

ENSEÑANZA UNIVERSAL YOGA-MEDITACIÓN



PRIMER LIBRO



TEORÍA Y PRÁCTICA PARA SER FELIZ



por Master Roger www.yogaspain.es



KA BUKE MUA na ka Haku Roger

OLELO HOOLAHA

Ho' okumu' o Master Roger i kahi' ao' ao WEB i Nowemapa 2009 a ua kūle' a nui kāna kumumana' o i' ae' ia e ka honua holo' oko' a. I loko o ' ekolu a me ka hapa makahiki o ke ola' ana, ua' oi aku ma mua o 22,000,000 mau kipa:

www.yogaespaña.es www.yogaespaña.es www.yogaroger.com ' O ke

a' o' ana a Master Roger he Universal. Ua uhi ia i na hoomana a pau, a he wahi ko na mea ola a pau, he kanaka, holoholona a he ano. Ho' okahi mākou a inā ' ike mākou i ke aloha, mahalo a mālama kekahi i kekahi, hiki iā mākou ke ho' ololi i kēia ao i Paradaiso.

Hā' awi kēia puke iā mākou i nā' ōlelo a' oa' o pehea e alaka' i ai i kahi ola hau' oli. ' O ka ma' alahi o nā' ōlelo a ka Haku Roger e hō' ike ai iā ia iho e hiki ai i nā mea a pau ke ho' omaopopo iā lākou a pēlā e wehe ai i nā na' au o kēlā me kēia o mākou.

Ke a' o mai nei' o Master Roger iā mākou pehea e hana ai mākou i mea e hana maika' i ai i ke ola a lilo i po' e maika' i e like me ke koi' ana o ke Akua iā mākou i kāna mau kauoha 10. A laila hiki iā mākou ke hau' oli.





HELU MOKUNA

MAHELE MUA. KE A'O E HALELU

1. HE MOEUEU OLA _____
2. KA HAAWINA A makou e amo nei.
3. KE KANAWAI O KARMA.
4. NA PUAU EKOLU: KA PUU MAEMAE, KA PUU ALOHA, A ME KA PUU ALOHA. _____
5. Hookahi akua no na mea a pau. _____
6. NA KANAWAI he umi o ke kanawai o ke akua BUDDHA. _____
7. NA KANAWAI 10 O KE KANAWAI O KE AKUA. _____
8. E ninau ia oe iho, aole i ke Akua. _____
9. NA SEKTA / HOOMANA A ME NA SEKTA.
10. KE KUMU O NA INO A PAU. MAKEMAKE. _____
11. E hoomaopopo me ka puuwai i ke ao ana. _____
12. KA PARADAIISO. Pehea e ki' i ai i Paradaiso. _____
13. KA MAIKAI A ME KA INO . _____
14. OLA. HE MIRAGE KE OLA. HE OLA KE KEAKA. _____
15. ELUA ALA O KE OLA. _____
16. 10 NA MEA I KE OLA. _____
17. Owau no ke ao holookoa, o ke ao nei ia'u. _____
18. E malama oe ia oe iho. _____
19. NĀ HO' OPI' I PO' O NEGATI A ME NEGATIVE NEGATIVE. _____
20. NA AEIU. _____
21. O'U, KA PILI A ME KONA HANA. _____
22. NA MA'I O KE KINO AME KA MANAO: KA HIKI MAI A ME KA HOALA ANA. KA POE MA'I AOLE. _____
23. KA HUA O ka maikai a me ka ino. _____
24. MIHI. _____
25. NA MAKU'U, NA MAKU'U, A ME NA MAHELE.
26. I HALA, I keia wa, i keia mua aku. _____
27. LOA KE OLA, KA WAIWAI, A ME KE ALOHA.
28. KA MANTRA. Pehea e ho' oma' ama' a ai i ke olakino, lō' ihi ke ola a lilo i BUDDHA e hiki mai ana. NA MANAO O KA MANTRA. _____

29. ALOHA.

30. LAUA.

31. KA MOKUNA A ME KA PONOGRAPIKA.

32. KANE, WAHINE, MARE ME KA OHANA.

33. NA MA'I A ME KA HOOLA ANA.

34. HANA HOU 35. KA CELL.

36. MANAO PONO.

37. KA MAKEMAKE.

38. Pehea e lilo ai i mea make ole.

39. KA HOOPAI.

40. KA MEA AINA AINA .

MAHELE ELUA. NA OLELO POKOLE

1. KAAPULE KOKO.

2. HANA.

3. E MILIONA.

4. KA WAHINE.

5. NA POINO OLA.

6. KANAKA WAIWAI A KANAKA ilihune.

7. NA HOOPAKUNA.

8. PUHI.

9. ALAILA.

10. KAUA.

11. KOKUA.

12. KA AINA.

MAHELE EKOLU. KA MANAO A ME KA HANA O YOGA

KA MANAO YOGA

YOGA I KE OLA ME KE OLA LOA.

HANA YOGA

HANA YOGA Uhane

MAHALO ME KA PUUWAI



MAHELE MUA

KE A'O E HALELU

1.- HE MOEUEU OLA

He moe' uhanē ke ola, he moe' uhanē ke ola. Wahi a ka puke mo' olelo "Diamond" a Buddha, ' o nā ki' i a pau, he mau mirage, he mau ki' i ho' opunipuni. Ua ' olelo pū ' o Buddha, ' o nā ki' i, ua like ke ola me ka hau kakahiaka, i ka puka ' ana o ka lā, nalo ka hau.

