or the spiritual, psychological,

physical, intellectual resources and environmental resources of each person is brought to bear on the situation. It is used to straighten out, to correct, to resolve the conflict or rehabilitate the persons in need. Sometimes there is only a partial ho'oponopono in that there is no resolution but members of the family are made aware of all of the circumstances surrounding the situation and where the key participants stand. Thus this enables others to move on and not feed into the problem matrix.

Ho'oponopono is the opportunity for family members to pool their collective strengths to focus on aiding the one who is hurting and is needy. Members respect each other's needs to be heard while talking in ways that encourage listening rather than turning out others. Therefore, communication is very important. All verbalizations are directed to the leader rather than each other because it is a device for maintaining personal internal controls, especially in family contexts where the communication style is verbally explosive and physical. They are required to engage in self-reflection of acts of commission and omission that contributed to the problem and to understand and be sensitive to the ramifications of these acts on others in physical, psychological, and emotional ways. And finally, to humble oneself through public apology for those deeds. Apology and forgiveness are mutually reciprocal between the injurer and injured parties.

When those ways of conduct are part of their life style, the family and its members are armed with survival tools that will sustain them through all the cycles of family life, its growth and development.

Pāola

Michael Chun

Pāola is a Hawaiian based hands on therapy used to reduce the pain experience. *Pāola* is translated to mean "quick healing". It was derived from the ancient Hawaiian warring art of *lua* and *lomilomi* massage. This healing art form was passed down through several generations within a family on Hawaii.

The "mana'o" in *pāola* is to integrate the two sides of the brain allowing the individual's "mana" to flow through the pain and allow for immediate relief. The practitioner uses variable hand pressure on trigger points on the body and verbal communications to guide the client's mental processes. Pain relief is immediate and long-term results vary depending on the origin of the pain, mental crisis or anatomical disorder.

Post treatments results include relaxation, reduction of pain, improved range of motion lower anxiety levels and sleep. When *Pāola* is utilized on patients in intensive care units changes in vital functions are visible on the monitors. (no statistics to validate this)

Pāola therapy is highly influenced by Hawaiian cultural concepts such as, Ho'olono, Lōkahi, Ho'omanawanui, 'Ohana, Hewa, Hā, Hiki nō, Kaona, etc. The practitioner has the understanding of the bipolar nature of being, yin and yang. He has the ability to detach his personal prejudices and beliefs when working: that is working with "no mind".

Pāola includes the Chinese meridian model, shiatsu, left brain right brain operation and meditation techniques.