



WHALESPIRIT

S A N C T U A R Y



WELCOME GUIDE

AND INFORMATION COMPANION

DURING YOUR STAY WITH US

WHALESPIRIT



S A N C T U A R Y

PARTICIPANT'S WELCOME GUIDE FOR AN EVENT/RETREAT

WHALESPIRIT SANCTUARY

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WELCOME

Aloha!

On behalf of myself and the other WhaleSpirit Sanctuary Malamas (*protectors and nurturers of the land*), we are excited that you will be staying with us.

Our WhaleSpirit Sanctuary holds much *mana* and is truly a sacred place, so **PLEASE READ THROUGH THIS WELCOME GUIDE!** We have prepared this guide to help answer all the important questions you may have to make sure your stay at WhaleSpirit Sanctuary is comfortable.

WHAT TO EXPECT:

Our on property Ka Luna (*head supervisor*) will meet with your group's facilitator/organizer first. They will give them a tour of the property including the rooms, suites and Temples they have reserved. Then your group's facilitator/organizer will show you to your rooms.

The most common feedback we get from guests staying at the Sanctuary is that as soon as they arrive, our '*immersed in Mother Nature*' environment, allows them to breathe easier and relax quickly.

Some, who were new to the experience of staying in a more natural Hawaiian environment, admitted that *how life is truly lived in Hawaii and saying "Aloha" to all of Mother Nature*, took a day or two of getting used to. However, once they learned how to share a small piece of sweet papaya or mango with a local gecko who stopped by hoping for a sample... this quickly became one of the highlights of their trip and staying at the Sanctuary.

QUESTIONS:

If you have any questions please direct them to your group's facilitator/organizer first.

All of us at WhaleSpirit Sanctuary wish you a wonderful journey and stay.

Me ka mahalo nui,



Jeffrey Goodman
Evolutionary Specialist and *Malama* of WhaleSpirit Sanctuary

Malama is a term used to indicate a relationship of deep respect and care for the land, ocean and all that surrounds us. The Hawaiian dictionary lists many possible meanings: to take care of, respectfully tend to, nurture and care for, preserve, protect, to be in service to, honor as living and holy, a loyal land custodian.

Mana is a term used to describe a spiritual force or energy.

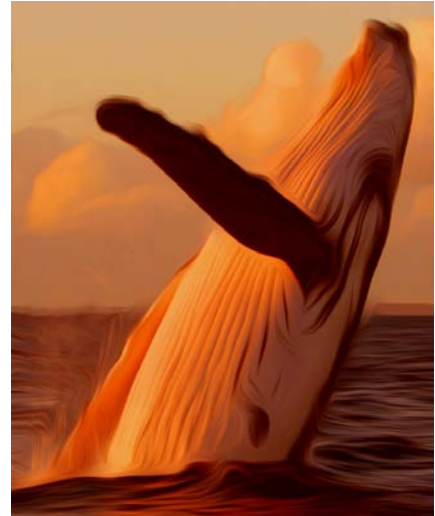


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SUNSET FROM OUR LANAI
©WhaleSpirit Sanctuary

WHALESPIRIT SANCTUARY



WELCOME

CHECK IN/OUT

CHECK IN: *after 3pm - 10pm*

CHECK OUT: *before 10am*

LATE CHECKOUT: *7^{PM} - \$100 fee Garden Room*

7^{PM} - \$125 fee Suite, Temple or Dragon Fly

Let your group's Facilitator/Organizer know if you would like to extend to a late checkout or add a few additional days to your stay. Your group's Facilitator/Organizer will communicate with us to organize your extended stay.

YOUR ARRIVAL - **IMPORTANT**

Mahalo for NOT arriving prior to 3pm!

When you arrive please drive around to the top of the drive way and begin to park first in Upper Parking. Once full please overflow to Lower Parking (see *PARKING next page*). If you are staying at the VIP House/Cottage you can park there, then walk up to the Main Hale.

You will meet your group's facilitator/organizer and the rest of the group either in the Main Hale's Gathering/Yoga/Meditation Room or Dining Lanai overlooking the Bay. You will unload your travel bags **after** you have been shown to your room by your group's Facilitator/Organizer. Please leave travel bags in the car until then.

If you arrive before your group's Facilitator/Organizer, you are welcome to park and then walk over to the dining lanai and enjoy the view of the Bay until your groups's Facilitator/Organizer arrives. Your group's Facilitator/Organizer will give you your room assignments after they have meet and taken the tour with the Sanctuary's on property Ka Luna (supervisor).