Ua like ke ola me ka uila, hiki mai kēia i ka manawa, ua like ia me ka hau. ' O nā mea a pau i' ike, ho' opā a ola, ' o kōu mea e noho nei me kōu mau maka, e like me ka Buddha, he moe' uhanē, ' a' ole ia he mea maoli. ' O Buddha lāua ' o Iesū Kristo, he po' e i ala a' e i kā lākou moe' uhanē. Ua ' ike lākou he moe' uhanē wale nō ke ola, ' a' ohe mea maoli, he moe' uhanē wale nō, he moe' uhanē wale nō. ' O nā mea a pau a mākou e ' ike ai a mana' o paha, nā mea a pau i hānau ' ia, make a nalowale: nā mea, nā kānaka, ka mana, ke kālā, ka waiwai. Ma mua o kōu lilo ' ana i mea ' ē a' e a i ka wā e hiki mai ana paha na kōu keiki a na kekahi ' ē a' e paha. Hele mai nā mea a pau, ' a' ohe mea mau. ' O ia ho' i, inā makemake ' oe i ka maika' i o kōu ola, kōu wā e hiki mai ana a ma hope o ka make ' ana, pono ' oe e hana i nā mea maika' i, a maika' i kōu ola: e hau' oli ' oe i ke koena o kōu ola ma ke ' ano maika' i a ma hope o ka make e hau' oli ' oe i kahi ola maika' i. ' O nā mea maika' i ke kōkua i nā po' e ' ē a' e. Ua ho' ola' a' o Buddha a me Iesū Kristo i ko lākou ola holo' oko' a i nā po' e ' ē a' e. Ua ' eha a make lākou no nā mea ' ē a' e, ' a' ole no ko lākou pono pono' ī, no ka mea, ua ' ike lākou ua like ke ola me kahi ki' i' oni' oni. ' A' ole maoli nā ki' i' oni' oni a mākou e ' ike nei, aia kahi palapala, kahi alaka' i a me kekahi mau mea hana keaka, ' ike mākou he mana' o kā mākou e ' ike nei, ' a' ohe mea maoli. ' O ka mea i hō' ike ' ia ma ka pale he ki' i, ' a' ohe mea maoli, he ne' e wili wale ia o 25 mau ki' i i kekona, me he mea lā ke ne' e nei, akā ' o ka ' oia' i' o he 25 mau papa i kekona. Ua like ke ola, mana' o ' oe e huli ana, ne' e, akā ' a' ole. Me he mea la ia kakou e moeuhane ana. I kekahi manawa, he moeuhane ko makou, a oia makou e moeuhane ana, me he mea la aole ia he moeuhane, mana' o makou he oiaio ia, nolaila, makau makou, ua eha makou, ua uwe ko makou kino, a ua ike makou i ka weliweli. maka. Hiki koke, ke wehe mākou i ko mākou mau maka, ma hope o ka maka' u, ho' omaha mākou ke ' ike mākou he mea maoli wale nō.

au a moe' uhanē, He aha ' A' ole au

Ke kuhi hewa nei ka po' e, ' a' ole lākou i' ike he ' elua mau moe' uhanē, ' o ka moe' uhanē ke hiamoe mākou, me ko mākou mau maka.

pa' a a' o kekahi ke wehe' oe i kou mau maka a ke noho nei' oe i kahi moe' uhane i loko o kahi moe' uhane' ē a' e, no laila' a' ole' oe i ha' alele i ka moe' uhane. Ua like ia me ka hypnosis. He kauoha na ke kumu, oiai oe e hypnotized, e like me "Ke olelo au i ka 1, 2, 3, ala oe a i ka'u olelo ana "1 oe e" Hāu ", hau, ke olelo au "2" , oe. e ' ōlelo "miao, miao" A i ka' u' ōlelo' ana "1,2,3", e aʻa' oe me ka hāmama o kou mau maka, akā' o' oe nō ka hypnotized.

No laila, ke' ōlelo ke kumu "1" ' ōlelo' oe "" hau, hau", ke' ōlelo' o ia "2" a' ōlelo' oe "miao, miao" me ka hāmama o kou mau maka, ' o ia ho' i ke mana' o' i' o nei mākou' a' ole mākou he moe' uhane, akā mākou. hewa, ke moeuhane nei makou. ' O ke ola, mai ka hānau' ana a hiki i kēia manawa, piha i nā ki' i maika' i a me nā mea' ino me nā mea aloha, nā hoaaloha, nā po' e i hānau' ia, make, nā pō' ino, nā ma' i a me nā mea a pau, make a ha' alele iā mākou.

' Ike mākou i ka make' ana o nā hoaaloha a me nā mea aloha, akā i kekahi lā' o ko mākou manawa e make ai, i kēlā me kēia manawa a me ka' ōlelo' ole. Wahi a Buddha, ' o nā mea a pau āna e' ike ai a ho' opā paha, ' o kēlā me kēia' ano ki' i he mirage, ' a' ohe mea maoli. Ua ho' ola' a' o Iesu Kristo a me Buddha i kekahi i kekahi ma kēia moe' uhane. No ka mea aia mākou i loko o ka moe' uhane, e ho' ā' o e' oi aku ka maika' i, ' o ia kāu mea e hana ai, e hana i nā mea maika' i.

Mana' o ka hapa nui o ka po' e' a' ole he moe' uhane ke ola, mana' o lākou he ' oia' i' o, ' o ia ke kumu e hana ai lākou i nā mea a pau, nā mea a pau e hana ai, ho' omāinoino i nā po' e' ē a' e, ho' ohana i nā mea' ē a' e, hana i nā mea āpau, i nā mea a pau, no ko lākou pono pono' ī, no kou makemake.

Makemake lākou e loa' a i kā lākou mau makemake a pau, me ko lākou mau mana' o maika' i' ole. Mana' o lākou: inā wau e ho' ohana i kēia, pehea ka nui o ka loa' a ia' u? Akā, ua hewa lākou, ' ike' ia nā mea a pau a mākou e hana ai, ' o ia ka manawa. Hana' ino ka po' e' aihue, ' a' ole li' uli' u e hopu' ia lākou a hele i ka hale pa' aha, ' o ia ka manawa. ' Ike' ia nā mea a pau a mākou e hana ai, ' o ia ka manawa. Ke hana ' oe i nā mea maika' i' ole, ke hō' oia' i' o nei au iā' oe, pau lākou i ka maika' i ' ole. Nui nā po' e i ka mana a me nā kama' āina i hewa loa ke makemake lākou i ka hāpai' ana a kāko' o i ka pepehi kanaka. A hiki i kēia manawa, 9,200,000 mau keiki hala' ole i pepehi' ia ma ka honua. Ua pepehi nā kōnaka i kā lākou mau keiki pono' ī, 9,200,000 pēpē. Ua nalowale kēlā mau' uhane, a alualu i ka po' e pepehi kanaka, e kali ana i ka manawa maika' i loa e ho' opa' i ai.

E ho' omana' o, he kuleana ko kēlā me kēia kanaka e ho' opa' i. E no' ono' o, inā pepehi kekahi i kāu keiki a pepehi paha iā' oe, ' a' ole' oe makemake e ho' opa' i? ' Ae, ' oia' i' o, ke kali nei' o ia i ka manawa maika' i loa e ho' opa' i ai. Aia nā' uhane 9,200,000 a pau ma hope o kā lākou po' e pepehi kanaka. ' O nā mea a pau e kāko' o a kōkua paha i ka pepehi' ana i nā keiki hala' ole, nā mea a pau i makemake' ia, nā kauka, nā kōnaka ikaika, ' a' ole pili' o wai, e uku no ia mea, no ka makemake o ka pepehi kanaka. ' O kēlā mau' uhane nalowale a pau e hele ma hope o kā lākou pepehi kanaka. ' O ka hapa nui o lākou, ke hiki i ka wā' elemakule, ' a' ohe hopena maika' i.

Ho' opau kāu mau keiki a mo' opuna paha i ka hana a kou makua kāne a kupuna kāne paha. E uku nui ia keia hana ino iloko o keia moeuhane. ' A' ohe mea ' oia' i' o i loko o kēia moe' uhane, no laila ke paipai aku nei au e ho' ā' o' oe e ala mai kēia moe' uhane, e ho' ā' o e ho' ohana pono i kēia huaka' i i ka Honua a no laila e' olu' olu loa kēia moe iā' oe, kou' ohana a me nā mea a pau a puni' oe.

