

COMPLIMENTARY ISSUE

WINTER 2017-2018

# LIVINGALOHA

HEALTH • YOGA • MASSAGE • FITNESS • NATURAL FOODS • SUSTAINABILITY

## ANNUAL BODYWORK ISSUE

MASSAGE

LOMI LOMI

WATSU

DEEP TISSUE

GYROTONICS

Hawaii Massage  
School Guide

SEE  
PAGE **31**



DIRECTLY  
SUPPORT A  
HEALTHIER  
PLANET  
*see page 44*





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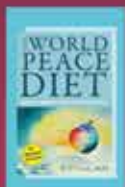
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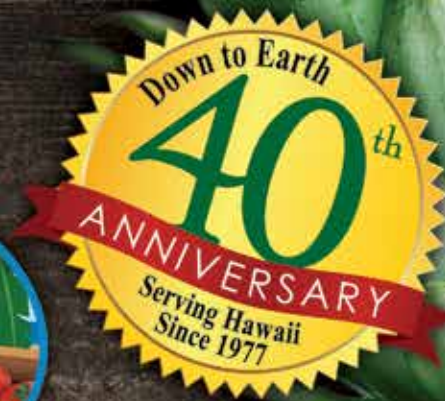
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# Welcome to Winter~ (Island Style)

## The Annual Bodywork and Massage Issue—

From humans to animals, almost all of Earth's creatures not only have the desire to be touched, but thrive on it. In today's digital world, interaction and touch is becoming more and more rare, so it is important to reach out and give a warm handshake, pat on the back, or a compassionate hug to others.

In addition to the casual touch we can all share on a daily basis, it is also beneficial to learn about the various ways that Bodywork and Massage can help support your health and wellbeing. These are just some of the benefits physical contact can have:

- Reduced Stress, Anxiety and Depression
- Relief from Pain and Stiffness
- Increased Circulation
- Better Immune System Function
- Skin and Cell Rejuvenation

So as we transition to a New Year, take some time to heal with touch and make sure to share the love with plenty of hugs!

Nothing is as healing as touch—  
*Aloha!*



**NEXT ISSUE FOCUS**  
Spring 2018 – March/April/May  
**FOOD & NUTRITION**

**Ad deadline is January 15th - Call 808-419-6147**

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WINTER 2017–2018

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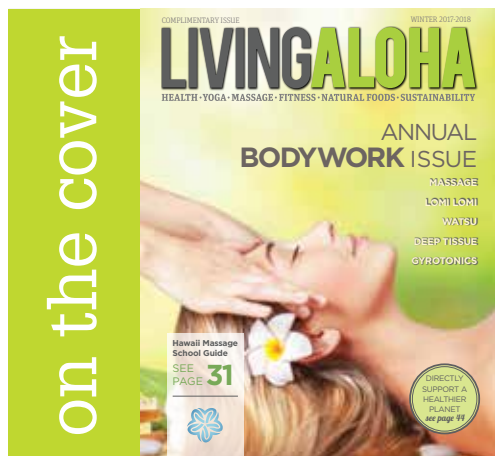
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A scalp massage is not only a great way to relax, but offers many benefits as well. They can be performed with or without oils (such as olive or coconut), and help relieve tension headaches, improve circulation, promote healthy hair growth, can provide feelings of well-being and contentment, and improves both falling and staying asleep.



# LIFE MEETING LIFE

*Ancient Wisdom for a Modern World*

by **Jody Mountain**

## Finding Relationship with Source

**There are seemingly endless reasons to receive regular therapeutic bodywork. The list of benefits for our circulatory, immune, digestive, nervous and musculoskeletal systems is exhaustive. If you care about your physical, mental and emotional well-being, you'll pick up the phone right now and get yourself scheduled for a massage!**

Historically, Massage and Bodywork have existed since ancient times, often as part of a wider spectrum of healing modalities which included herbal medicine, forgiveness practices and spiritual healing. In ancient health systems from Indian Ayurveda to Ancient Hawaiian Healing, the person was treated as a whole, and healing sometimes included the family, community or village as our interconnectedness with all was undeniable.

In our modern world, we have developed an epidemic of isolation on many levels. Our innate sense of inseparable belonging has been overlaid with the stark individuality born of instant gratification, convenience, fear and our incessant sense of urgency. We don't have time to consider where our food comes from or relate to our fellow humans as more than 'hindrance' or 'assistant' as we charge down the path of our chosen 'agenda'.

We have entered a virtual existence. So the question now is, 'What happened to Reality?' The answer is, of course, that it is still here. If we can look up from our screens long enough to fully experience a moment, we will notice that our whole system is awake. When we stop placing the majority of our attention on our thoughts, we will notice that they exist within a matrix of sensation, emotion, movement and breath. If we step outside for a moment and put our feet on the ground, they will be touching an Earth that cannot be separated. Our inhaled breath contains molecules from

our immediate surroundings as well as the far reaches of time. According to National Geographic: "At standard room temperature and pressure, you're breathing in roughly 25 sextillion molecules every time you take a breath. That's 25 with 21 zeroes behind it." That's a lot of molecules from potentially trillions of sources. Our exhaled breath touches and is taken by the wind — spreading our molecules all over the planet.

In reality, we are part of the unified continuum of Life. Nothing can change this reality. We are more connected than we can possibly know.

Massage and Bodywork can bring us out of an imagined existence and back to a more true experience of living. As Massage Therapists, we are touching far more than the physical, we are touching an entire universe — a unique expression of this endless flow of Life. We are touching impressions, sensitivities, trauma, bliss, hopes, dreams and memories. We are touching everything that has landed in this person to make them who they are, and all the ways they are in communion with Life itself. Although we can limit our attention to perceive that we are touching a set of muscles, the greater reality remains that we are actually touching Life.

In this realm, healing happens through the awakening of a realized Unity, not from any particular technique or modality. The recognition that we are the union of Life being created

over and over again, both in our cells and in this deep interconnectedness with all, allows for that very Life to rise. We can navigate in this expanded context, no matter what therapeutic approaches we offer, by letting the Life awakening in us each moment, be the guide.

In the modality of Ancient Lomi Lomi, we go through training to open pathways of listening in our own system. We practice to become more open to the subtle movements, sensations, emotions, images and rhythms of Life. We notice more and more where we live in the separation of old ideologies and where our true experience of here and now is revealed. Opening to more Life changes our resonant field and creates a space where our physical, mental, emotional, spiritual and ancestral aspects can emerge as one being. Neural pathways, reflected in patterns of holding, movement and distortion in cells and tissues, can rapidly unwind to allow freedom from old trauma and limitation.

**IN ALL OF IT:** Giving and Receiving Bodywork as well as Navigating our daily lives, we can come into a deeper relationship with what is actually true, instead of our idea of what is true. For me, the mystery of Source operating through us and through all being is a profound kaona (level) of reality. When we allow our attention to open to this place, we can transform the way we experience ourselves, each other and Life. As we open to the Mystery, we can find that even our embedded patterns of behavior, belief and perception become transmuted into new ways of seeing and being.

**“Where you stand, determines what you see.”** Stand in the doorway to the unknown inside of you, and feel what is true.

So if you haven't made that massage appointment yet, please do. Give yourself the opportunity to experience your session from a new depth of Presence. Open your awareness to Life itself pouring through you as sensation, emotion, rhythm, breath, image and resonance...and remember the embodied Spirit that you are!



Jody Mountain is a Dancer, Bodyworker and Teacher. She offers Private Sessions and Training Retreats in Ke Ala Hoku – Pathway to the Stars, an Ancient form of

Lomi Lomi, on Maui and Internationally.

Jody will offer 7-Day Training Retreats: May 26–June 1st, 2018 at **Ard Nahoo Eco Retreat** in Ireland, and June 25–July 1, 2018 at **Kientalerhof Centre for Holistic Healing** in Switzerland.

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# HEALING CATALYST CORNER

*Inspiring you to make connections that heal*

by **Denise LaBarre**

## *the Gift of* **HIGH SENSITIVITY**

**High perceptivity is by definition “extra,” yet there are a lot of us with some form of extra sensitivity, high perception, or strong intuition running around.**

Sensitivity expert, Elaine Aron estimates that approximately 1 in 5 people are “highly perceptive,” and proportionately more are being born every day. A Highly Sensitive or Perceptive Person or High Intuitive has heightened awareness of energy, sound, color – just about anything – in a way others do not.

We each pick up on different energetic bandwidths and our openness fluctuates within a lifetime depending on need and use. Some people have combined sensitivities – say, heightened ability to perceive color and form – and often become our visual artists and designers; or who hear subtle sound or feel energetic vibration. W.A. Mozart was hyper-sensitive to sound and musical structure – and probably other things we don’t even have names for yet. Fortunately his “genius” was recognized and appreciated when he was young and he was shown how to translate his perceptions into written music. What we call genius may simply be extra sensitivity that is recognized, valued, and well directed.

We all start out as sensitive babies – small, vulnerable and open – and then develop or dampen our sensitivity depending on how safe it is to express it. A sensitive person needs to learn to modulate her/his openness to prevent overwhelm. Ideally, someone would model how to manage and use our gifts of sensitivity but most of us didn’t get such mentoring and simply shut them down instead.