Please understand the Sanctuary's on property Ka Luna (supervisor) WILL NOT have the room assignments. This is organized by your groups's Facilitator/Organizer.

DIRECTIONS/GPS - **IMPORTANT**

NOTE: Most up to date GPS systems do not recognize our address.

They WILL NOT correctly navigate you to our property.

Please refer to the Instructions, Directions and Map on Pages 12 and 13.

WHALESPIRIT SANCTUARY

ABOUT OUR SANCTUARY

People come to WhaleSpirit Sanctuary for many reasons. Some come and use this as a safe home-base as they go off and explore the island(s). Some come for a romantic get-away. Others come seeking peace and quiet to heal as they desire to rejuvenate and reconnect with themselves and the land. WhaleSpirit Sanctuary is also an ideal place to hold transformational retreats and workshops.

Whatever the reason you have chosen WhaleSpirit Sanctuary, you are promised that your stay here will be beautiful, safe and sacred.

PRIVACY AND SACRED SPACE

Our very private 5-acres, is a sacred, all natural, eco-friendly (*chemical/toxin free*) property overlooking the powerful vortex of Kealakekua Bay. We are 'protected' by the sacred pali (*hillside*) where ancient Hawaiian Kings and Queens are buried.

We ask that all guests help us maintain the serenity and sacredness of our sanctuary atmosphere by respecting that many of guests and neighbors here are seeking an undisturbed, tranquil and peaceful experience.



THE GARDENS AND ORCHARDS

We have an extensive variety of flowers, fruits and plants living along side you on our property. During the wet seasons we could easily be compared to a mini botanical garden! *Please remember to bring your camera.*

Before picking fruit please ask. Much of what is growing on our property may be ripening and reserved for our Chef and an upcoming private dinner or event. However, there is often an abundance and we are more than happy to share.

ABOUT OUR ON-PROPERTY 'OHANA (FAMILY)

Our Sanctuary is designed to be a quiet, relaxing, self-sufficient experience. Please understand we do not have full service staff like a Hotel or B&B so your time at our Sanctuary will not be disturbed. You may receive a warm "Aloha." from our Ka Luna or a Malama (*caretaker*) quietly nurturing the property.

Any questions during your stay should be first directed to your group's Facilitator/ Organizer.

WHALESPIRIT SANCTUARY

SANCTUARY POLICIES



Our sanctuary is a natural, sacred, eco-friendly and safe atmosphere for all guests. As Malamas (*caretakers*), we must be very attentive and respect the very powerful energies and spirits that are the guardians of this land and our sanctuary. Therefore, to protect the *mana* of the property, we have a few policies we need to share:

DRUG FREE

The use of any recreational DRUGS ARE STRICTLY PROHIBITED on the Sanctuary property.

MEDICAL CANNABIS/MARIJUANA

The use of MEDICAL CANNABIS IS STRICTLY PROHIBITED on the Sanctuary property.

SMOKE/VAPOR/E-CIGARETTE FREE

There is NO SMOKING (this includes vapor and e-cigarettes) anywhere on the property. Smoking can be done at the bottom of the main driveway (in the cul-de-sac/circle).

ALCOHOL

We would prefer that our property be alcohol free *and* we understand responsible adults enjoy an occasional glass.

All we ask is *if you bring any alcohol on the property, please do so respectfully.*

SAFE, TRANQUIL AND PEACEFUL EXPERIENCE

Our sanctuary sits in the middle of a natural amphitheater and sounds travel. Please be mindful of your noise levels between 9pm - 8am.

Mahalo for your respecting and understanding these policies.

After 20 years as a sacred Sanctuary, we have never had an experience that would require a need to put locks on our doors. We are a private property. You and your items are safe. On so many levels our property and yours are 'well protected'.

WIFI

Yes, we have FREE WiFi. We continue to do all we can to stay current on technology and get the fastest service available, however this is Hawaii... *This means it is best to expect that at times that the WiFi may be slow or even not available depending on the day, weather etc.*