E ho' omana' o he moe' uhane wale nō, he moe' uhane wale nō ke ola, he moe' uhane wale nō. ' A' ole maoli ka mea i' ike' ia, ' o ia ka mea i' ōlelo' ia ma ka palapala hemolele o Buddha "Diamond". Ha' i mau' o Buddha i ka' oia' i' o.

Makemake wau e hiki iā' oe ke ho' omaopopo. E ho'ā' o e noho maluhia me ' oe iho, i kou' ohana, a me nā mea' ē a' e. E' olu' olu mau i ke ola, loa' a i kēlā me kēia kanaka ke kuleana like e ola e like me' oe a me a' u. ' O nā holoholona nō kēia kuleana, ' o nā mea kanu, nā kumulā' au a me ke' ano maoli ke kuleana like e ola ai.

Inā mākou e ho' ohaumia i ka wai, e ho' ohaumia mākou iā mākou iho, inā mākou e ho' ohaumia i ka ea, e ho' ohaumia mākou iā mākou iho, no ka mea, e hanu ana mākou a inu i kēlā wai. E pili ana kēia mau mea iā mākou iho.

E ho'ā' o e' eha, no ka mea, e' eha mākou.

' O ka mea a mākou e hana ai i loko o kēia moe' uhane, ma ke' ano he hana maika' i' ole, e ho' ā' o nei e ho' ohana i nā po' e' ē a' e a i' ole ka ho' ohana' ana i kou kūlana mana e paipai i nā po' e' ē a' e e pepehi, pepehi, pepehi, pepehi, pepehi a pepehi, i ka hopena, ' o' oe ka mua. , no ka mea, i loko o mākou, loa' a iā mākou kahi mea i kapa' ia' o "' ike". Ke hiki mai ko mākou manawa, ' o mākou wale nō a ho' opa' i mākou iā mākou iho. ' A' ole hiki iā mākou ke pakele i ka ho' opa' i a ke akua a i' ole ko mākou ho' opa' i pono' ī, ko mākou lunamana' o, hana mākou i kā mākou Gehena, ' a' ole nā akua. Ke ho' opa' i nei mākou iā mākou iho a' a' ole hiki iā mākou ke holo i waho iā mākou iho no ka mea he lunamana' o ma' ema' e ko mākou. Ho' opa' a inoa ' ia kēlā me kēia hewa e like me ka pahu' ele' ele o kahi mokulele. Ke hā' ule ka mokulele, pa' a mau ka pahu' ele' ele. Hiki iā' oe ke ho' opunipuni i nā po' e' ē a' e, ' a' ole' oe iā' oe iho. Ho' opa' a kou lunamana' o i kēlā me kēia hua' ōlelo, kēlā me kēia kekona a me nā hana maika' i' ole, akā ho' opa' a pū ia i nā hana maika' i e uku' ia e' oe iho a me nā mea' ē a' e.

E' olu' olu e ho' olohe mai ia' u.

Mahalo nui iā' oe



NUI HUI



2. KA HAAWINA A makou e amo nei

' O ka ukana ke ke' a o kēlā me kēia, ' o ia kā mākou e lawe ai i loko o kā mākou ' eke ' eke. ' O ka ' oi aku o ka ukana a mākou e lawe ai i loko o kā mākou ' eke ' eke (' eha, makemake, ' imi ...) ' oi aku ka pa' akikī o ke ola iā mākou.

Loa' a i kēlā me kēia kanaka ko lākou kaumaha, ' oi aku ka kaumaha o ka wā i hala. Mai poina i ke kaumaha o ka wā i hala, kēlā mau manawa o ka ' eha' eha a me ka ' eha a me nā kūlana maika' i ' ole o ka wā i hala e hō' ili' ili nei i loko o ko mākou mau mana' o. Inā ha' i kekahi iā ' oe i kahi hua' ōlelo āu e makemake ' ole ai, ho' okomo ' oe i loko o kāu ' eke, inā ' eha ' oe, ho' okomo pū ' oe i loko o kāu ' eke.

' Ehia mau manawa e hō' eha ai nā kānaka iā ' oe, ho' opunipuni a ho' opilikia iā ' oe! ... kau kēia mau mea a pau i loko o kāu ' eke ' eke. ' Oia i inā pololei ' oe, ' o kēia mau mea maika' i ' ole a me nā makemake i ho' okō ' ole ' ia, ho' okomo ' oe i loko a ' oi aku ka nui o nā mea āu e ho' okomo ai i loko ou, ' oi aku ke kaumaha o kāu ukana a ' oi aku ka nui o kou ke' a. Ke mānoanoa a kaumaha kou mana' o a ' a' ole hiki iā ' oe ke hele maika' i.

E nānā ma ke alanui, nui ka po' e hiki ' ole ke amo i ko lākou ke' a a pau ke kama' ilio ' ana iā lākou iho, e pane ana iā lākou iho, ' ike lākou i nā ' uhane ma nā wahi a pau, ' o ka hapa nui o lākou e ho' opau i ka haukapila psychiatric. Ma mua o ka pau ' ana i ka haukapila, hele ka hapa nui o lākou i kahi psychiatrist e ha' i i kā lākou mau mo' olelo, kuhikuhi ke kauka i nā lā' au e ho' omalu i ka hopohopo, a lilo lākou e like me kahi zombie. ' A' ole hiki iā ia ke ho' omalu i kona kino a pono ' o ia i nā lā' au hiamoe e ho' omaha ai. ' A' ole makemake ' o ia e ha' alele iā ia iho, ' o ke kālā. Mana' o mau ' oe: Mana' o wau, hana wau, makemake wau, ' o wau, wau, ' o wau ... ' O kēia wau a mākou i aloha nui ai e make koke, pau a laila ' a' ohe mea i koe, ' a' ole hele kēia me kēia wahi. A no kou makemake ' ole e ha' alele iā ia iho, ' oi aku ke kaumaha o ka ' eke ' eke a ' oi aku ka pa' akikī o ka ne' e ' ana i mua.

' O ia ke kumu e ha' alele ai ' oe i kēia mea e hō' eha nui iā mākou, pono ' oe e ho' oku' u i kou mau mana' o, kou makemake, ho' opa' i, mana' o maika' i ' ole, i ka pōkole: ho' oku' u i kou kaumaha. No kou pono ia, inā ' a' ole ' oe e ho' oku' u i kāu ukana, e pī' i a' e ke kaumaha. Ho' ā' o ' oe. E hopu i ka ' eke ' eke a ho' omaka e ho' opiha: kau i ke kilo, a laila 2 kilo.... 50 kilo, e ho' onui mau i 100, 200, 500 kilo... ' ehia ke kaumaha āu e pa' a ai? pa' a kekahi i 50 kilo a hā' ule, ' o kekahi a hiki i 100 ... akā i ka hopena hā' ule nā mea a pau. Pehea ka lō' ihi o kou ola ' ana? He mea nui e ho' oku' u i nā uku a pau. ' O ka Charge kahi mea maika' i ' ole, ' o ia ka no' ono' o maika' i ' ole, nā mea āpau e pili ana i kou kahe, nā mana' o.

