

Living In Aloha Spirit
By
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*"Ua mau ke ea o ka `aina i ka pono. (The life of the land is preserved in righteousness.)
Motto of Hawaii*

The Hawaiian Dictionary defines *Aloha* as love, affection, compassion, mercy, sympathy, pity, kindness, charity, and grace. Aloha is also a verb - to love..., be fond of..., show kindness, mercy, charity, and affection..., regard with reverence..., remember with affection..., greet..., and hail.

In 1986 the state of Hawaii encoded into their revised statutes the Aloha Spirit Law to acknowledge the working philosophy of native Hawaiians. The law states that all citizens and government officials are obligated to conduct themselves in accordance with this law, while performing their duties and obligations, as well as in their day-to-day living. Visitors are also expected to conduct themselves in accordance with this law. The Aloha Spirit is designed to elevate, empower and ennoble its people and keep Hawaii the uniquely special place that it is. As a model law for each of us, it can serve for the greater good of all.

This is the full text of The Aloha Spirit Law:

“(a) **The Aloha Spirit** is the coordination of mind and heart within each person. It brings each person to the Self. Each person must think and emote good feelings to others. In the contemplation and presence of the life force, **Aloha**, the following **unuhi laulâ loa** (free translation) may be used:

- Akahai, meaning kindness, to be expressed with tenderness;
- Lokahi, meaning unity, to be expressed with harmony;
- ‘Olu’olu, meaning agreeable, to be expressed with pleasantness;
- Ha’aha’a, meaning humility, to be expressed with modesty;
- Aho unui, meaning patience, to be expressed with perseverance.

These are traits of character that express the charm, warmth and sincerity of Hawaii's people. It was the working philosophy of native Hawaiians and was presented as a gift to the people of Hawaii.

- **Aloha** is more than a word of greeting or farewell or a salutation.
- **Aloha** means mutual regard and affection and extends warmth in caring with no obligation in return.
- **Aloha** is the essence of relationships in which each person is important to every other person for collective existence.
- **Aloha** means to hear what is not said, to see what cannot be seen and to know the unknowable.

(b) In exercising their power on behalf of the people and in fulfillment of their responsibilities, obligations and service to the people, the legislature, governor, lieutenant governor, executive officers of each department, the chief justice, associate justices, and judges of the appellate, circuit, and district courts may contemplate and reside with the life force and give consideration to **The Aloha Spirit**”. [L 1986, c 202, §1]

Imagine your life with Aloha Spirit and note what would change in your family, relationships, business, and your world on a daily basis. How would you talk? How would you act? How would you feel? Those who have experienced Aloha Spirit are required to make it vibrant and real for those who follow. An individual, conscious effort is required. Let it begin with you - starting today.

Dr. Darlene Treese has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary eClub of Southwest, USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people," Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **www.AskDrTreese.com**