It can be devastating when your family, teachers, and friends don’t understand why you feel and react to the world the way you do. How do you describe a particular blue to someone who can’t see it? Or explain why it’s overwhelming to be in a crowd to someone who doesn’t perceive all the energy zipping around? You feel strange, or wrong, or isolated when people don’t get you and you may conform by denying your perceptions. Parents, siblings, and teachers may mean well,

wanting you to “toughen up” to protect you from trauma and constantly being at odds with the world, but that merely strengthens your defenses. Unfortunately, the defensive closing that tends to characterize “growing up” also costs us the gifts that come with the extra sensitivity.

I knew a toddler who screamed as if she were being tortured any time she had to walk barefoot on grass. In Hawaii, this was a problem. Her mom took her to doctors to find out if there was something “wrong” with her and she went on to have a tough time in school, which for her was sensory overload most of the time. It was also hard for the mom, who wanted to help but simply didn’t understand. I hope the girl has found someone to recognize her sensitivity and help her direct it in a healthy way.

Humans have a long history of persecuting individuals who perceive beyond the norm due to fear of what they don’t understand. It’s devastating when you are ridiculed for your sensitivity or are attacked on the very levels you are most open and receptive. So you build emotional armor as a way to defend your tender, sensitive parts. Your defenses are evidence that you have something precious and vulnerable to defend! Ideally, you learn to moderate your defenses so your sensitivity isn’t always locked away. Once set free, your sensitive parts will help you do the work that on some level, you know you are here to do.

### **Here’s to Peculiar!**

Some insightful recent films have given us new, visual metaphors about sensitivity, perception, intuition, and superpowers. The 2015 animated film ***Inside Out*** shows the importance of all our feelings—especially sadness, which can draw other people close to us. Jack-Jack, the baby in ***The Incredibles*** bursts into flames at all the wrong times until he

learns to control his feelings and the fire superpower that goes with them. **Miss Peregrine's Home for Peculiar Children** shows us how even those outlandish powers are sometimes exactly what a situation calls for. Treat your inner kid(s) to one or all of these movies.

My extra-perceptive gift lets me feel emotional energy in the body and intuitively "talk" to the body to hear what it's been trying to say through symptoms. I have learned to speak up about my intuition and the importance of intuition in all of our lives. Now, most of my clients are sensitives, even though they may not call themselves that. Strong intuition or High Perceptivity is normal in my world. I invite you to embrace your sensitivity. Find someone who openly talks about being intuitive and sensitive and encourages you to recognize and hold your sensitivity with appreciation.

## Your Sensitivity is a Gift

Even though you may have turned yourself inside-out to be seen as "normal" as a kid, now that you're an adult, you can see how reclaiming your sensitivity is a critical part of healing



Healing Catalyst, **Denise LaBarre, LMT**, has a hands-on healing practice on Maui. For body-emotional wisdom that helps you make your own internal healing connections, get her book, ***Issues in Your Tissues: Heal Body and Emotion from the Inside Out*** [www.HealingCatalyst.com](http://www.HealingCatalyst.com)



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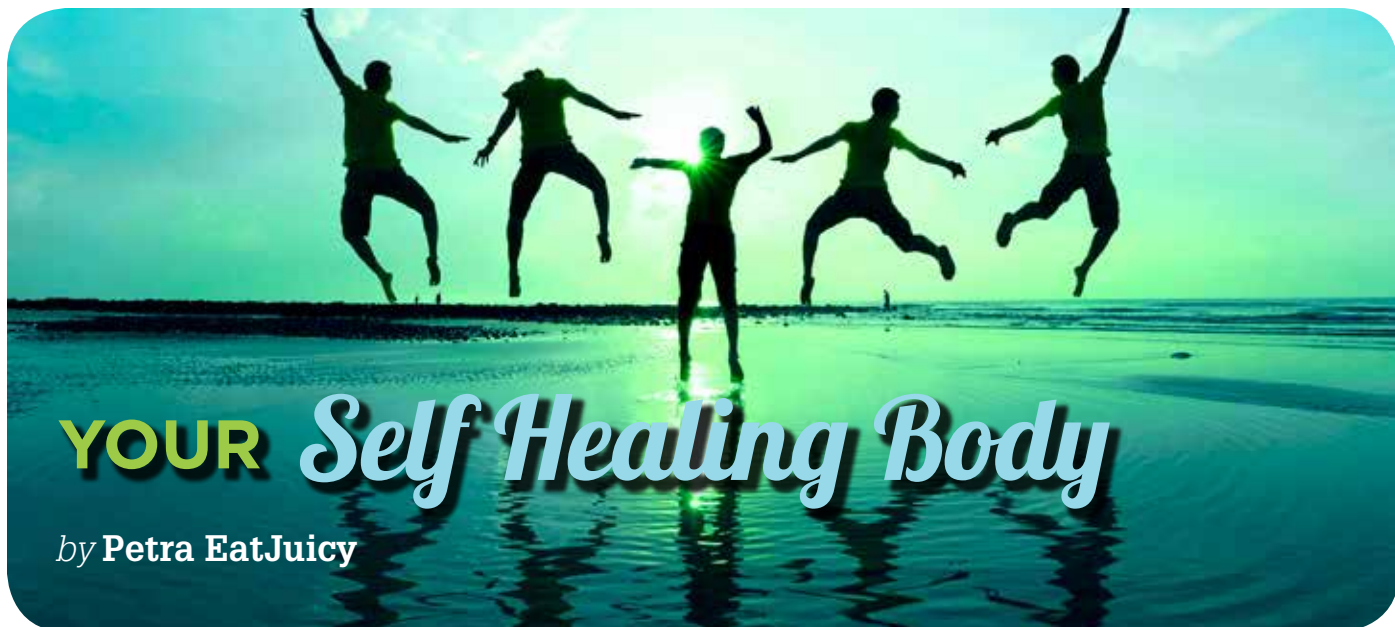
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# YOUR *Self Healing Body*

by **Petra EatJuicy**

## *Did you know your body is self-healing you in every moment?*

Your body's ability to regenerate and heal is much stronger than anyone has led you to believe. It is never the doctor or the pills that heal you, it is your body's own innate healing system.

In all moments, every second of the day, there is a self-healing program inside your body that is running 24 hours a day, every day. You couldn't even stop this healing power if you wanted to. But why would you want to? You get a cut or scrape and your skin starts automatically healing itself. Your hair and fingernails, just keep growing. You don't have to do anything. It's automatic. Somebody healing you can see on a physical level, yet most healing is taking place on the inside and you might not be aware of it.

Your body is always working to get you to optimal health and vitality. It is always balancing your PH to get you

to the perfect alkaline / acid balance. If you have ever owned a fish tank before, you know you have to balance the PH in order for the fish to survive. It is the same with your body. Your body is balancing you to help you survive. Yet when we eat too much acidic food, think acidic thoughts and put ourselves in acidic situations, the body has a much harder time. Eventually with enough acidity inside the body, the body gets sick. At the stem of most sickness is an acidic inflamed body.

## *How can you help your body be healthier?*

Eat less acidic foods like white bread, white flour, gluten, meat, cheese, milk, soy, alcohol, soft drinks, chlorinated tap water, processed food, food colorings and preservative chemicals. Eat more alkaline foods like dark leaves, vegetables, fruits, fresh juices, green smoothies, nuts, seeds, spring water, whole foods, herbs, spices and coconuts.



Look at your environments and your relationships. If they are causing you stress or concern in your life, then make some changes. You are in charge of your life, so take your health into your hands.

## Also, reduce the biggest cause of acid in your body... stress.

Release stress as much as possible. Learn to think happier, more positive thoughts. Release resentment towards others and forgive. Change your perspective on your life and how you view your world. Look at how you perceive yourself. Give yourself more self love, self nurturance and self care. Start saying kind, loving, positive, uplifting thoughts to yourself and remembering your greatness.

You are an energetic being and your body energy is affected by all things external and internal. Doctors will have you believe that sickness is a scary monster that has come to get you, yet sickness is co-created by your mind and your body. If your body energy is out of alignment, then your body is in dis-ease. The greatest thing you can do for your health is recognize your own power, connect to your body and start working with it as it is your biggest ally. Become best friends with your body and start listening when it gives you signals of aches, pains and discomforts. Instead of just shutting up your body with pills, do something to put your body back to ease.



Petra is a Holistic Nutrition Coach and Detox Expert. She travels the world speaking, teaching and coaching about natural eating, self-healing, mindfulness, self-love and super hero level health. She and her team hand out green smoothie samples all around the world, turning people on to this healing drink and empowering them to take their health into their own hands. She lives in Bali, Indonesia and Maui, Hawaii.

Your body is a computer machine and is programmed for ultimate health, vitality and super human powers on this planet. You are so impressive. You have the ability of consciousness, awareness and to be able to regenerate yourself. Your body is not solid or always the same. You are constantly regenerating. Your cells are dying off and new cells are being regenerated, all in the background without you doing or knowing anything.