No ka ho' oku' u ' ana i kekahi hana maika' i ' ole, hiki iā ' oe ke hana i ke kala ' ana me kou pu' uwai a pau i ka mea āu i hō' eha ai. Uku ia i ka pō' ino āu i hana ai i hiki iā ' oe ke ho' oku' u i kāu uku.

Pono ' oe e hele pilikino e noi aku i ke kala ' ana, pono ' oe e hana me kou pu' uwai, i ' ole ' a' ole hiki iā ' oe ke ho' oku' u iā ' oe iho. Inā hō' eha ka po' e iā ' oe, ' oia i ' a' ole lākou e noi i kala, pono ' oe e minamina i kēlā po' e.

' A' ohe mea i pakele i kā lākou mau hana maika' i' ole, e uku koke nā mea a pau. He mea pili i ka manawa. E lilo ana nā mea āpau iā' oe inā' a' ole' oe e ho' oku' u i kāu ukana a kala aku.

' O nā mea a pau āu e hana hewa ai, mai mana' o' oe' a' ohe mea i' ike: ' ike ka lani, ' ike kou lunamana' o, ' ike kekahi ... Mai hō' eha i kekahi. ' O ka manawa e ho' opunipuni ai' oe, ' aihue' oe....' a' ole' ike ka po' e, akā i kēia mua aku e' ike nā kākā. Ke hana nei' oe i kekahi mea, e no' ono' o' oe he miliona ka po' e e nānā nei i kāu hana. Mai ho' opunipuni' oe iā' oe iho, e' ike' ia a ma hope a' e a e uku' oe i kāu hewa. Ina aole pela, ua nele na halepaahao.

Loa' a i kēlā me kēia kanaka kona manawa a' a' ohe mea e pakele i ko lākou ho' opa' i. Ke hana' oe i ka hewa mau, i ka hopena e' ike lākou iā' oe.

' A' ohe mea i pakele i ka ho' ohewa' ia. ' O ka pilikia ka pono o ka hope. ' O ia ka mea ko' iko' i loa. Eia wale no ka halepaahao, me na mea oluolu a pau; moe, mea' ai, hale ha' uki, ' au' au wai ... nā mea' olu' olu a pau ... Akā' o ka ho' opa' i' ana o ke ola hope e ho' opa' i iā' oe i 100 mau makahiki i loko o ka hale pa' ahao, a laila' oki' oki iā' oe a ala hou kou' uhane e hele i ka hale pa' ahao a' oki' oki iā' oe. E' eha' oe i kēia' eha no 1,000,000 makahiki. ' A' ole like ma kēia honua, kahi i loko o ka hale pa' ahao e like me ka hele ho' omaha. Ke make' oe, ho' omaka kāu moe' uhane. ' O kēlā me ka maka nui. Mai lawe ma' alahi i nā mea a pau. Mana' o' i' o a' a' ole paha, aia ke kākāwai o ke akua.

' O ka po' e ho' oweliweli' a' ole mana' o' i' o i nā kākāwai aia i loko o ka hale pa' ahao, mana' o' i' o a' a' ole paha, pau lākou i ka hale pa' ahao. ' O kekahi mau pelekikena i pepehi i nā kākā he nui, e like me ka pelekikena o Suria, ka mea e luku nei i kona po' e, e ho' ohewa' ia ma ka honua. Ua uku' ia nā hana' ino, ' a' ohe mea i pakele. Pono' oe e kaumaha iā' oe iho no nā po' e' ē a' e, ' a' ole e mana' o i nā mea' ē a' e e' ālana no' oe. E like me ka pelekikena o Suria, inā' a' ole hana ka po' e kulanakauhale i kāna makemake, pepehi' o ia iā lākou. Inā kū ka po' e e kū' ē no ka hana' ole' ana, pono ka pelekikena e ha' alele a' a' ole e ho' omaka i ka pepehi kanaka me ka' ole e mālama i ka mana. E hele ana kēia i kahi? Inā hana' oe i nā mea a pau no ka po' e a hā' awi iā' oe iho no lākou, aloha nā kākā a pau iā' oe. Inā hana hewa' oe, ' a' ohe mea aloha iā' oe a inā aloha kekahi iā' oe ke hana hewa' oe, no ka loa' a' ana o ka waiwai, loa' a iā lākou kahi' āpana keke. He po' e pōmaika' i lākou i kāu mau hana maika' i' ole, he pū' ulu daimonio lākou a pau.

No ka wehe' ana i kou kaumaha, pono' oe e ho' omaopopo' o wau, ' o' oe a' o ia ho' i. Inā ho' omaka' oe e hana i nā' oko' a a laila ho' omaka nā hakakā, no ka mea, hele kēlā me kēia no ko lākou pono. Inā mākou i mana' o he ho' okahi mākou, e kala mau' oe iā' oe iho, no ka mea, kala mau' oe iā' oe iho inā hana hewa' oe. No laila pono' oe e kala aku i kekahi ke hana hewa lākou. No kou pono ia. Inā' a' ole' oe e kala aku i kekahi, e amo nō' oe i kēlā kaumaha, i kēlā' eha' eha, i ke kaumaha, ke kaumaha a i' ole ka makemake e ho' opa' i, a' a' ole' oe e ola maika' i, nui nā pilikia o kou olakino, ' o ia ke kumu e ho' oku' u ai' oe i kēia ukana, e ho' ā' o e waiho i na mea a pau. Inā' a' ole hiki iā' oe ke amo i kou ke' a, pehea' oe e amo ai i ke ke' a o ha' i? Pono kēlā me kēia kanaka e amo i kona ke' a. E' ae i ke ola e hiki mai ana: maika' i a maika' i' ole paha. Inā' a' ole' oe e' ae, e hō' ili' ili' oe i ke kaumaha ma ka' eke' eke. ' O ka nui o kāu mālama' ana, e' oi aku ka' ino. ' A' ohe mea nui, mai mana' o nui i nā mea, no kou pono pono' ī. Loa' a iā' oe nā pilikia e like me nā mea' ē a' e

honua, akā e no' ono' o' oe ua komo' oe i kēlā mau pilikia.

Inā no' ono' o wale' oe i ka pilikia' a' ole' oe e ho' opono pono.