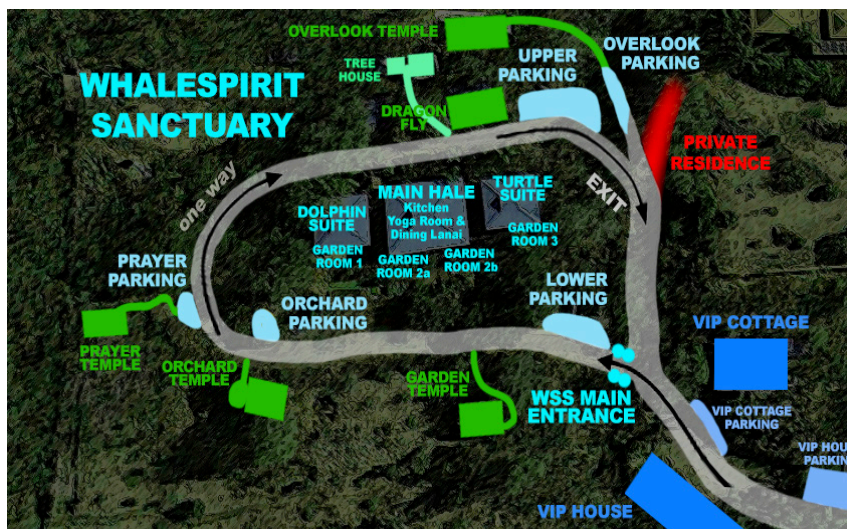
WHALESPIRIT SANCTUARY

THE MAIN HALE (HOUSE)



The Main Hale is the center and heart of the WhaleSpirit Sanctuary. The Main Hale's Gathering/Yoga/Meditation room, front/back lanai and kitchen are reserved for your retreat/event. *We know your group is excited to stay with us. Please help us maintain our tranquil environment as there may be other guest also vacationing on the property.*

PARKING



Please do not block the bricked thoroughway behind the Main Hale.

Parking spaces are not abundant. Please be attentive to make room for others.

UPPER PARKING - for those staying in Main Hale, Dragon Fly and Tree House.

*if you find **Upper Parking** full, please park in Lower Parking*

LOWER PARKING & GARDEN TEMPLE - for those staying in Garden Temple and overflow.

ORCHARD TEMPLE - you may park across from your Temple.

OVERLOOK TEMPLE - just past the upper EXIT you will have parking and path to your Temple.

PRAYER TEMPLE - you may park in front of the pathway to your Temple.

VIP COTTAGE - you may park on the *RIGHT*, just past the steps up to the cottage.

VIP HOUSE - you may park under the covered parking across from the VIP HOUSE.

WHALE SPIRIT SANCTUARY

LINENS, TOWELS ETC



All rooms will be supplied with clean linens and towels at the start of your stay. Our Hawaiian environment requires us to be attentive to certain water restrictions. Therefore, we cannot refresh linens and towels on a daily basis.

For guest staying more than 8 days, per your request, we will offer a cleaning service to refresh the linens and towels midway through the stay.

BEACH TOWELS - WE DO NOT SUPPLY BEACH TOWELS

Due to the extensive wear/tear a beach towel receives from the local lava rock, we apologize ahead of time that **we do not supply beach towels.**

OUR LAUNDRY DETERGENT

PLANT-BASED INGREDIENTS

We respect the health of our guests and understand that some of you are chemically sensitive. To sustain an eco-friendly environment and support our guests health and well-being, we use laundry detergents that are USDA Certified Biobased Product and free of synthetic fragrances, dyes and artificial brighteners.



BATH ESSENTIALS

We are continuing to improve our sanctuary-like experience and doing all that we can to provide a comfortable and memorable experience for you.

SOAP/SHAMPOO - IMPORTANT

We offer a chemically safe haven for guests who have various skin sensitivities to soap/shampoo, therefore **we no longer stock soap/shampoo in the bathrooms.** We ask you to bring your own as it helps us reduce the large amount of waste produced.

HAIR DRYERS

Yes, all bathrooms have a hair dryer to allow you the extra room needed to pack other travel essentials.

WASHER / DRYER

Due to current local water usage restrictions **we must limit the use of our washer and dryer to the Sanctuary's clean team and guest emergencies only.**

As an alternative, there is a local laundromat only 7 miles from our Sanctuary.

WHALESPIRIT SANCTUARY

EXTEND STAY

Some participants may wish to extend their stay to explore the island or take time to integrate from the event/retreat. If we can accommodate...

OPTION 1 - PART 1

The first option is for the group's facilitator/organizer to direct you as the participants to the Vacation Rental page on our website:

www.whalespiritsanctuary.com/vacation-rentals

and fill out the inquiry/book form:

www.whalespiritsanctuary.com/vacation-rentals/form-vacation-rental-inquiry/

INQUIRY/BOOK

OPTION 1 - PART 2

As a participant please list the name of your retreat in the "Did someone refer you?" section.

Depending on where you are staying after your retreat/event we will offer an Extend Stay Retreat Discount for you extended stay.

OPTION 2

Notify your Facilitator that you wish to extend your stay. They may prefer to organize this and they will bill you directly.