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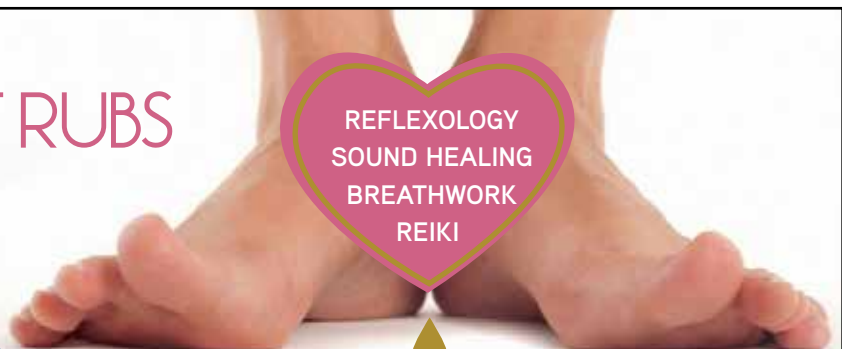
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# DEEP TISSUE MASSAGE 101



by **Benjahmin Koenigsberg**

Receiving a Deep Tissue massage can be a highly pleasurable experience as well as an effective method for reducing pain and improving quality of life for people of any age or circumstance. Unfortunately, many people have had a bad experience with deep tissue massage, wincing because an unaware therapist was using too much pressure.

Safety and client consideration are top priority with deep tissue massage. Deep tissue massage should never induce pain, rather, a healing, "hurt so good" sensation or a "therapeutic discomfort".

It is important for therapists to check-in with clients a few times throughout a session because preferences may change. I encourage everyone receiving massage to be outspoken

about their preferences, it's our time to be taken care of the way we want!

Deep tissue massage is different from a general spa massage.

Deep Tissue massage has the aim to identify root cause(s) of a client's specific imbalance and apply various techniques on deep layers of the body to alleviate pain. Deep Tissue addresses health beyond just a feeling of relaxation felt during a session.

Deep tissue massage can be applied on bones, muscles or most importantly fascia.

Fascia is a special type of tissue that connects and encases almost the entire body in sections. Each muscle cell, bundles of muscle cells, tendons, ligaments, organs and skin are all connected by fascia.

'Knots' or sensitive strands of tight muscles are hyper stagnant areas. Nerve signals to and from these areas are faint where circulation is cramped, further restricting cellular waste to get out and fresh blood to get in, bringing relief. "Knots" often form where multiple muscles intersect, like the shoulder blade for example that has 17 different muscles that attach to it.

When fascia gets dehydrated, due to stress, lack of fluid or movement, it gets thick and sticky. It binds to itself and neighboring areas of muscles causing restricted movement. Physical discomfort may be a request from the body to notice inflexibility or imbalance somewhere.

Deep tissue massage rehydrates fascia by stimulating waste nutrients out of the cells for excretion and

brings fresh blood into an area to heal. The manipulation of the body with massage melts sticky fascia, bringing relief to an entire area and stimulates a chain reaction of healing.

Focusing on a few target areas per visit, allows time to more effectively address an issue by working on the adjoining and opposing muscles that contribute to an imbalance.

With a slow and gradual application of pressure, clients feel safer to relax, let go of their tension and bring a new depth of body awareness. A therapist should never 'muscle' their way into

a muscle. With patience and slow deep tissue massage, muscles soften at their own pace and 'invite' the increased pressure.

Fascia is linked to the nervous system. Touch in one area can ease movement in another. Fascia encases all our muscles, skin and contains deep proprioceptors, deeply embedded sensors that relay critical information about our body's movement, positioning and our perception in space.

A deep tissue massage is not solely a passive experience. When a client is

more actively participating in letting go of their tension, their shifts are more impact full. Similar to a Physical Therapist or a personal trainer, a deep tissue practitioner will help client's identify habitual posture or behaviors that contribute to their complaints. By sharing information and support, clients are encouraged to practice making regular lifestyle choices for their wellness and preventative care. A few specific Deep Tissue modalities to experience or research further are: Trigger Point Therapy, Myofascial Release and Structural Integration.



**Benjahmin Koenigsberg** is licensed massage therapist and success coach supporting men to overcome self-doubt to live life by passionate design. Benjahmin currently resides on Kauai's east shore and is also a passionate writer and speaker on issues related to health and living with confidence.

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# *water* THAT HEALS

*"Imagine yourself floating in a weightless bliss, cradled on all sides by one of the world's most steadfast elements: water. The world melts away and the only thing left is you."*

by **Kecia Joy and Jody Mountain**

Water has been a healer for millenia, used by ancient indigenous people and as part of age-old medicinal systems in Ancient Greece, Switzerland, Japan and Germany. It is arguably the oldest rehabilitation modality on our planet, and is also used as an active, transmutational element in spiritual and religious practices worldwide. Water is also the top solvent in the world and, over time, can dissolve anything from stone and metal, to toxic chemicals. The Watsu method, allows all the healing and transmutational qualities of water to come together in a form of Aquatic Therapy that addresses body, mind and spirit.

The treatment is simple: As your body is supported in a shallow pool of warm water, a trained therapist moves and adjusts your joints, limbs, and muscles to reach a deep, meditative state of mindful stillness. This special technique uses the unique properties of full-body submersion in comfortably warm water to relax the muscles as the neck is fully supported by the practitioner and the spine is supported by buoyancy. While in a

nearly weightless state of being, your muscles can be manipulated and relaxed through methods which can't be practiced on land, leading to deep release of muscle and joint restrictions. This technique will leave you feeling tension-free, allowing you to focus on mindful personal insights and leave you with an overall calmness in your daily life.

Floating in 96 degree water provides a comfortable, zero gravity experience in which the body can move in a way that it has likely never experienced before. A skilled Watsu session can help to improve circulation, lessen everyday stress, arthritis, anxiety, chronic pain and relieve nerve pressure.

Supported by the practitioner so that nose and face are kept dry throughout the session, the client can remain in a deep state of relaxation. The clients breath is carefully followed with each movement and accommodates the unique shapes, rhythms and range of motion of each person. In this welcoming environment of complete relaxation and

**your body  
becomes  
tension-free and  
reaches a state  
of mindful  
stillness**

support, the body's natural healing response is awakened. Each session is unique to each body and offers a new experience each time it is received.

Watsu has been shown to relieve a vast array of ailments including high blood pressure, chronic pain, sleeping disorders, injuries, anxiety, PTSD and other nervous system disturbances. Watsu also increases the muscle blood flow up to 225% greatly improving circulation, oxygen flow, and cardiac function.

**Watsu is a  
transformational  
modality for  
body, mind  
and spirit**

Aquatic Therapy Modalities offer stretching and gentle traction elongating the spine throughout the entire session combined with decompression of the neuro-muscular system, deep and syncing breath work, kinesthetic stimulus from wave-trance-like movements, touch, massage, energy work, stillness, trust, and connection. Just the simple movement of being held in the warm water hearing your own heartbeat gives a feeling of support, comfort, surrender, and safety.

Once trust is established, many people experience an emotional release in the form of laughter, tears, or sounds and deep sighs. The mind is eventually able to let go of chatter and experience a deep state of meditation and oneness. On the spiritual plane, this gentle form of bodywork is a conduit to connect with the universal field. Even with eyes closed, some see brilliant colors, travel through time and space, and release energy disturbances while taking flight like never before in a complete sense of safety as they are held by the practitioner. The integration of all of this brings the client back to the center point of their essence — that place in each of us where we can never be harmed and are can rest in harmony and well being.

There are branches of other aquatic modalities also such Healing Dance, Water Dance, Aqua Cranial, and Jahara where a nose clip is gently placed and the client is taken under water. The breath is closely followed and on the exhale the client experiences wave movements, stretches, and stillness. These therapies offer an experience of expansive freedom of expression and movement that is entirely different to anything on land, providing a deep sense of weightless surrender.

Practiced by a Certified Practitioner, Watsu is a transformational modality for body, mind and spirit. It provides a womb-like environment to allow our systems to come into a deep harmony —

*a way of coming home to your deepest Self.*



**Kecia Joy** is a Certified Watsu © Practitioner with over 500 hours of training in Watsu ©, Healing Dance, Water Dance, Aqua Cranial & Watsu Adapted © from Harbin Hot Springs School of Healing Arts. She is registered with the Worldwide Aquatic Bodywork Association, and practices on Maui. Kecia can be reached at **808.344.1912**, EMAIL: [keciamai@gmail.com](mailto:keciamai@gmail.com) OR ONLINE at [www.watsumaui.com](http://www.watsumaui.com)

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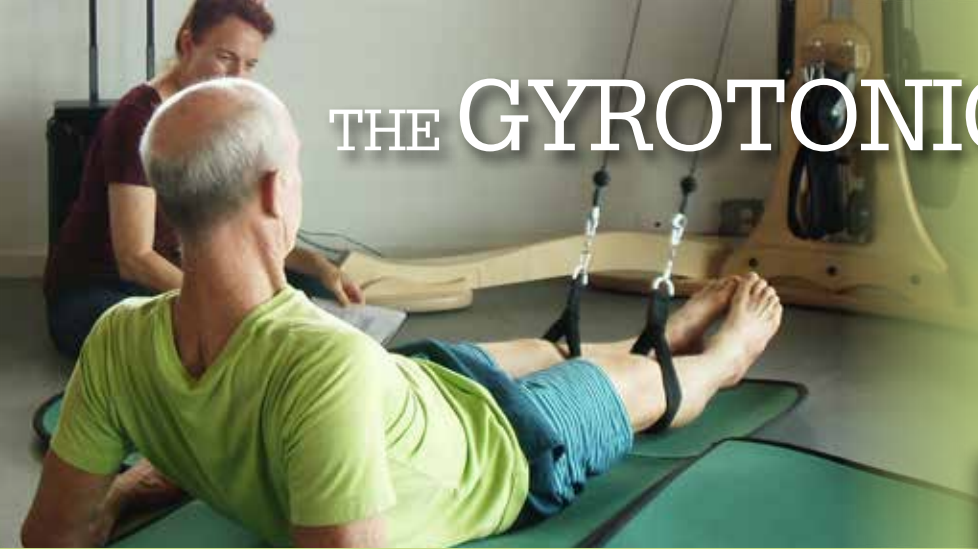
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# THE GYROTONIC METHOD

by **Virginia Holte**    *article editor* **Jody Mountain**

**The Gyrotonic Method is a training system based in principles of yoga, dance, tai chi, and swimming. Unlike yoga (and most workouts), there's an emphasis on rotation and spiraling movement that does not have an end point.**

This innovative movement practice was developed by Hungarian born Juliu Horvath, an athlete and dancer, in the early 1980s. He initially called the system: 'Yoga for Dancers'. After an in-depth exploration of his own body, including the healing of his own musculo-skeletal injuries, Juliu observed that the human body was designed to work as one harmonious system. He recognized that optimum strength, agility and freedom of movement were best achieved by following arcing and spiraling paths of motion, and attention to the smooth and efficient transition from one movement to the next. He designed a specialized line of equipment to activate and refine these natural movement patterns. Both the equipment and movements are adaptable to all body-types and dimensions.