' O ka po' e e ho' ā' o nei e hā' awi i ko lākou ke' a iā' oe a' ae' oe, hana hewa
' oe. Ua pilikia' oe i ka lawe' ana i nā pilikia o nā po' e' ē a' e. Inā ha' i kekahi iā' oe
i ko lākou mau pilikia, ' a' ole' oe hopohopo, pono' oe e mālama pono i ka
ho' opono pono' ana i kāu pilikia, no ka mea inā' a' ole' oe, e loa' a hou ana nā pilikia:
' o kāu a me nā mea' ē a' e, mahuahua kaumaha. Inā hiki iā' oe ke kōkua, e hana akā
mai lawe i ka mana' o o kekahi. Inā kōkua' oe i nā po' e' ē a' e, pono' oe e loa' a ka
palena, no ka mea inā e ho' ā' o' oe e ho' okau i kēlā palena, e nui ana nā pilikia. Kōkua
i nā manawa a pau e hiki ai iā' oe a hiki i ka palena a me ka ho' okaumaha' ole i ka
hopohopo o nā po' e' ē a' e. No laila e ola maika' i' oe. Kōkua' oe e like me kou hiki,
manawa. ' A' ohe mea hou a pōina' oe i ka pilikia o kekahi. Pono wale' oe e hopohopo
i kou mau pilikia, e ho' āla i kou po' o a e alo wau iā lākou. E ola ke kino no ka manawa
pōkole, ' o ka mea nui e noho mālie, maluhia a hau' oli.

No ia mea pono' oe e wehe i kāu' eke' eke. E hooki i ka mana' ino. No ka mea' oi aku
ka nui o kāu mālama' ana, ' oi aku ka nui o nā pilikia i loa' a iā' oe a' oi aku ka
pa' akikī o ka puka' ana mai kēia negativity. Inā mana' o' oe i nā mea maika' i' ole, e
hele mai nā mea maika' i' ole iā' oe. No ka mea ke kapa nei' oe i nā mea āpau me kou
mana' o maika' i' ole. a e loa' a iā' oe ka pō' ino. Ua komo' oe i loko o ka maika' i
' ole a' a' ole hiki iā' oe ke puka i waho no ka mea' a' ole' oe i' ike a laila hiki mai
ke olakino maika' i' ole, a me nā moe' uhanē.

' A' ole wau kēia kino. Ho' ohana wale mākou. Ho' ohana ka' uhanē. I kekahi lā ua haki
ke kino a' auhea wau? Nui ka paio, nui ke kālā... kou mau waiwai, kou' ohana maika' i
loa... e lawe pū anei' oe iā ia i ka lua kupapa' u?' a' ole maopopo. Inā' a' ole mākou e
lawe i kekahi mea, he aha ia mea? inā hewa nā mea, he aha kāu e hana ai? ko makou
kaumaha keia. Pono nā kākā a pau e ola i nā manawa kupanaha a me nā manawa
pa' akikī. He nui nā' ano o ke ola. Inā pono' oe e noho i ka pō, e ho' omanawanui i ka
pō' ele' ele me ka mālie. Inā' oe e' ae i ka pō' ele' ele a kali a hala, ' a' ohe pilikia,
inā' a' ole' oe e' ae, e loa' a iā' oe ke kaumaha nui, ' oi aku ka' eha, ' oi aku ke
kaumaha maika' i' ole ... a pili ia i kou olakino. He kaumaha nā mea a pau a he' ino iā
' oe. Wehe i keia kaumaha no kou pono. Inā' a' ole' oe e lawe i nā mea a pau, he pilikia
ia iā' oe a' a' ohe pono.

' O ia ke kumu e kali ho' omanawanui ai' o ia i ka hiki' ana mai o ka lā. Iā' oe me ka
no' ono' o maika' i' ole' a' ole hiki iā' oe ke ho' oholo i nā ho' oholo maika' i no
ka mea he mana' o maika' i' ole kou mana' o. ' O ia ke kumu he mea nui i ka wā e noho
ana' oe i nā kūlana maika' i' ole e no' ono' o' oe i ka maika' i, no laila e' ike' oe i
ka maika' i o ka wā e hiki mai ana. E kū i mua o ke aniani, inā hewa kou helehelena e
ho' ouna ke aniani i kahi ki' i maika' i' ole. Inā ho' okomo' oe i kou maka i ka maika' i,
ke hō' oia' i' o nei au e hā' awi ke aniani i kahi ki' i maika' i iā' oe.

No laila inā loa' a iā' oe nā kūlana maika' i' ole, e kau mau i kahi helehelena maika' i,
nā hana maika' i, nā' ōlelo maika' i a' oia' i' o ho' i e ho' ololi' oe i ka maika' i
' ole i ka maika' i. Mai huāhuā i kekahi no ka mea, ua loa' a iā ia nā manawa o ka pō' ino
ma mua, a e loa' a nō ho' i iā' oe kou manawa pōmaika' i. Ke hana nei ke ola me kēia,
aia nā manawa o ka pōmaika' i a me nā manawa o ka pō' ino. Inā' a' ole' oe i laki i
kēia manawa, mai ha' i mai ia' u ua pō' ino mau' oe, maopopo ia' u ua loa' a pū nō
ho' i' oe i kāu mau pae o ka pōmaika' i.

I kēia manawa ua pō' ele' ele akā hiki mai ka lā.

Pela ke ola. ' O ka maika' i a me ka hewa. Inā ' oe e ' ae i kēia me kou pu' uwai,
' oia' i' o e ola maika' i' oe.

E ho' oku' u i ka ukana, mai kau i ka ukana hou aku ma kāu' eke' eke, ' a' ohe mea nui.
E' ae i kāu mea me kou pu' uwai, no ka mea, ' a' ohe mea nui. Inā ' oe e ' ae i ka
mea e hiki mai ana iā ' oe, ' oia' i' o e puka koke ' oe mai nā kūlana maika' i
' ole. Holo wikiwiki ka pō' ino. E ho'ā' o e kōkua i ka po' e, e hana i nā hana maika' i
no nā po' e ' ē a' e, no laila e hele wikiwiki a' e kou pō' ino a loa' a iā ' oe ka
pōmaika' i. Pono nā po' e he nui i kāu kōkua, hā' awi i ka ' ōlelo a' o, hā' awi
manawale' a, kōkua i nā po' e a no laila hiki iā ' oe ke puka i waho o nā kūlana
maika' i' ole. ' O ka maika' i e lawe mai i ka maika' i, ' o ka maika' i ka maika' i.
' O nā mea' ē a' e ' o' oe a' o' oe nā mea' ē a' e.

Pono lākou e ' ike.

Mahalo nui iā ' oe.



NUI HUI



3.- KE KANAWAI O KARMA

Ua ' ike nā kānaka a pau i ke kānāwai o Karma. ' O ka mea āu i hana hewa ai, pono ' oe e uku. ' A' ohe mea e pakele i ko lākou ho' opa' i.