We will coordinate with your facilitator which room you will be staying in. An additional discount is extended if you stay in the same room after the retreat/event.



MEALS

Please understand that meals are not included before or after the retreat for those who choose to extend their stays.

In our Welcome Guide at the sanctuary, you will find a list of local grocery stores, and farmers markets, health food stores to purchase food.

If you are staying in the Main Hale you may use the shared kitchen or if you are extending your stay in one of our Private Temple you will have your own kitchen.



WHALESPIRIT SANCTUARY

BUGS AND GECKOS - IT'S PART OF BEING ECO-FRIENDLY!

*"It is good luck to find a gecko in your room.
If there is no gecko, ask for a different room."*

We maintain a natural environment, practically untouched by toxins and chemicals. Sustaining a "spray free" environment honors the health of those who stay here and allows us to properly love, care and steward the land. We do our very best to keep the WhaleSpirit Sanctuary as clean as possible. However, co-existing with the kūlokos (*locals*) such as geckos, ants, centipedes and other friends is part of the experience of living on a chemical free, "spray free" sanctuary.



STEVE THE GECKO



THE 'HAWAIIAN NATURAL' LOOK.

This is part of the experience of being on a chemical free, eco-friendly property. Even though we do everything to keep things clean and well sanitized, geckos and other friends may be present.

It is very possible that between the time your room was cleaned and your arrival, nature chose to give your space a bit of a relaxed 'Hawaiian Natural' look vs a sterile hotel. We do promise everything was cleaned! On behalf of nature, we do apologize ahead of time if you find something that is not acceptable. Please kindly let your group's facilitator/organizer know so it can be addressed immediately.

ABOUT OUR ON-PROPERTY KA LUNA

Ka Luna means *Head Supervisor* in Hawaiian.

You may receive a warm "Aloha!" from our on-property Ka Luna or see one of our Malama (*property caretaker*) nurturing the land. They are here to oversee the behind the scenes property care, housekeeping and safety of the WhaleSpirit Sanctuary.


The Ka Luna is here to work directly with your group's facilitator/organizer to make sure that their event is operating smoothly. **Any specific needs you have, please address any of them with your group's facilitator/organizer first**, and when necessary they will in turn communicate with the Ka Luna.

Our Sanctuary is designed to be a quiet, relaxing, self-sufficient experience for the group's facilitator/organizer. Please understand that our Ka Luna is not on call 24/7 nor is it their responsibility to offer concierge type services for guest.

NOTE: Our Ka Luna lives on the property and as much as they truly model the open-hearted Ahola Spirit we ask that you please respect their time and privacy - MAHALO

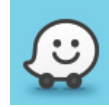
DIRECTIONS · MAPS

WHALESPIRIT SANCTUARY

 We are here.

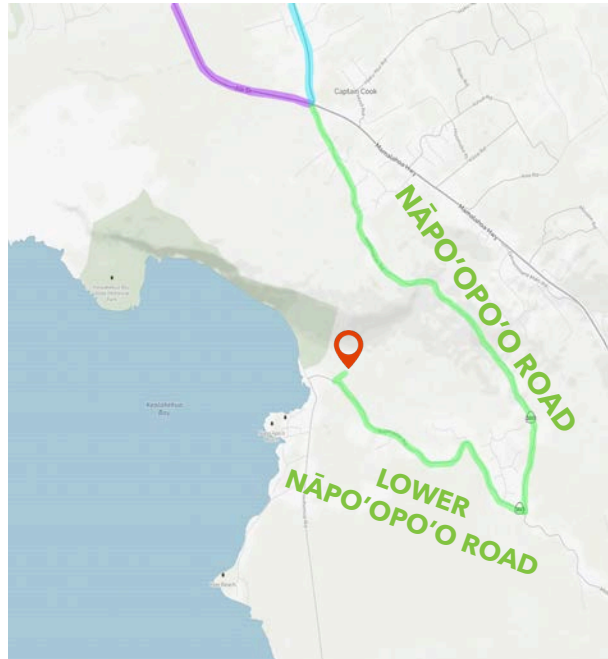
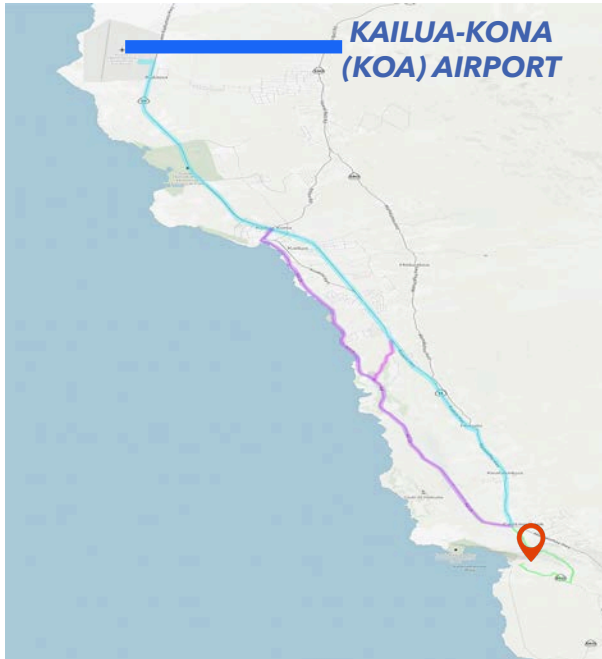