The Gyrotonic Method's original and unique movement methodology addresses the entire person, opening energy pathways, stimulating the nervous system, increasing range of motion, and improving strength, and movement efficiency. Each guided movement flows into the next, allowing the joints to move through a natural range of motion without hurting yourself. These carefully crafted sequences encourage the body's natural balance, efficiency, strength and flexibility. The benefits of the Gyrotonic Method include a healthier, more supple spine, increased range of motion, greater joint stability, improved agility and athletic performance, and a deep internal strength. This innovative method has been shown to be helpful in accelerating rehabilitation from injury.

"The ultimate aim is to be at home in one's body, to be at one with the nature of oneself, and to experience exercise as a creative and delightful experience."

**Juliu Horvath**  
*creator of the  
GYROTONIC  
ANSION SYSTEM*



The sister method to the Gyrotonic Method is the Gyrokinesis Method. These exercises follow the same principles but are performed on a mat and chair. The Gyrokinesis Method can be adapted to fit anyone's ability. People from all walks of life including accomplished athletes, fitness enthusiasts, senior citizens, and people recovering from an injury or dealing with a

disability take Gyrokinesis Method classes. By the end of a Gyrokinesis Method session, one's entire system is awakened and brought into greater balance. Focus on the breath stimulates the parasympathetic nervous system resulting in a sense of calm, wellbeing and mental clarity.

Both these sequences are composed of spiraling, circular movements, which flow together seamlessly in rhythmic repetitions with corresponding breathing patterns. Each movement flows into the next, allowing the joints to move through a natural range of motion without jarring or compression. These carefully crafted sequences create balance, agility, strength and flexibility.

**The Gyrotonic Method and The Gyrokinesis Method, together, known as 'The Gyrotonic Expansion System Method' has now grown to encompass a global community of over 13,000 trainers in 84 countries.**



**Virginia Holte** is The Founder and Artistic Director for **West Hawaii Dance Theatre** and Guest Instructor/Choreographer for **The Maui Academy of Performing Arts**. Ms. Holte enjoyed a long career as a professional dancer with the

Washington Ballet, Chicago Ballet, Indianapolis Ballet Theatre, and Guest Dancer for companies such as Ballet Internationale, Infinity Ballet, and Indiana Ballet Theatre N.W. before moving to the Big Island of Hawaii in 1986. She is a Specialized Master Trainer in the Gyrotonic Method and the Gyrokinesis Method and has trained exclusively with Creator, Juliu Horvath.

For Classes and Teacher Trainings on Big Island and Maui, please visit [www.whigyrotonic.com](http://www.whigyrotonic.com) or [www.gyrotonicucmaui.com](http://www.gyrotonicucmaui.com)

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# our full *Potential*

by **Liah Howard**

*In order for us to manifest our fullest potential in life,  
we must care for both our physical and spiritual selves.*

I haven't always felt this way. When I was nineteen years old, I had an out-of-body experience sitting in a college class that changed my life forever. Without any warning, I saw myself looking down at the classroom from the ceiling. Before that incident, I thought I knew who I was. I identified myself as a student, a female, a friend, an employee and a sister. I did not know anything about my non-physical self. I was startled in that moment that I saw myself and others from a vantage point floating above my body. I discovered firsthand that I am much more than my physical self. With this new awareness came an added responsibility to care for both my spiritual self as well as my physical body.

I mention this because as a psychic, I spend a good deal of time tapping into the invisible realms, meditating and consciously expanding outward from my physical self. I have learned that to be the best psychic I can be, I must also be grounded in my physical body, feel healthy and have a high energy level. My work depends upon it. In addition to food, sleep and exercise, my body requires regular tune-ups like a car. Some of the methods I use

to maintain my health and well-being are: chiropractic care, acupuncture, massage, reiki, yoga, aerobics and weight training. These practices combined with healthy food, regular rest, meditation, prayer and self-reflection support me in tuning up my physical vehicle for optimum performance.

Another aspect of nurturing my well-being is tending to my intuitive nature. In order to experience the higher realms, I must feel grounded in my body. One of the first exercises I learned at a psychic school back in 1978 was to ground myself. To be grounded means that I am present in the moment and not "checked out" dwelling on some mental/emotional drama from the past or worrying about the imagined future. When I am grounded in the present moment, I feel my feet underneath me, I am aware of my breath and I am relaxed and at ease in the moment. There is an openness in my energy field and a sense of being connected to the divine. The technique I learned was to send a grounding cord down to the center of the earth from my hip area and to pull up from Mother Earth a

feeling of being rooted and safe and strong. I also was taught to use this cord as a releasing tool to let go of any inharmonious thoughts or feelings by sending them down the cord to be transmuted into light at the center of the Earth and then pulling up into my heart feelings of peace, harmony and presence.

The benefit of being grounded is that we can perform any duties or complete any tasks more fully because we are fully present. When we ground ourselves, we invite the non-physical aspect of whom we are to be embodied fully into our humanness. There is a special power in being rooted and grounded in the body. It permits us to stand in our center and feel our strengths and gifts and then bring them out into the world with confidence and ease. In these auspicious changing times, paying attention and standing rooted in the present moment are important practices to develop. Here is an example. After I have had a chiropractic adjustment, massage or acupuncture appointment, my physical being feels more peaceful, strong and energized. I am breathing more deeply and I am more in touch with my body. These tune-up methods enable me to hold more psychic energy when I do my readings. When I am physically present and acutely aware of the moment, I am

able to add clarity and precision to my sessions because my tuning instrument—my body—is in a healthy and aligned state of being. You too will be able to expand your potential as you get more grounded.

We have the opportunity to value both our physical and spiritual well-being equally and take care of ourselves with healthy choices. We are not just these physical bodies. We are so much more! Our spiritual selves continue after the change called death but, in the meantime, we can enjoy our humanness and live happy and healthy lives in bodies that are tuned-up and functionally optimal, while being brightly connected to our souls.



Liah Howard is a psychic, channel, medium, author and teacher of intuitive development. Visit [liahoward.com](http://liahoward.com) for free meditations, e-book, inspiring essays, radio and TV interviews, and 20 free interactive multi-media classes on channeling and psychic development. [liahlight@aol.com](mailto:liahlight@aol.com) • 808.269.3137

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# Keys to Health and Longevity

by Dr. Will Tuttle, Ph.D.



**One of the basic principles in understanding longevity is that the higher we are eating on the food chain, the more concentrated the toxins are in the foods we are eating.**

Cows, pigs, chickens, and farmed fish, for example, are eating corn, soy, alfalfa, and other grains that absorb environmental toxins, especially if they're not organic. Additionally, their feed is often enriched with fishmeal, chicken litter, slaughterhouse waste, and other substances that concentrate toxins, and that industry has found profitable to use, promoting weight gain and milk production. The result is that with animal foods, we are consuming PCBs, dioxins, heavy metals, nuclear radiation, pesticides, herbicides, and a wide range of injected drug and hormone residues. These physical toxins tend to increase rates of cancer and weaken our immune system, reducing longevity. There are also naturally occurring toxins in animal foods, such as the primary protein in milk, casein, which we are not designed to digest, as well as other

animal proteins that tend to be inflammatory and to acidify our blood and tissues. These substances, along with saturated animal fat, hormones, heterocyclic amines, and other naturally occurring substances increase risk for heart disease, strokes, diverticulitis, kidney and liver disease, obesity, autoimmune disease, arthritis, and other conditions that reduce health and longevity.

However, beyond these physical toxins that accumulate in animal-sourced foods, there are what we can refer to as metaphysical toxins that we may not be aware of. The animals who provide the flesh, dairy products, and eggs we are typically pressured into eating from infancy are confined, mutilated, abused, and killed in ways that lead to our consuming metaphysical toxins. I have

longevity  
is about the  
quality of  
our lives



heard the plaintive wails of despondent dairy cows whose calves are stolen from them at birth, and the squeals of pain and terror as pigs are sent to slaughter. In purchasing animal foods, we are both causing and consuming acute fear, despair, pain, sadness, and frustration. What is the result of building our bodies with these hormonal and vibrational realities? Further, all the cows, pigs, chickens, and other animals we use for food are killed at a small fraction of their natural life spans, when they are mere infants or children in human terms. What is the result of killing billions of animals for food when they are only infants? Destroying the longevity and health of others, do we destroy our own health and longevity?