Inā ua hana maika' i ' oe a kōkua i nā kānaka, e loa' a koke iā ' oe kāu uku. ' O kēia ke kānāwai o ka karma. Nui ka po' e i mana' o' i' o' ole i ke kānāwai o Karma. ' O ka hewa mua, mana' o ka po' e ' o wau kēia kino, ko mākou kino. ' A' ole wau ke kino, na' u ia akā ' a' ole wau. Na'u keia mau lole aka, aole na'u, na'u keia mea hana aka, aole na'u, na'u keia kapa, aole na'u. ' O ko' u ka' a ko' u ka' a, ' o ka hale ko' u hale... ' a' ole na' u. No'u keia mau mea a pau, aole na'u keia mau mea a pau, na'u no lakou, aole na'u. Ua mana' o' oe ' o wau kēia kino, na' u ia akā ' a' ole wau. Ho' ohana ' ia kēia kino e ka ' uhane e ola hou, e ho' ohana ' ia kēia kino a kiola ' ia. E like me ka paka, ke puhi ' oe iā ia e kiola ' oe a ' o ia nō. ' O ke kino, i ka wā e haki ai, make a maika' i ' ole no kekahi mea, ho' olei ' ia e like me ka paka.

A' o ia, ' a' ohe mea ' ē a' e.

Mana' o ka po' e inā he reincarnation. ' Oia' i' o, a inā ' a' ole ' oe e mana' o' i' o, e nīnau i ka Pūnaeweke, hiki iā ' oe ke hana i kahi kau hypnosis a hiki iā ' oe ke ' ike i kou ola i hala. Ua pili kou ola i kēia manawa me kou ola i hala. No ka mea, inā ' a' ohe ola i hala, ua like nā mea a pau; e waiwai ana nā kānaka a pau, lō' ihi ke ola, olakino... no ke aha i hānau ' ia ai ka po' e he nui i loko o ka ' ohana ' ilihune a make i ka pōloli? No ke aha i loa' a ai nā ma' i mai ka hānau ' ana mai? No ke aha i u' i ai kekahi po' e a ' ino kekahi?

No ka mea? ' O kēia mau ' oko' a āpau e pili ana i kona ola i hala, pono lākou e hana pololei me ke kānāwai o Karma. ' O ia ke kānāwai o ke kumu a me ka hopena. E like me kēia ola, inā ' oe ' ōpio ' a' ole ' oe e hana a ' a' ole mālama kālā, i kekahi lā e ho' omaha ai ' oe, ' a' ohe ou kālā e ho' olilo ai. Inā ' a' ole ' oe e mālama, ' a' ohe kālā.

Ua kuhihewa ka po' e a mana' o lākou ' o wau kēia kino. ' A' ole, ' a' ole ' oe. ' O' oe ka ' Uhane. Ua like ka ' Uhane me ke kahawai o ka mālamalama a ua like ke kino me ka ' ōpu' u. Ke hiki aku ke au i ka ipukukui, e aa ana, ua like ke kino me ka ipukukui, a ua like ka uhane me ke au. Ke ne' e nei ke kino ke loa' a ka ' uhane. Inā ' a' ohe ' uhane o ke kino, ua like ia me ka ' ōpu' u kukui mana ' ole: pio a make. He kino ola ' ole ke kupapa' u e like me ka ' ōpu' u kukui i pio. Mai kuhi hewa ' a' ole wau kēia kino. Nou keia kino, aole nau. Ke hana hewa ' oe, no ka mana' o pono' i ma' ema' e, no kēia kino, no ka ho' omā' ona ' ana i kēia kino ' a' ole ' oe.

Inā he miliona papahale ka miliona, ' a' ole hiki iā ia ke noho ma luna o ho' okahi miliona papa i ka manawa like, hiki iā ia ke noho ma ka papahale ho' okahi i ka manawa. ' Oia i inā he nui kāu kālā, ua like kou ' ōpū

' oi aku ka nui ma mua o ka mea' ilihune, ' elua a' ekolu paha kilokani mea' ai i kūpono i loko o ka' ōpū, ' a' ohe wahi e' oi aku. ' A' ole hiki iā' oe ke' ai i nā tonana mea' ai, ' a' ole hiki i ka' ōpū ke pa' a i 1,000 kg o ka mea' ai. Ho' omaopopo wale' oe' a' ole wau kēia kino. Pilikia mākou e hā' awi i nā makemake i ke kino. Inā ho' omaopopo' oe' a' ole' o wau kēia kino, a laila e pau ' oe i ka lilo' ana. Pilikia nā kānaka no ka mea, mana' o lākou' o wau kēia kino.

' O' oe ka' uthane. Ua like ke kino me ka ipukukui a me ka' uthane e like me ke au, i ka wā e haki ai ke kukui, ho' ololi' oe a ho' okomo i kekahi, e like me ke kino. ' A' ohe mea makemake e hō' oia' o kou kino kēia akā' a' ole' oe. Inā maopopo iā' oe kēia hana mua, e ho' ololi ia i kou ola no ka maika' i. E' olu' olu e ho' ā' o e ho' omaopopo. No ke aha' oe e hana hewa ai? no laila?. E hoohana i ke kino e hana maikai, no ka mea, aole oe i ike i kou wa e make ai.

I kēlā me kēia lā he nui ka po' e e make, ' a' ole e ola mau kou kino, he kakaikahi ka po' e i' oi aku ma mua o 100 makahiki, ua piha ka ilina i nā kānaka o nā makahiki āpau. ' A' ole' oe' ike i kou lā hope. Inā ho' omaopopo' oe i kēia, e pau' oe i ka ho' opa' apa' a.

Ke make' oe, kou' ohana, kou waiwai, kou ka' a, kou hale... nā mea a pau āu e loa' a ai, ' a' ole' oe e lawe pū me' oe i ka lua kupapa' u, ' a' ole hiki iā' oe ke lawe pū me' oe, pono' oe e ha' alele i nā mea āpau. ' A' ohe kanaka e lawe i kekahi mea i ka lua kupapa' u. ' O ia ke kumu' a' ole pono' oe e no' ono' o a hō' ili' ili i nā mea he nui. ' O ka mea wale nō āu e lawe ai i kou wā e make ai, ' o ia kāu i hana ai, kāu mau hana maika' i a maika' i' ole. ' O kēia ka mea āu e lawe ai a loa' a nā hopena i kou ola a' e.

' O nā hana maika' i a maika' i' ole paha ka mea āu e lawe ai. ' O ia kāu e lawe ai mai kēia ola. E nānā i ka TV... ' ino loa! Nani ka mana' o pono' ī i ka honua! ' O ka po' e' ino loa ka po' e kālai' āina, no ka mea, ke' aihue ke kanaka i kekahi, ' ai' ē wale nō' o ia i kēlā kanaka. Akā, ' o ka po' e kālai' āina i' aihue mai ke kūlanakauhale holo' oko' a, ' ai' ē lākou i ke kaona holo' oko' a, i kēlā me kēia o kēlā po' e a i ko lākou ola e hiki mai ana e uku lākou i kēlā me kēia o nā kama' āina, i kēlā me kēia kanaka i loko o ke kaiāulu.