Use **Google Maps** or **Waze** on your smart phone.

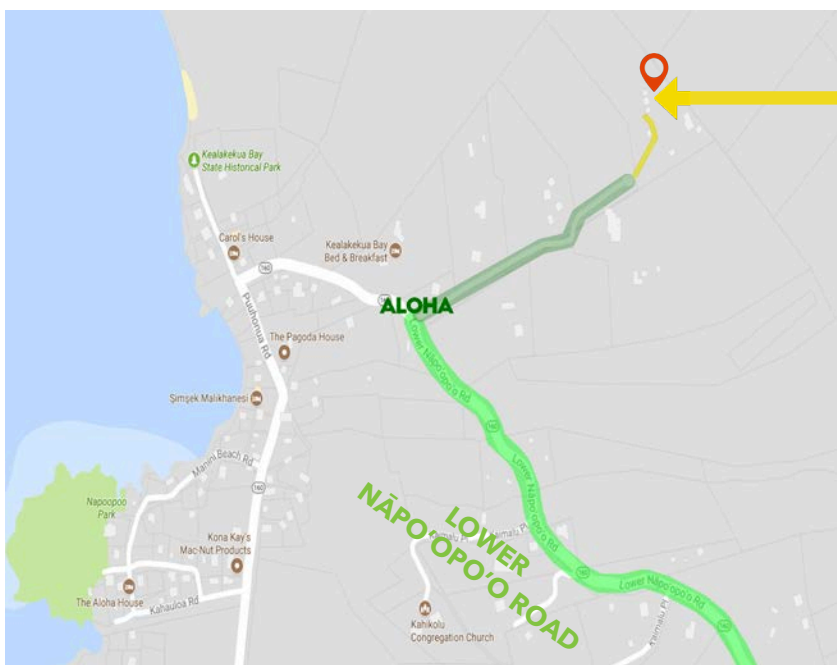


Type in **WhaleSpirit Sanctuary** and it will take you right to us.

HWY 19/HWY 11 or **Alii HWY** to **NĀPO'OPO'O ROAD** 20 MILES



NĀPO'OPO'O ROAD to 'LOWER' NĀPO'OPO'O ROAD to **4.2 MILE MARK**



**WHALESPIRIT
SANCTUARY!**

DIRECTIONS · MAPS

WHALESPIRIT SANCTUARY

FROM THE KAILUA-KONA KEAHOLE INTERNATIONAL AIRPORT (KOA)

1a. TURN RIGHT (SOUTH) ON HWY 19 (TURNS INTO) HWY 11 - 20 MILES

(Queen Kaahumanu Highway then Mamalahoa Highway)

When you have traveled approximately 20 miles you will come to a large intersection.

2a. GO STRAIGHT through the intersection to Nāpo'opo'o Road (160)

Exactly 4.2 miles down a winding, downhill road.

1b. ALTERNATIVE ROUTE - drive along the ocean:

Alii Drive • Alii Hwy • Mamalahoa Bypass:

First Option:

Take **RIGHT** on **PALANI ROAD** - This is a beautiful drive along the shore, however you may hit local tourist traffic for the first part of Alii Drive.

Second Option:

Take **RIGHT** on **KAMEHAMEHA III ROAD** - This is an alternative if there is local morning or afternoon traffic on Mamalahoa Highway/HWY 11.