We can see the answer to this in the decreasing longevity rates in the U.S., and in the vast profits accruing to the medical-pharmaceutical industry, which sells billions of dollars of drugs annually in three main markets: 1) for animals who are imprisoned for food; 2) for people who eat foods derived from these animals and consequently need medications for cancer, heart disease, diabetes, and other resulting conditions, and 3) the largest market of all, for people who are prescribed medications for mental conditions such as insomnia, depression, anxiety, panic, and dementia, and who, significantly, are typically buying and eating animal foods, causing insomnia, depression, anxiety, and panic in the animals whose flesh and secretions they are eating. The ancient wisdom holds true eternally: as we sow, we reap.

Longevity is not only about the quantity of years we live; it is also about the quality of our lives as well. As a composer and pianist, I have spent quite a bit of time over the years offering concerts to elderly people confined to nursing homes, and have thus been able to witness some of the effects of our food and medical systems. Many of us who in our later years are committed to these institutions are drugged into states where we exhibit little awareness and our capacities and functionality are tragically minimized. We may live for years in these facilities doing little more than watching television and staring blankly. These painful years add little to meaningful longevity, yet cows, pigs, chickens, and fishes continue to be killed to keep us alive, and as a culture, we fail to see how our abuse of these animals boomerangs and affects us all.

Looking more deeply into longevity, we are called also to address the bigger picture, and the purpose of our lives on this Earth. Why are we here, actually? If we live longer, what are we doing with the additional years? How are we contributing to our deeper purpose, and to the purpose of humanity? What role does our lifetime here have in the larger journey of our being as an expression of eternal consciousness?

No matter how we look at it, whether we live to be 60, or 80, or even, say, 110 years, which seems remarkably long to us, we will inevitably find ourselves at that moment when we leave our bodies, and this moment is unpredictable. The mere handful of decades we have here on our earthly adventure, relatively brief and precious as it is, opens ineluctably to a new experience after death that is strongly influenced by how we live our life here.

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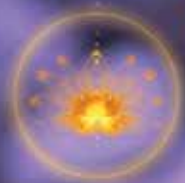
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We are not merely physical objects, pieces of living meat with a brain and biological drives. This delusion of materialism is perpetuated by our animal-enslaving culture, which is based on eating animals and relentlessly reducing beings to things.

Despite the reductionist narrative of our culture, we are all manifestations of infinite and eternal consciousness. Though what we are can never, essentially, be born or die, our human life is significant, because we have the opportunity to learn, grow, express, and contribute as part of a boundless unity of being.

By questioning the official stories of our culture that promote violence and disease, and pursuing our lives as questing adventures of awakening joy, love, freedom, and respect for all expressions of life, we connect with our spiritual health and longevity, which is rooted in the timeless awareness that is the core of our true nature. By living this lifetime in alignment with vegan values, endeavoring to bless others and allowing them to fulfill their purposes, we sow seeds not just for physical health and longevity, but also for metaphysical health and longevity as well.

Our journey is far more vast than we can fathom, especially within the context of our cultural conditioning. The seeds we sow will produce after their kind, with consequences that reverberate throughout the entire web of creation, far beyond what we're aware of here. The quality of these reverberations determines the quality of our lives not just as physical beings here on Earth, but as expressions of eternal consciousness in the far bigger picture into which our lives here unfold. This is the most significant longevity, and one through which the compassion of vegan living brings benefits to all of us, both here on this Earth, and also into our unfolding journey beyond the veils of this lifetime.



Will Tuttle, Ph.D, author of the international best-seller, *The World Peace Diet*, is a pianist, composer, Dharma Master in the Zen tradition, recipient of the **Courage of Conscience Award** and **Empty Cages Prize**, and vegan since 1980.  
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## a'a Roots Maui

[Napili/Lahaina]



To vegans there is only one thing more exciting than helping someone go vegan. That is, the opening of a new vegan cafe where the quality of their food will, in turn, make even more people vegan. It appears that will be the case with **a'a Roots**. They are now Maui's only 100% vegan, health food cafe and are serving salads, savory Buddha bowls, made-to-order juices, smoothies, acai bowls and much more.

We are really happy to have this in Napili, where healthy food is rare. The food is meticulously prepared and the staff is really friendly and welcoming. Everything we shared was excellent but the Curry Bowl was a step above.

A few other stand-outs are the Super Matcha Mint Chip smoothie, turmeric tonic and the Avocado Toast—a beautiful pile of sourdough bread, avocados, cherry tomatoes, micro-greens, lemon Zest, red chili flakes, black sesame seeds and evoo—an extra virgin olive oil.

The location has great ambiance and has refrigerators stocked with ready-made drinks and some food options for grab-and-go. We especially liked being served a paper straw and seeing all the other sustainability efforts. Thank you a'a Roots Maui for caring about the planet.

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## Paia Bowls

[Paia]



**Paia Bowls** is a fairly new Acai Cafe located steps from the beach in one of Maui's favorite towns, Paia. They offer a refreshing mix of Acai bowls, Buddha bowls, smoothies, and Maui grown coffee. You can take your bowl, smoothie, or coffee a few steps to the beach or you can enjoy their jungle-like, outdoor seating!

Paia Bowls is owned and operated by two brothers and local Maui surfers, Ian and Luke Walsh. Growing up in the neighborhood, they can be seen regularly enjoying the beach at Ho'okipa or riding big waves at Maui's world famous surf spot, Pe'ahi (Jaws). Ian and Luke's passion for surfing excelled well beyond any other option in life and they always dreamed of owning an acai bowl cafe in their hometown of Paia.

With their non-stop active lifestyle, acai bowls quickly became their go-to meal of choice. Whether it was to fuel their bodies before, in-between, or a post surf session, acai bowls always provided them with a healthy and natural energy boost that was not only great tasting and satisfying, but also customizable to their taste buds.

The day-to-day operations of Paia Bowls are handled by Luke, Ian and the Walsh Ohana. It truly is a family run business that operates each and every day with aloha.

They are not 100% vegan but they are close enough to visit often.

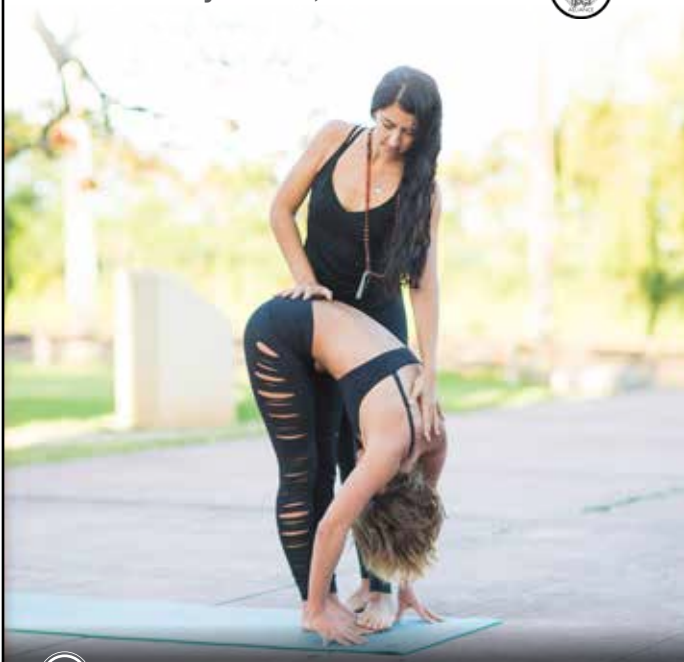
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## LU JONG | Tibetan Yoga for Practical Self-Development

by Farrah Garan

### The Body is the Way

Tibet is known for its spiritual depth, its exploration into the mysterious realms of the mind and consciousness. But in no way does the Tibetan tradition transcend the body. In fact, one of the most profound paths of Tibetan Buddhism uses the body itself as the vehicle for spiritual transformation and profound insight. This path is Tantrayana, or Vajrayana.

But before we can talk about opening the subtlest body channels, we first need to reduce pain, release tension and blocks, and strengthen the energy and essence of the body. For this, we use Lu Jong.

### Tibetan Medicine Principles

Lu Jong means “body training” or “body refinement.” It is a foundational practice in Tantrayana Buddhism. It is based on principles of Tibetan Medicine and the understanding that the body must have a certain degree of balance and openness in order to progress mentally and spiritually.

Lu Jong systematically releases blockages on the physical, mental and energetic levels. Combining form, movement and deep

breathing, it massages points on the body, releasing blocked areas and harmonizing the flow of energy. While it has very practical health purposes, its meditative movement also provides deep relaxation.