Ma hope a ma hope paha e uku mākou a pau i ka hopena o kā mākou hana. Inā ' a' ole mākou e uku iā lākou i kēia ola, ma nā ola e hiki mai ana e uku' oe i nā mea a pau āu i hana hewa ai. ' A' ohe mea i pakele.

' O nā hana a pau āu e hana ai e kū' ē i ke kānāwai, ma hope a ma hope paha e uku ' oe no ia. Ua kapaia ke kanawai o Karma. Pono' oe e' ike i kēia. Pono' oe e ho' omaopopo. Me kou pu' uwai a pau e pono ai' oe e mana' o' i' o. Inā ' a' ole mana' o' i' o ke kanaka i ke kānāwai o Karma, hiki iā lākou ke hana i nā hana' ino, e like me nā mea ho' oweliweli i kanu i nā pōkā a pepehi i nā kānaka hala' ole he nui. ' O ka mea kālai' āina i' aihue miliona mai ka po' e a i' ole ho' opau i ke kālā o nā kānaka, ' a' ole mana' o' i' o i ke Akua, ' a' ole ho' i i kona lunamana' o pono' ī, ' oi aku ka lī' ilī' i i ke kānāwai o Karma, ' o ia ke kumu e hana ai' o ia i nā hana maika' i' ole no kona mana' o' a' ole he hopena. no ka mea, he mana' o pono' ī ' o ia a no' ono' o wale i kou pono. E uku nui ia.

' A' ole hiki i nā wahine hāpai keiki ke loa' a nā hopena olakino, no ka pepehi' ana i kā lākou keiki. Inā ' a' ole hiki iā' oe ke kāko' o i kēlā keiki āu i hana ai, e noi i ke kōkua i hānau' ia kāu keiki a laila hā' awi iā ia no ka ho' okama' ana, akā, mai pepehi i kāu keiki. Loa' a nā hopena maika' i' ole i nā mea a pau i ka wā e hiki mai ana. ' A' ole kēia he pā' ani keiki. Inā loa' a kahi hāpai i makemake' ole' ia, ' elua mau hewa: ke kāne a me ka wahine. ua hewa laua a

kuleana. Inā makemake nui ' oe i ka moe kolohe, hiki i ke kāne ke ho' okomo i ka condom i' ole e hāpai ka wahine a he nui nā koho a ka wahine no ka hāpai' ole ' ana he nui nā' ano hana ho' opa' apa' a e hāpai' ole ai. Hiki iā' oe ke moe kolohe i ho' okahi miliona mau manawa i kēlā me kēia lā inā makemake' oe, e hau' oli i kōu makemake mai ka moe kolohe inā' a' ole pili ia i nā po' e' ē a' e. Inā makemake' oe e le' ale' a i ka moekolohe me ka mālama' ole' ana a me ka ho' ohana' ole' ana i nā' ano hana ho' opa' apa' a, pono' oe e pepehi i kōu keiki pono' ī no ka mea' a' ole' oe makemake, e uku nui ana' oe.

caro.

He aha ka mea e hoapono ai i ka pepehi kanaka? he pepehi kanaka i kana keiki pono? Ina pela kou makuakane a me kou makuahine i hana mai ai ia oe, aole oe e noho maanei i keia la, no ka mea, mamua o kou hanau ana, ua oki lakou ia oe a kiola aku. ' A' ole' oe i' ane' i i kēia lā. Ke make' oe, e hele' oe i Gehena no 1 miliona mau makahiki. Na lākou e ho' okomo iā' oe i loko o ka wai koko a hiki i kou popopo a make, a laila e ho' i hou mai i ke ola ... a hiki i ka miliona makahiki! I kēlā me kēia lā e lawe aku lākou iā' oe i waho o ka hale pa' ahao a koi aku iā' oe e' apo i ke kolamu o ka metala incandescent i puhi ola' oe. A laila kau lākou iā' oe ma luna o ka hao' ula' ula nui e puhi ai a make. Na wai' oe e ho' opa' i? Ho' opa' i' oe iā' oe iho, ho' opa' i kou lunamana' o iā' oe, ho' opa' i kōu mau hana hewa iā' oe. ' A' ohe mea i pakele i Gehena, ' o ka po' e' eha a pau e hele i Gehena, ' a' ohe mea i ho' oku' u' ia mai Gehena. ' O ia ka' ōlelo a ke kōnāwai o ke akua.

E akahēle, mai wiliwili no ka mea e hele ana oe i Gehena. Ke a' o wale aku nei au iā' oe, e akahēle i kōu hana no ka mea aia nā hopena o nā mea a pau. ' A' ole wau e ' ōlelo pēlā, ' o ia ke kōnāwai o Karma. ' O ka hale pa' ahao ma' ane' i e like me kahi ho' omaha me nā mea' olu' olu a pau. ' A' ole like ka hale pa' ahao ma Gehena me kēia. Ma Gehena e' eha nui' oe no ho' okahi miliona mau makahiki e uku i kōu mau hana maika' i' ole. Loa' a ka Reincarnation, ' a' ole no ka' u ' ōlelo' ana pēlā. Inā' a' ole' oe e mana' o' i' o mai ia' u, hiki iā' oe ke hele i kahi kau hypnosis a hiki koke iā' oe ke hō' oia i ke ola. Inā ma kou makemake, e ho' opilikia' oe i nā mea' ē a' e, e uku nui' oe. No laila' oe e nānā pono ai. Hō' oia' i' o.

E mau ana kēlā kino i kekahi mau makahiki a ke make' oe e ho' omaka ana kōu moe' uhane, ma ka li' ili' i loa e pilikia' oe i ho' okahi miliona mau makahiki. Maka! mai hana ino i kanaka, mai hoopunipuni i kanaka, mai uhauha kanaka, mai uhae i kanaka, mai pepehi kanaka. Ua like mākou a pau. ' O nā holoholona like me mākou, pono mākou e mahalo kekahi i kekahi, no ka mea, ua like mākou a pau.

He holoholona akamai mākou, akā he holoholona mākou.

Ua like mākou a pau a' a' ohe' oko' a ma waena o kekahi.

' O ke kino nui a li' ili' i paha, ' a' ohe mea' oko' a. Ua like mākou a pau. Mai hō' eha i kekahi. Aia ke kōnāwai o ke kumu a me ka hopena, ke kōnāwai o Karma. ' O nā mea a pau āu e hana ai ma hope e uku nui' oe. E uku nui' oe. Mai ho'ā' o e hō' eha i nā kōnaka a kū' ē i ke kōnāwai. Ma hope a ma hope paha e uku ana' oe i nā mea a pau. Ma mua a ma hope kekahi.