2b. At the intersection (light) TURN RIGHT on Nāpo'opo'o Road (160)

3. At STOP SIGN - KEEP RIGHT on 'Lower' Nāpo'opo'o Road

4. 'Lower' Nāpo'opo'o Road - AT THE 4.2 MILE MARK:

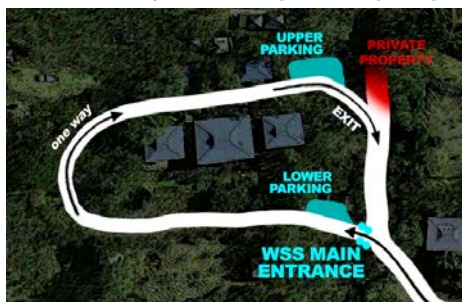
TURN RIGHT on a private road with a stop sign that also has a sign: **ALOHA TRAVEL ABOUT 2 BLOCKS UP THE ROAD.**

KEEP LEFT AT THE CUL-DE-SAC/CIRCLE

- When you get to the top of the cul-de-sac there will be a gated driveway in front of you.
- Just to the left is a smaller hidden drive. TAKE THIS DRIVE.

CONTINUE UP THIS DRIVE.

- This will curve to the left. You will pass a blue house on your left and a carport on your right. (This is our VIP house)
- You will see our four columns Bali Roof entrance on your left. ENTER HERE! (**this is a one way**)
- There is a statue of Ganesha - Indian Elephant Deity waiting to greet you.



5. WELCOME TO WHALESPIRIT SANCTUARY!

Bricked throughway

Please continue up and around the drive to the bricked throughway and begin parking in the Upper Parking, then the Lower Parking. *Please do not block the throughway.* If you are staying in one of the Temples please park in the space assigned for that Temple. see page 8

AIRPORT

Kona International Airport (KOA) is the major airport on the Big Island. *35-40 minutes away from WhaleSpirit.*

The other airport is on the east coast - **Hilo Airport (ITO)**. 2 hours away.

TRANSPORTATION

We do not offer transportation due to liability issues. On our website we have a list of many local rental car and rental van companies.

As of March 2017 Uber's service has now extended to Kona and other parts of the Big Island.

RENTAL CARS

Most big car rental companies are represented at the airport, as well as some local ventures.

Most rental agencies do not allow you to take your car onto the really rough roads of Hawaii. If you need a 4WD car, Harpers Car Rentals allows their car to be taken to places like the summit of Mauna Kea and Green Sand Beach.

CELL PHONES AND DRIVING

NOTE: Hawaii has one of the toughest distracted driving laws. \$193 fine!

FOOD/SHOPPING

There is a local grocery store about 5 minutes from the sanctuary, at the top of Nāpo'opo'o Road.

In Kona (*about 25 minutes away*) there are larger grocery stores including Target, Walmart, Ross and Costco for bulk purchases.

FARMERS MARKETS



Depending on the season, there will be various road side fruit and vegetable stands along Nāpo'opo'o Road. We would also suggest checking out our local Farmers Markets for the best local-fresh food and local crafts:

For locations, dates and times:

www.lovebigisland.com/farmers-markets



WHAT TO BRING

Some basics to consider:

- light comfortable, casual summer clothes
- sandals/water shoes (*some of the beaches are dark/black sand or lava rock and boulders and can get very hot*)
- walking/hiking shoes
- small Camelback for water
- swim suit(s)
- large beach towels
- bamboo/straw beach mat
- sunglasses
- natural sunscreen (no chemicals please)
- hat
- light tunic - if there is a light breeze
- light raincoat for short rain shower
- camera (*underwater camera is ideal*)
- beach bag/backpack to carry your stuff

WEATHER

Temperatures are constant throughout the year and are always pleasant. The amount of rainfall does vary.

WINTER

DRY SEASON
 DEC - 78F/25.5C
 JAN - 77F/25C
 FEB - 77F/25C

SPRING

SEMI-DRY SEASON
 MAR - 77F/25C
 APR - 78F/25.5C
 MAY - 79F/26.1C

SUMMER

WET SEASON
 JUN - 80F/26.6C
 JUL - 81F/27.1C
 AUG - 81F/27.1C

AUTUMN

SEMI-WET SEASON
 SEPT - 80F/26.6C
 OCT - 81F/27.1C
 NOV - 80F/26.6C

Our sanctuary rests on the drier side of the island and the weather is often beautiful. However, Dec - May, the landscape may not be as lush tropical green as the wetter side.



AFTERNOON VOG

(aka VOLCANO-FOG)

Afternoon vog is a normal phenomenon on the Big Island. Vog is a cloudy/fog like appearance when particles emitted by an erupting volcano react with oxygen and moisture. The upside is it often produces a soft-light and a desire for an afternoon nap ending with colorful sunsets. Since the quieting of the volcano Aug 2018 the air quality has been better than it has been in over 30+ years

OCEAN TEMP

The average water temperature near our Sanctuary is a warm 26°C/78°F, with very little changes during the year - 1 or 2 degrees.