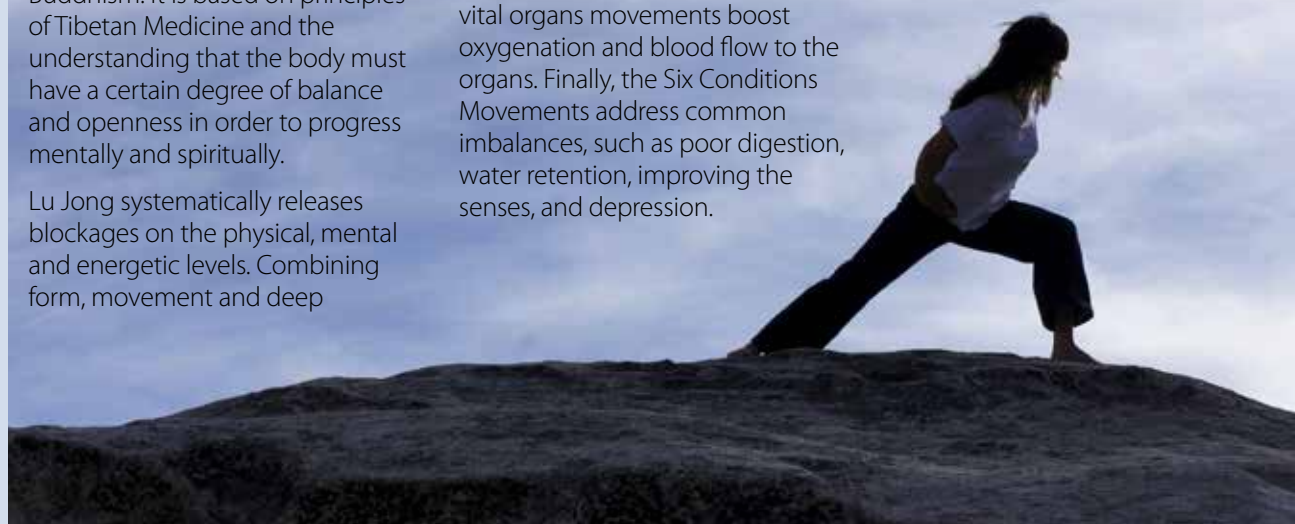
The first group of movements increases the health and mobility of the spine, which is the root and battery of the body. They are called the Five Elements movements because they balance the inner energies of earth, water, fire, wind and space. Balanced elements are the foundation of a healthy body system and mental stability. They take less than 15 minutes to do and are a complete practice, so if time is short, one can choose to stop there.

Or, add another group of movements to target other body systems. The group of musculoskeletal exercises lubricate the joints and align the pelvis. The vital organs movements boost oxygenation and blood flow to the organs. Finally, the Six Conditions Movements address common imbalances, such as poor digestion, water retention, improving the senses, and depression.

### Change the Body, Change the Mind

For those that simply seek vibrant health and overall wellbeing, Lu Jong will not disappoint. For those that wish to go deeper on a spiritual path, Lu Jong provides the groundwork by training the subtle body channels to be more open. One can then progress further with practices such as Tsa Lung and Tummo.

In the Tibetan view, mental issues such as stress, emotional instability and depression are a result of imbalanced elements and blocked body channels. When we address the body’s fundamental blocks, the mind reaches a new state of clarity and insight. In this way, opening the body is a method to reach higher states of awareness.





### Practical, Accessible, Systematic

Because it is such a clear system, Lu Jong empowers practitioners to develop strong habits for practicing on their own. Gone is the confusion of too many choices. Gone is the excuse that there is not enough time to do it properly. Gone is the concern that one is not fit enough. Gone is the excuse that the mind won't settle down.



At the end of the day, no matter what practice one chooses to learn, it only benefits if you do it. People need something that makes them feel better immediately. That mental shift, that energized, calm feeling is what keeps us coming back to our practice every day.

### Learn Lu Jong, Share Lu Jong

Lu Jong has become very popular in Europe due to the teachings of Tulku Lobsang Rinpoche. Tulku Lobsang does not have as much of a presence in North America, so there are far less teachers here. This means there is great opportunity for Lu Jong to spread!

Our body is the best technology on this planet. And it has great capacity for bliss. You deserve to feel good in your body. Lu Jong is the first step on the path to bliss body.



**Farrah Garan** teaches Tibetan healing movement practices that empower us to cultivate a calm mind, vibrant energy and an open heart, including Lu Jong Healing Yoga, Tog Chöd Sword Dance, and Tsa Lung Breathwork. She received the Tantrayana tradition from her teacher, Tulku Lobsang. Farrah also offers teacher trainings so that more can benefit from these practical methods. Contact her at [farrah@tibetanhealingmovement.com](mailto:farrah@tibetanhealingmovement.com)



If you'd like to learn more, consider attending the retreat or Teacher Training April 15 – 28, 2018 at Kalani Retreat Center on the Big Island.

For full details, visit [www.tibetanhealingmovement.com](http://www.tibetanhealingmovement.com) or the international site at [www.lujong.org](http://www.lujong.org).

# How Jackfruit Saved My Life

by Olivia Daria



**In high school, seven years ago, I was first confronted with the secret side of food. The far reaching implications of this unfolding truth would force me to leave all I knew in New York City, and move across the world, to the most isolated landmass on the planet to pursue a simpler course of action.**

It turns out, the chicken on my plate took more than a spice rub and sauté to get there. It required a whole lot of water and carbon at a time when droughts and fires were joining climate change in national headlines. To continue eating unharmoniously with the land wasn't helping to manifest the virtuous world I dreamed of.

Still a teenager, I saw the world in black and white, in good and bad, in right and wrong. I believed in the power of truth to smooth away humanity's roughness, like the way the ocean's swell works the coastline to design silky beaches. Now, I was being faced with a moral decision – to choose willful ignorance and live as I had always lived, or to try something on the edge of lunacy.

Burdened with the knowledge I had acquired, I was being challenged to drop resource-costly foods and subsist only on simple plant foods. In essence, my act of seeming psychosis would require that I shed meats, cheeses, eggs and processed foods from my diet. These were all foods with high environmental footprints and all were the basis of every meal I had eaten since birth. Not knowing a single vegetarian (let alone vegan) I wasn't sure this new lifestyle was even viable.

Fast forward to college five years later: I found myself standing at the checkout in Whole Foods one especially snowy New York City night, with a fifty-dollar jackfruit in my arms. Enigmatic, jackfruit is the largest fruit in the world and the flavor of its vibrant orange meat is the inspiration behind the flavor of juicy fruit bubble gum. It's one of my favorites.

It was sometime in-between swiping my credit card and trudging through the white fury to my car, with the heavy fruit huddled into my chest, that an uncomfortable realization rose into my consciousness: was this bourgeois lifestyle really living in harmony with the environment, or was I just kidding myself?

To import a tropical fruit native to India to the east coast of North America in the dead of winter surely could not pass for sustainable living. Considering the carbon burned to deliver it into my hands paled my appetite. It was the first time that this duality presented itself to me and when it did so, it undercut my every intention behind every meal for the preceding five years of my vegan mindset.

Blinking through the waves of insight, I pulled off my gloves and reached for my phone. Into the search bar, I queried where jackfruit might be found in the United States. The next few minutes were spent under digital palm trees and on pixelated black sand beaches.

Hilo, on the Big Island of Hawai'i, continued to pop up under every tap of my finger. Apparently this rainy city was ripe with jackfruit.

Turning the key in the ignition, a renewed calm rested on my brow as I accepted what had to be done. Dropping my philosophy minor and graduating early, I minimized my worldly possessions to a few bags and attempted to pacify the trepidations of beloved friends and family.

To live on the Big Island of Hawai'i is to practice simplicity with every breath. Every moment offers opportunities to drop self-imposed attachments and submit entirely to the mana (energy/source) from which all originates. To forage wind fallen fruit is to engage in the sacred act of reconnecting with "the aina" (that which feeds you; the land). And to be one with the land is to adopt the ohana (family, whether blood or intentional) which shares with you the penetrating pulse of Aloha.

Time and time again, through dire and through minor needs, I have been granted an abundance of kindness, wisdom and support. These experiences have allowed me to grow on a trajectory I did not think possible.

More than just hello, goodbye or love, Aloha is unity, communion, harmony and truth. It may be found in the smile of a stranger or in the blossoming of a hibiscus flower. On the islands, it is encouraged to consider all who share the space with you to be a reflection of yourself.

In applying this philosophy, how can one neglect the need of another when they are an extension of oneself – their reality an extension of one's own? It is common on the islands to hear the silent prayer of the locals to "keep Aloha alive." Looking around at this vibrant and flourishing community, I have learned firsthand how nourishing a more straightforward and simple existence may be.

While Hawai'i may be a very potent manifestation of this truth, I believe that it may be applied widely in our diverse global

community and as specifically as in individual interactions. It is trite to say that money does not bring fulfillment but still there exists a disconnect where people are undermining their values only to become aware that Aloha is missing from their lives.

I am lucky to be part of a community that has inserted subconscious triggers into daily interactions such that any open-minded individual may be pulled out of one's own headspace and into a place of service. However, to "be here now" and just live was a giant leap for this born-and-raised city girl.

One balmy day, under a coconut tree on a black sand beach, with a foraged fruit bounty in my lap, I had a realization. My journey into veganism was an expression of Aloha and it extended not only to the islands, but to all life in this global community. Aloha may take the form of giving a smile to a glum stranger, looking into the skirts of a hibiscus flower, or eating a locally harvested jackfruit.

*Aloha friend* 



**Olivia Daria** is a NYC transplant and lives on the Big Island. You can find her under forest canopies, in ocean swells or on instagram at @olivinedreams.



