

Content

The workshop teaches the basis knowledge of Ho'oponopono LomiLomiSM according to Kumu Alapai's family tradition. But we will learn far more than a massage technique. We will connect with the spirit of Hawai'i and the a AKUAS (gods) and KUPUNAS (ancestors) of the land. We will immerse into the cultural arts and traditions of Hawai'i and learn ancient and secret knowledge (HUNA) like PULE (prayer), MELE (songs), OLI (chants, protocol), cleansing rituals and HULA (dance). We will learn to work with people in connection to AKUA and the higher forces: with respect and compassion, honouring ourselves and the ones coming to us. The workshop will be held in the true Spirit of ALOHA.

The workshop consists out of three modules (Level A – C). Participants will receive a confirmation for each module. Participation in workshop Level A will gain knowledge for giving a two hour full body Ho'oponopono LomiLomiSM (back only). We recommend to take part in all three modules.

Participants of all three moduls will receive a certificate.

Kumu Alapai offers training for serious Ho'oponopono LomiLomiSM practitioners.

Teachers training is not available. Permission for teaching will not be permitted.

What the HAUMANA will learn:

***) Please contact us for workshopcosts**

Level A (Basic)

Hawaiian Protocol prayers and chants (PULE, MELE, OLI)
Cleansing Rituals
HO'OPONOPONO (releasing process)
LomiLomi techniques (back of the body)
Basic HULA

Level A (Germany): _____ * (travel, accomodation and meals not included)

Level B (Advanced)

Review of Level A
Hawaiian Protocol prayers and chants (PULE, MELE, OLI)
Advanced LomiLomi techniques and strokes (front of the body)
Abdominal structure (palpation)
Clearing process with: Open eye meditation
Opening Mana (shakra) energy work in ourselves
LomiLomi (touch)
HO'OPONOPONO
HULA

Level B (Germany): _____ * (travel, accomodation and meals not included)

Level C (Graduate)

Review of Level A and Level B
Hawaiian Protocol prayers and chants (PULE, MELE, OLI)
Advanced LomiLomi techniques and strokes Level C
Mana Points
Recognize ailments and assist in healing through
Introduction La'au Lapa'au (healing with herbs)
HO'OPONOPONO
HULA

Level C (Kauai): _____ * (travel, accomodation and meals not included)

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For Hawaii/USA/CAN/AUS: halehooponopono@yahoo.com , <http://www.allenalapailomilomi.com>



Kulia I ka nu'u ka mana'o 'o na Kupuna
("Strive for the highest, by the guidance of our ancestors")



Ho'oponopono LomiLomiSM Workshop
Kumu Allen Alapai and Kumu Kahili Alapai

**Basic Workshop : April / November
in Europe (South Germany), Lake of Constance Area**

(detailed schedule please find at: www.allenalapai.de)

Ho'oponopono LomiLomiSM

“Ho'oponopono” means to make things right, to make balance (pono), to be in harmony with yourself, your family, your environment and your community.

Forgiveness is the key for healing. It's about releasing the four main negative energies the body holds: fear, anger, jealousy and sadness which can cause blockades and knots in the body.

“LomiLomi” is the Hawaiian art of healing the mind, body, heart and spirit. Using the proper protocols of PULE (prayer), OLI (chants), MELE (songs) and HULA (dance). We become the instrument, the channel that can heal people. LomiLomi is more than a massage. It is an ancient Hawaiian healing tradition that uses many kinds of techniques. It's known for being a soothing, flowing, gentle and relaxing experience. What's been released by Ho'oponopono on a mental and emotional level can be released by LomiLomi on a physical level.