CELL PHONE SERVICE



✓ VERIZON:

Service DOES reach our sanctuary.

✓ Whats App:

• You may connect to our WiFi.

✗ AT&T, T-MOBILE AND SPRINT:

Service DOES NOT reach our sanctuary.

DRINKING WATER

PLEASE HELP US REDUCE WASTE AND BUY A WATER BOTTLE YOU CAN REFILL. Our guests can enjoy a fresh glass of water or refill their water bottles with peace of mind. All Temples and the Main Lanai have water faucets with 10 stage filters.



"Hawaii tap water is some of the best quality drinking water." - Board of Water Supply. It is rainwater that is naturally filtered through underground porous volcanic rock for over 25 years before it reaches aquifers and then sent to homes.

LEARN MORE...

POWERFUL VORTEX


Our sanctuary overlooks Kealakekua Bay. Ancient Hawaiians came to this spot as a place for rest and revitalization. This bay is one of the planet's 10 major vortices. According to mystics and sacred geometry, this location has a pre-disposition for inter-dimensional experiences as it creates a 'portal' or 'star gate.'

19.5° LATITUDE POINT

Kealakekua Bay and our sanctuary sit exactly on the 19.5° latitude point. The 19.5° latitude point is believed to be the intersection between the light body of the planet and its physical surface.

This intersection creates the ability to connect to other dimensions and offer the opportunity for energetic inter-dimensional experiences. Maybe this is why the Hawaiians refer to this sacred place as God's Pathway.



 We are here.

UNIQUE AND MYSTICAL

Mauna Loa is the largest subaerial volcano in both mass and volume, and is considered the largest volcano and tallest mountain on Earth.

There is a very unique and mystical anomaly that exists at our sanctuary as we sit directly on the pathway/grid line between the powerful vortex of Kealakekua Bay and the tip of active volcanic force of Mauna Loa.

If that is not enough, we also are embraced/protected by the Pali Kapu O Keōua. The name means "forbidden cliffs of Keōua" in honor of the Hawaiian royalty buried there.

This particular Pali has a curved shape which forms an energetic resonance echo chamber. Many have shared how chanting/singing in the bay can be an omnipotent type experience.

NOTE: When whales come into the bay, their songs can often be heard at our sanctuary.

Many mystics believe that this resonance chamber is the perfect environment to offer up intentions that the heart chooses to make manifest. (*hint: powerful exercise for your retreat*)

There is more... the unique geometrical structure between the lava shaft filled with magnetic iron energy from Mauna Loa and the natural electrolytes produced from the ocean can be believed to form a geomagnetic magnifier for the subconscious. Some believe this supports in deep clearing of both physical and mental blocks and diseases.

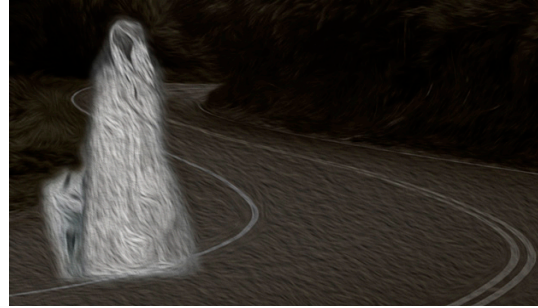
It is for this reason we say that:

WhaleSpirit Sanctuary is truly a sacred place in Hawaii where love, wisdom and transformation are manifested simply by being here.

LEARN MORE...

MADAME PELE

According to Hawaiian mythology, Pele the Fire Goddess lives in the volcano on the Big Island and is an extremely powerful and at times a vengeful being. Out of respect she is often referred to as Madame Pele or Tutu Pele.



She is both the creator and destroyer of the Hawaiian Islands. According to legend, Pele lives in one of the most active volcano, the summit of Kilauea, in Halema'uma'u crater.

NOTE: I can tell you with 100% certainty that this is NOT just a myth. When we see each other, remind me and I will share my story.
- Jeffrey

After settling in at WhaleSpirit Sanctuary be sure to take the time to pay homage to the Goddess Pele, with a "Ho'okupu" *gift from the Heart* (i.e. offerings of food, flowers, a song or prayer).

Custom suggests that if you see Madame Pele walking down the highway, or if she comes to your house or car, offer her a ride, or offer her something to eat or drink. She may appear as an older or younger woman dressed in all white (or she could be in the form of a white dog) as Madame Pele may appear to you in either human or canine form.



Treating Madame Pele like loving family is one way of offering her a gift from your Heart.