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## ***Aloha From Lavaland*** HIGHLIGHTS COMMUNITY SUSTAINABILITY

by **Emily Garland**

CREDIT: *Aloha From Lavaland*

In 2014, a vent in Hawaii Island's Kilauea volcano erupted and lava began flowing toward Pahoa, a town in Puna district. The lava was headed for the only road in and out of town. The recently released documentary "Aloha From Lavaland," tells the inside story of the seven-month flow. Instead of sensationalizing the flow like the mass media at the time, the film is a portrait of Puna's resilient, close-knit and sustainability-minded community.

"I wanted to create a love letter to Puna, and celebrate the people who inspire me daily," says Phillips Payson of his decision to help make the film. Payson co-directed the film with Suzanne Seradwyn. Featuring street interviews, community meeting footage and news coverage, the award-winning documentary follows a Hawaiian kumu (healer), a sustainability expert and the leader of a sovereign Hawaiian community as the town prepares for the lava's arrival.

The flow was the ultimate sustainability challenge for Pahoa's residents. But many were ready. "One of my favorite new lines is, It's not falling apart, it's falling together," Executive Producer Robert Kent says early in the film. Kent narrates the film and conducts many of its interviews. Many of the locals

featured in the documentary seem to share Kent's relaxed mindset even as the lava began to encroach upon the town. Even after lava engulfs a cemetery and house and forces the closure of Pahoa's public schools, its trash and recycling transfer station and its only shopping center, there was little response. Even after President Obama declares the flow a national disaster and the National Guard arrives, an attitude of quiet acceptance remains. For many Puna residents, lava is simply a reality. "That's part of living on a live volcano. Lava's gonna come," says a Puna resident in the film. "We live with it, deal with it."

Many of Puna's remote areas necessitate an off-the-grid lifestyle, with solar panels, generators and water catchment tanks. Payson's first Pahoa home was "totally off grid," he says. "Without a doubt, life in Pahoa is hard," he adds. But like many Pahoa residents, he adapted. "We quickly learned to live with the sun and adapt the local-focused lifestyle," Payson says of he and his partner Zoe Eisenberg, one of the film's producers. He and Eisenberg have an assortment of fruit trees and buy local.

Several locals interviewed in the film had adapted a similar lifestyle. "I have just about everything I need to

survive the isolation that's about to happen," a Puna man says in the film. "...I probably have 100 coconut trees ... We're gonna survive. I even built an ark." Others talk of their solar power, 30,000-gallon water tanks and ulu trees. "We've been developing these models of sustainability and now is our opportunity to really make that happen, to really put it into practice," says a woman at a community meeting.

If the flow cut off Pahoa's main road, the town would become "an island within an island" Kent says in the film. That would mean no oil or imported foods and goods and no electricity or internet for those without solar power. Work began to reconstruct an 8-mile stretch of road that would give residents a way out, but for some residents, this road would turn a 40-minute commute to Hilo town into a four-hour journey. "Our only real way to get out will be by boat or private plane," Kent says in the film.

Stopping or diverting the flow wasn't an option. Lava is unpredictable. Lava is also the embodiment of the volcano goddess Pele, a revered Hawaiian ancestor. As a native Hawaiian woman explained at a Pahoa town hall meeting: "The native Hawaiian viewpoint is this: We will never own our



The award-winning film *Aloha From Lavaland* premiered at the 2016 Hawaii International Film Festival and has played at festivals across the country and internationally. The film can be purchased at [AlohaFromLavaland.com](http://AlohaFromLavaland.com), Amazon and iTunes. A portion of the film's profits go to Compassionate Eye, a nonprofit funding education, health and economic development worldwide.

FOLLOW THE FILM AT  
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Emily Garland lives in Hilo, Hawaii. She is a writer, adventurer and cat lover. She enjoys picking up trash and living simply and sustainably.

Check out her blog at  
[globetrottinggreenies.com](http://globetrottinggreenies.com)  
[emilygarland@gmail.com](mailto:emilygarland@gmail.com)

land. This is Pele's home."Trying to stop Pele's arrival would not only be disrespectful, but near impossible.

So Pahoa's residents prepared for Tutu Pele's arrival. While many were already living sustainably, the flow "punched it up a notch," Eisenberg says. Those who couldn't handle the unpredictability or pending isolation left. Those who stayed "immediately began to refocus," Eisenberg says. Food sharing and trading increased and people began to rely more on each other. Hawaiian Sanctuary started offering more sustainable farming classes and Kalani Honua ramped up its efforts to teach people how to grow their own food and live simply, sustainably and happily.

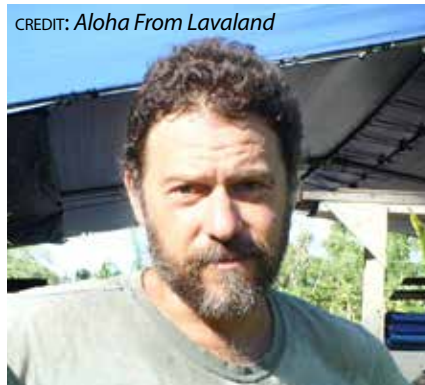
Still, as the lava oozed toward Pahoa's main road, many feared their homes would be destroyed. "I initially felt protective of my financial investment and thought, 'Oh my God, it's going to disappear or devalue,'" Kent says in the film about his Pahoa farm. These feelings embarrassed Kent and reminded him why he moved to Pahoa. "I wanted my life to be focused on a spiritual path and not a spreadsheet," he says. "I wanted to be in an environment that was about clean air, clean water, non-GMO foods, a return to tribal life and a dropping into the deep ecology that Hawai'i offers us." Later in the film, Kent recognizes the flow as a "gift" and a "call to

action" to live more communally and environmentally friendly.

Seven months after it began, the flow stopped, just .37 miles short of Pahoa's main road. While some sustainability efforts faded, others remain. "We have a different way of living out here," says Scott Laaback in the film. Laaback is Kalani Honua's Interim Land Director. "It's simpler and more based on joy through simple things. And those simple things are our families and our community." Live simply, learn joyfully, experience community and honor the land. That's Kalani Honua's formula for sustainable and regenerative living. Many people in Pahoa and Puna embrace that way of life, Laaback says. "I think we end up having a real fantastic story to tell the rest of the world," he says in the film.



CREDIT: *Aloha From Lavaland*



Scott Laaback, Kalani Honua's Interim Land Director

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928-301-0842  
compassionatehealing.biz

**HOLISTIC PRACTITIONERS**
**Anahata Spa & Sanctuary**

808-652-3698 • tajjure.net

**Princeville Yoga Massage**

808-212-8082 • princevillyogakauai.com

**KAUAI MASSAGE SCHOOLS**
**Aloha Lomi Massage**

808-245-5664 • alohalomiacademy.com

**Golden Lotus Massage Trainings**

808-823-9810  
massagetrainingskauai.com

**Pacific Center for Awareness and Bodywork**

844-687-7222  
awarenessandbodywork.com

**GYMS & FITNESS TRAINERS**
**Island Gym & Fitness**

13491 Kaumualii Hwy.  
Hanapepe, HI 96716  
808-335-2706 • islandgymkauai.com

**Kauai Athletic Club**

3371 Wilcox Red #101 - Lihue, HI 96766  
808-245-5381 • kauaiathleticclub.com

**NATURAL FOOD MARKETS**
**Living Foods Market and Cafe**

2829 Ala Kalanikaumaka #24  
Koloa, HI 96756  
808-742-2323 • shophilivingfoods.com

**Vim 'n Vigor**

3-3122 Kuhio Hwy., Lihue, HI 96766  
808-245-9053

**Papaya's Natural Foods**

4-831 Kuhio Hwy. B-8, Kapa'a, HI 96746  
808-823-0190 • papayasnaturalfoods.com

**NATURAL FOOD MARKETS**
**Hoku Foods Natural Market**

4585 Lehua St., Kapa'a, HI 96746  
808-821-1500 • hokufoods.com

**Healthy Hut Market & Cafe**

4480 Hookui Rd., Kilauea, HI 96754  
808-828-6626 • healthyhutkauai.com

**Harvest Market Hanalei**

5-5161 "F" Kuhio Hwy., Hanalei, HI 96714  
808-826-0089 • harvestmarkethanalei.com

**JUICE / SMOOTHIES**
**Kauai Juice Co.**

4-1384 Kuhio Hwy., Kapa'a, HI 96746  
808-631-3893 • kauaijuiceco.com

**Kauai Juice Co.**

4270 Kilauea Rd., Kilauea, HI 96754  
808-631-5529 • kauaijuiceco.com

**Kauai Juice Co.**

Poipu Shopping Village  
2360 Kiahuna Plantation Dr.  
Koloa, HI 96756  
808-631-3372 • kauaijuiceco.com

**Kalalea Juice Hale**

4390 Pu'u Hale, Anahola, HI 96746  
808-346-0074

**FARMERS MARKETS**
**Koloa - Maluhia Road**

Monday 12:00 (Noon)  
Koloa Knudsen Ball Park Side Parking Lot



## Farmers and Country Home Owners NEED AN AGRICULTURAL LOAN?

Purchase open land, build a dwelling, operating loans, line of credit, equipment purchase, truck or automobile purchase, refinance a mortgage or an agreement of sale.

Both the Federal Land Bank Association of Hawaii, FLCA and Hawaii Production Credit Association can custom design a loan to meet your needs.

**We Offer:** Long term loans, short term loans, competitive interest rate programs, flexible repayment schedules, excellent loan servicing options, and many more. We also have programs for Young, Beginning, Small and Minority Farmers.