Allen Alapa'i – Kumu (teacher) Ho'oponopono LomiLomiSM



Aloha Kakou (Aloha to everyone). My name is Allen Kealaelia Alapa'i. I am the Ambassador of my family. I represent my Na Makua (my mom and dad), my Na Kupuna (grandmother and grandfather), and my Kaikua'ana and Kaikua'hine (brothers and sisters.) I have been very thankful to the many Na Kumu (teachers), and Na Kupuna who shared their knowledge with me and helped guide me on this Lifes journey. These are my teachers and my guides of Aloha. Aloha is the Hawaiian way to remind each other to be thankful

everyday for the breath of life. This knowledge was never shared outside of my family. It was only kept in my ohana (family) until now ... in my generation. My apprenticeship of my family's art of healing the heart, mind, body and spirit started at the age of six years old. I am one of twelve children. I have seven sisters and four brothers and out of the twelve of us...my grandmother picked me to carry on our family's sacred healing work Ho'oponopono LomiLomiSM.

The “MANA”

“MANA” is the spiritual life force, power, that guides us in this ancient Hawaiian healing work. It is the power, the energy we will receive, when using the proper protocols of PULE (prayers) and OLI (chants). This is the direct connection to all of the AKUAS (gods), to the KUPUNA (ancestors) and the higher forces that helps us every moment in this sacred healing service to others.

The “ALOHA”

“ALOHA” is the Hawaiians way we greet each other. But it has a deeper meaning than just a greeting to each other. ALOHA means the “Breath of Life”. So when we say ALOHA to each other we are really saying that “I am happy to see you...full with the Breath of Life” meaning that you are still alive and well. My teacher (my grandmother) also taught us that ALOHA means unconditional LOVE. This is the energy (MANA) and the right attitude we need to heal people. As a young boy growing up my grandmother told me ... “that one day the world will be coming to Hawai'i ... in search of LOVE and the ALOHA...HO'O MA'KAUKAU (to be ready)”, because this will happen in my generation. This is why I am here ... to share the ALOHA unconditionally.

“E ALA E” (to wake up)

I am here to represent my Hawaiian genealogy, my grandmother, my ancestors and the elders of Hawaii that guides me. I was given this mission to come, to share and teach the real “Hawaiian Way”...the proper way! As a native Hawaiian...it is my KULEANA (responsibility) to stand up for my Hawaiian culture that is being misunderstood here by many people who are using the Hawaiian culture improperly! I am so ready to share my family's HUNA (secrets) and knowledge to all who will listen with their hearts ... and not with their minds.

Because **ALOHA CAN HEAL THE WORLD !**

Antoinette Kahili Alapa'i – Kumu (teacher) of the Hawaiian Cultural Arts



My name is Kahililaulani Kaeo Alapa'i, named after my grandmother. I am an Kanaka Maoli (native hawaiian). I grew up on the West shores of Oahu, farming, fishing and gathering the herbs la'au lapa'au for healing. My mother Jean Kawehionapua Kaeo was an hawaiian Kupuna teaching mele (music), hula (dance), ho'oponopono, and aids in spiritual and physical ailments. She has helped many and all remembers her for her laughter. Growing up with mom, this was a way of life and it became mine. I continue

to carry on her knowledge and teachings with my own ohana (family) and others alike around the world and most of all in my homeland Hawai'i .

The “HULA”

Traditional Hawaiian Dance carried on through lineage – is expressed with Love (ALOHA), poise, strength and dignity of our culture. Both, ancient and modern. Honouring the ancestors, land, water and everything with spiritual connection.

Workshop of OHANA

Allen Alapa'i: “I am in search of a HUI OHANA (group of family healers) that will be part of my team. HANAI is the Hawaiian word which means “to adopt, to bring into a family”. This is the protocol I will use. We will do a ritual that the HAUMANA (students) will actually represent my lineage, my grandmother, my ancestors. They will be really family.”

Be welcome to join us on this journey — we will share the spiritual, mental, emotional and physical healing through this art of Ho'oponopono LomiLomiSM. We look forward to all our time together. Mahalo

Me ke Aloha Pumehana

Kumu Alapa'i und Kumu Kahili



Scenic Beauties from Kauai