HO'OKUPU



Ho'okupu is offered whenever you want to express a deep heartfelt thanks. The Ho'okupu can be anything from kind words, a song, food, a meaningful object, flowers or even money. Ho'okupu conveys appreciation with a desire to strengthen the relationship between the giver and the receiver.

Ho'okupu forms a flow of a reciprocal relationship as both sides give and receive. In this way, the relationship maintains a balanced harmony so it can continue to flourish.

It is common custom that when you visit Madame Pele at Halema'uma'u crater, you give Ho'okupu: offerings of food, flowers, and/or gin. Pele is known for her love of Gin. It is tradition to wrap the Ho'okupu in a pū'olo or ti-leaf bundle.

Many people have shared that Madame Pele will always be grateful for your gifts as long as they come from the heart. If you give her a ride she may just suddenly disappear from your car as she blesses to have a great experience on the island and a safe journey until your next return.

LEARN MORE...

THE NIGHTMARCHERS



The Nightmarchers are the spirits of ancient Hawaiian warriors and they're said to roam the islands on certain nights visiting old battlefields and sacred sites. Our guests have shared that they have, at times, heard chanting, the blow of a conch shell, beating of drums or seen lit torches move along the Pali. Some even felt 'something' marching through the sanctuary, down towards the bay.

Custom advises, if possible, to immediately return indoors and/or lie quietly on your stomach, offer a prayer and do not make eye contact until you feel they have fully passed.

TAKE PHOTOS LEAVE LAVA

A well-known 'myth' in Hawaii is Pele's Curse for taking lava. It is believed that any visitor who takes rock or sand away from the Hawaii islands will suffer bad luck until the native Hawaiian elements are returned.

NOTE: Some believe that this 'warning' was started by a disgruntled park ranger who was upset and claimed *"If every visitor took a rock home with them within 15 years this part of the island would be left void and barren for future visitors to enjoy."*

For anyone who has spent even a little time in the sacred energy of Hawaii, they will tell you that there is definitely something powerful and magical that exists on these islands and ***it definitely should not be ignored.***

Each year, park rangers are flooded with thousands of packages from past visitors returning even little bits of lava expressing it is clear this is not just a 'myth'.

LEI OFFERINGS

There is an ancient custom of offering and wearing of a lei. Wearing a lei represented wealth, royalty, and communicated rank.

A big taboo is refusing a lei offering. If sensitive or allergic to the flower, accept and then discreetly and apologetically slip-off the lei. It is acceptable and considered a kind gesture to offer the lei to a loved one. It is impolite to give a closed (tied) lei to a pregnant woman. It is believed that closed lei around the neck is bad luck for the unborn child.

WARNING: Visitors are advised not to 'offer' a lei to the ocean!

Strings from the lei have proved to be deadly to wildlife
(i.e. found wrapped around the necks of strangled sea turtles).

WORDS WORTH LEARNING

HAWAIIAN SALUTATIONS

Aloha	Expression of love, affection, peace
aloha Kāhahiaka	Good morning
aloha 'Auinalā	Good afternoon
aloha Ahiahi	Good evening
aloha Awakea	Good day (generally 11am - 1pm)
e mālama pono!	Take good care
ke akua pū	God be with you
Mahalo	Thanks
mahalo nui	Much thanks
mahalo a nui loa	Thanks very much
mahalo piha	Whole-hearted gratitude
me ka mahalo nui	With much gratitude

SACRED WORDS

aloha `āina	[ah loh' hah AI' nah]	love of the land
akua	[ah' koo (w)ah]	God, Goddess, spirit, divine, supernatural,
heiau	[he'i' (y)au']	place of worship, shrine.
hō`ailona	[HOH' ai loh nah]	omen, sign, portent, symbol
kapu	[kah' poo]	sacredness, holy, consecrated; a taboo
ike	[ee' keh]	to know; to receive revelations from the gods
haili moe	[hai' lee moe']	premonition, as in a dream
ho`oponopono	[hoh' oh poh' noh poh' noh]	mental cleansing: in which relationships are set right with prayer, forgiveness.
kahuna	[kah hoo' nah]	priest, sorcerer, magician, wizard, expert
kapu	[kah' poo]	sacredness, holy, consecrated; taboo
kupua	[koo poo'(w)ah]	demigod or a supernatural being
mālama	[MAH' lah mah]	to serve, honor, as God, protect, to care for.
mana	[mah' nah]	supernatural or divine power, spiritual force
mauli ola	[mau' lee(y)oh' lah]	breath of life, power of healing
pule	[poo' leh]	prayer, magic spell, blessing, say grace
uhane kia`i	[oo hah' neh ke ah' e']	guardian spirit