**CALL ONE OF OUR LOAN OFFICERS AT:**

**OAHU OFFICE** • 99-860 Iwacua Street, Suite A, Aiea, HI 96701  
Ph: 808 836-8009 • Fax: 808 836-8610  
www.hawaii-farmcredit.com

**HILO OFFICE** • 988 Kinohi St., Hilo, HI 96720  
Ph: 808 836-8009 • Fax: 808 961-5494  
From: Neighbor Islands, Toll Free 1 800 894-4996



**FARM CREDIT  
SERVICES OF  
HAWAII, ACA**

Federal Land Bank Assn.  
of Hawaii, FLCA  
Hawaii Production Credit Assn.

FCS of Hawaii, ACA is part of the Farm Credit System, a nationwide system of leading agricultural financial institutions which started in 1917. FCS of Hawaii, ACA has been doing business in Hawaii since 1966 through its subsidiary the Federal Land Bank Association of Hawaii, FLCA. The FCS of Hawaii, ACA is not a Federal Agency of the Federal Government. Registered with Nationwide Mortgage Licensing System (NML5 ID# 613610).



# upcoming events



## Living Aloha Magazine presents Dr. Will Tuttle HAWAII TOUR (see dates below)

Come listen to world-renown compassionate educator, Dr. Will Tuttle, talk about his book *The World Peace Diet*, on veganism, effective activism, meditation, and intuition development.

Will Tuttle is a visionary speaker, educator, author, and musician. A former Zen monk with a Ph.D. from U.C. Berkeley, and a vegan since 1980, his writings, music, and presentations focus on compassion, creativity, intuition, and the intersection of social justice, animal liberation, and environmental, health, spiritual, and peace issues. **808-419-6147**

**Saturday, December 2nd • 6:30 pm**

### Planting Peace - Words and Music for an Awakening World with Will Tuttle

Pyramid House, 76-6322 Kaheiau St  
Kailua-Kona, Big Island  
RSVP at [plantingpeace.brownpapertickets.com](http://plantingpeace.brownpapertickets.com)  
[info@veganaloha.com](mailto:info@veganaloha.com) • 808-936-0626  
suggested donation: \$ 25

**Sunday, December 3rd • 10 am to Noon**

### Awakening Our Genius

New Thought Center of Hawaii — Free

**Sunday, December 3rd • 1:30 pm to 3:30 pm**

### The Four Viharas and the Eightfold Path to Peace - Meditation Workshop

Pualani Terrace, 81-6587 Mamalahoa Highway, C302  
Kealahakua, Big Island  
808-323-2232 • [newthoughtcenterofhawaii.com](http://newthoughtcenterofhawaii.com)  
suggested donation \$ 15

**Monday, December 4th • 10 am to 5 pm**

### Sacred Space, Sacred Activism, Sacred Life - Planting Peace Inside and Out - Retreat with Will Tuttle

Hale Mahina in Keauhou, Big Island •  
Meditation, Yoga, Vegan Lunch, Music, Gentle  
Movement, Talk Story  
RSVP at [info@veganaloha.com](mailto:info@veganaloha.com) • 808-936-0626  
suggested donation: \$ 35

**Tuesday, December 5th • 6:00 pm**

### How to be Healthy and Save the Planet Free Lecture - Presentation by Will Tuttle

Sweet Cane Cafe, 48 Kamana St., Hilo, HI  
[info@veganaloha.com](mailto:info@veganaloha.com) • 808-936-0623

**Thursday, December 7th**

### "Yoga of Ahimsa" (Non-Violence) With Dr. Will Tuttle & Meenakshi Angel Honig

Wailea Healing Center in Wailea  
120 Kaukahi St., Kihei, Hawaii 96753  
5:30 pm: Yoga - \$20 • 7:30 pm: Talk - \$20  
*No one turned away for lack of funds*  
808-573-1414

**Friday, December 8th**

### Planting Peace - Words and Music for an Awakening World with Will Tuttle

Makawao Union Church • 1445 Baldwin Ave,  
Makawao, HI 96768

6:30 pm — Meditation, Talk and Solo Piano Music  
by Dr. Will Tuttle

8:45 pm — Tribal Dance with Carlos Garcia & Friends  
\$25 Admission—Includes Healthy Vegan pupus  
808-419-6147

**Saturday, December 9th • 2:00 pm (films start)**

### Mini-Vegan Film Festival/Talk and Vegan Potluck

Temple of Peace, Haiku • \$10  
575 Haiku Rd., Haiku, HI 96708  
808-419-6147

**Sunday, December 10th**

2 pm Hana/Red Sands Beach Vegan Picnic  
with Dr. Will Tuttle

7 pm - Mini-Talk at Cafe Attitude  
Lokahi Farm - Kipahulu  
Free event - Vegan Dinner \$20  
808-419-6147

**Saturday, January 6th • 10 am - 6 pm**

The Yoga Expo — Los Angeles  
Pasadena Convention Center  
[theyogaexpo.org](http://theyogaexpo.org)

**Sunday, January 14th • 5 pm**

Vegan Aloha Cooking Class #7

Caprese, Lasagna, Tiramisu  
Evolution Bakery and Cafe • \$ 25 Dinner included  
Coconut Grove Market Place, Kailua-Kona, Hawaii  
*Limited space available*  
RSVP only at [info@veganaloha.com](mailto:info@veganaloha.com) • 808-936-0626

**Sunday, January 28th • 5 pm**

Vegan Aloha Cooking Class #8

Southwestern Stuffed Sopapillas, Flan  
Evolution Bakery and Cafe • \$ 25 Dinner included  
Coconut Grove Market Place, Kailua-Kona, Hawaii  
*Limited space available*  
RSVP at [info@veganaloha.com](mailto:info@veganaloha.com) • 808-936-0626

**February, 11th-13th**

3-Day Vegan Fusion Teacher Training • Maui, Hawaii

Whether you are looking for a new stream of revenue,  
interested in doing outreach in your community, or  
both, please consider joining Mark Reinfeld for this  
Vegan Fusion teacher-training course.  
Email [info@veganfusion.com](mailto:info@veganfusion.com)

**Saturday, April 14th • 10 am — 6 pm PST**

The Yoga Expo • Ft. Lauderdale, Florida  
Broward County Convention Center  
[theyogaexpo.org](http://theyogaexpo.org)

# Kohala Village HUB

Our Community Hub

## Stay

### Kohala Village INN

#### *Plantation-Style Lodging*

Located in the heart of Hawi town and walking distance to local shops, galleries, restaurants and eco-tours

Free WiFi & Parking  
Newly-renovated facilities  
Pet-friendly accommodations  
Playground fun for families



## Eat

### Kohala Village HUB PUB

#### *Kohala Country Crafted Food & Drinks*

Featuring the bounty from local farmers, ranchers and producers who share our enthusiasm for ingredients responsibly grown and hand-crafted

WEDNESDAY - SATURDAY | Breakfast, Lunch & Dinner | 8am-9pm  
SUNDAY | Brunch only

Daily Specials  
Vegetarian/vegan choices  
BYOB - Small Craft Brewery coming soon!

Seasonal Menu  
Espresso & Coffee Bar  
Fresh Juices & Smoothies



## Learn

### Piko Learning Center

#### *Classes for all ages and experience levels*

|                             |                |
|-----------------------------|----------------|
| After School Art            | Early Learning |
| Home School Enrichment      | Salsa          |
| Ballet, Bellydance, Hip Hop | Sign Language  |
| Line Dancing                | Pilates Plus   |
| Capoeira                    | Tai Chi        |
| Ceramics & Open Studio      | Yoga           |



## Play



### Events and Live Performances

#### *Let us host your next private or public event*

We have an array of facilities perfectly suited for meetings, family gatherings, workshops & retreats

**Kanikapila Live** - Live musical concerts (monthly)

**Art Exhibitions** - Showcase for students and emerging artists

**Kohala Dance Jam** - Ecstatic dance event/community fundraiser (bi-monthly)

**Mar 24-27 "King's Bread Basket" Food Summit** - Farm tours, presentations and mixers for chefs, farmers and distributors in food & restaurant industry



Photo Credits: Leanna Runningbear

A magical week with master teachers  
weaving their offerings as one!



# onedancetribe HAWAII

Camp Keanae, January 18-24, 2018



Amara Pagano  
*Azul*



Vinn Arjuna Marti  
*Soul Motion*



Samantha Sweetwater  
*Dancing Freedom*



Guillaume Laplane  
*5Rhythms*



Eva Geueke  
*Wave Continuum*



Lei'ohu & Maydeen  
*Aloha in Action*



David Block  
*Human Experience*



Mary Lane  
*Medicine Woman*



Christine Warren  
*Transformational Coach*



Louis Minero  
*Consciousness Academy*

## Experience a life changing event:

- A Unified Field of Conscious Movement
- Hawaiian Ceremonies
- Meditation, Yoga and Pranayam
- Conscious Living Workshops
- Outdoor Dance
- Cutting Edge Healing Services
- Gourmet Vegetarian Meals
- Nature, Waterfalls and Aloha

## onedancetribe HAWAII

\$1,495 (\$1,195 Kama'aina)

includes meals & accommodation

[info@onedancetribe.com](mailto:info@onedancetribe.com) | [onedancetribe.com](http://onedancetribe.com)



**Azul Retreat with Amara Pagano**  
Camp Keanae, January 25-28, 2018

**\$495 (\$395 Kama'aina)**  
includes meals & accommodation