E no' ono' o maika' i ma mua o ka hana' ana i kekahi hana pono' ī. ' A' ole hiki iā' oe ke ho' ohana i kou mana a i' ole kou ikaika e wāwahi i ka mea nāwaliwali loa. ' A' ole hiki iā' oe ke kūkulu i kou hau' oli ma luna o nā' ālana a me nā' eha o nā po' e' ē a' e. Inā' oe e hana i kēia, ho' opa' i kou lunamana' o iā' oe, ho' opa' i kou mau hoaaloha iā' oe, ho' opa' i kou aupuni iā' oe, ho' opa' i ka lehulehu iā' oe, ho' opa' i ke ao holo' oko' a iā' oe a' o ka mea nui loa: ' a' ohe mea i pakele. Kekahi

' o ke kumu ' ino e ho' opuka i ka hopena maika' i' ole. Pono' oe e mālama i kēlā me kēia. Inā ' a' ole ' oe makemake e' eha i nā hopena maika' i' ole o kāu mau hana maika' i' ole, e hana maika' i a mahalo i nā kānāwai. Ke nānā nei nā kānaka a pau iā ' oe, mai mana' o' oe ' a' ohe mea e' ike iā ' oe ke hana hewa' oe. ' Ike ' ia nā mea a pau. ' O nā mea ma waho o ke kānāwai: mai hana.

Inā ' a' ohe mea huna a ke nānā nei nā mea a pau iā ' oe, no ke aha ' oe e' eha ai? Mai ho'ā' o e hele ma luna o ke kānāwai. Pono' oe e ho' omaopopo i kēia. E like me ka hana maika' i' ana i nā po' e' ē a' e a hā' awi aku me kou pu' uwai a pau, e aloha kekahi iā ' oe a nani kou ola.

Pono' oe e hā' awi mua e loa' a ma hope. E no' ono' o' a' ole ' o' oe kēia kino, ua ho' ohana' ia e kou' uhane.

' O' oe kou' uhane.

Mahalo nui iā ' oe.



NUI HUI



4.- NA PUAU EKOLU: KA PUU MAEMAE, KA PUU ALOHA A ME KA PUU KAUKAU.

Aloha' oe, ' o nā pu' uwai' ekolu: ka pu' uwai ma' ema' e, ka pu' uwai lokomaika' i a me ka pu' uwai like.

' O ka pu' uwai mua (ka pu' uwai ma' ema' e a mālie)

' O ka lua (ka pu' uwai o ke kaulike) maika' i iā' oe iho, ' O ke kolu (ka na' au o ka maika' i) no ha' i; ' o ia ke kōkua a lawelawe i nā kānaka.

' O ka na' au mua: ka pu' uwai ma' ema' e a mālie. Maika' i kēia pu' uwai iā' oe, i hiki ke noho hau' oli i kēia ola.

I mea e loa' a ai ka pu' uwai ma' ema' e, ho' omaha, mālie a mālie, ' o ka hana mua āu e hana ai, ' o ia ke wehe i nā' ano mana' o maika' i ' ole mai kou no' ono' o. Ke wehe' oe i ka mana' o maika' i ' ole, ' o ka mana' o maika' i wale nō ke koe, no laila ua ma' ema' e kou pu' uwai. He' ino ka na' au maika' i iā' oe: inā e hō' eha kekahi iā' oe a ho' opunipuni iā' oe a hana i nā' ano' ino āpau iā' oe, ' a' ole pono' oe e ho' opa' i no ka mea inā' a' ole e loa' a iā' oe nā pilikia. Ke mana' o' oe i ka makemake e ho' opa' i, huhū' oe a kaumaha a maika' i ' ole ia i kou olakino. ' O ka no' ono' o o ka ho' opa' i e ho' opilikia maika' i i kou kino e ho' oulu ai i ke kaumaha a me nā a' alolo a hiki ke loa' a iā' oe nā pilikia olakino. ' O ia ke kumu e pale aku ai.

No ka loa' a' ana o ka mana' o maika' i a loa' a ke olakino maika' i, he mea nui e ho' ōki i ka no' ono' o' ana i ka ho' opa' i. No ka loa' a' ana o ka pu' uwai ma' ema' e a mālie, pono' oe e wehe i nā' ano mana' o maika' i ' ole a ola i ke ola me nā mana' o a me nā hana maika' i, i hiki ai iā' oe ke lanakila i nā pilikia āpau e hiki mai ana ma nā wahi āpau o kou ola: ' ohana, hana, hoaloha ... no ka mea, hoihoi ka maika' i i ka maika' i. E like me ke alo o ke aniani. ' O ke ki' i i hā' awi' ia e ke aniani' o ia kāu. Inā makemake' oe i ka maika' i o kou ola holo' oko' a, e ho' ā' o e ho' opau i nā mana' o maika' i ' ole. E ho' ololi i ka' ino i ka maika' i. Inā hiki mai nā mea maika' i ' ole iā' oe, e ho' ololi iā' lākou i ka maika' i. No ka ho' ololi i nā mea i ka maika' i, pono' oe e no' ono' o maika' i. Inā' oi aku ka maika' i o kou mana' o, e loa' a hou iā' oe ka maika' i ' ole. Inā' oe e no' ono' o maika' i ' ole, pehea ka hopena o nā mea iā' oe? He mana loa ka mana.

' O ka pu' uwai' elua: ka pu' uwai o ke kaulike. Ua like kakou a pau imua o ke Akua. ' A' ohe o mākou' oko' a ma waena o mākou.

He poe keiki kakou na ke Akua. ' A' ole wale ma waena o nā kānaka. ' A' ohe mea i' oi aku ma mua o kekahi. He pae like ko kakou a pau, no ka aina,

lāhui, nā loina.... he po' e keiki kākou na ke Akua. Ua hānau ' ia ' o Iesū ma Betelehemu, ua hānau ' ia ' o Buddha ma India, akā ' oiai ua hānau ' ia ma nā ' āina like ' ole a me nā lāhui like ' ole, ua like ko lāua pu' uwai. Ua like na kane a me na wahine; inā he waiwai a ' ilihune paha, mai nā alī' i a me nā maka' āinana, ' a' ohe kūlana kūikawā no kekahi a i' ole kekahi. Ua like mākou a pau. Ua like pū kākou i mua o ke kānāwai. I ke ola hope, ua like pū mākou me nā holoholona. ' O ka ' oko' a ma waena o nā holoholona a me mākou, ' oi aku ka na' auao, akā ' oi aku ka waiwai o ko lākou ola me ko mākou. He poe keiki na ke Akua na holoholona: na inika, na ia, na manu, na ilo, na ke Akua na mea ola a pau. E ho' omana' o maika' i. ' O ka wai, nā mea kanu, nā mauna, ka honua, ke ao holo' oko' a ... nā keiki a ke Akua. ' O ia ke kaulike. ' O nā pūnaewele o ko mākou kino ko lākou mau mana' o pono' ī.

Ua like kakou a pau imua o ke Akua. ' O ia ke kumu e mahalo ai kākou i kekahi i kekahi. Ke makemake ka wahine e ho' oka' awale i ke kāne a pepehi ke kāne iā ia, no ka mea, mana' o' i' o' o ia he' oi aku kona mau kuleana a mana' o' i' o' o ia ka mea' oi aku. ' A' ohe mea' oi aku. ' A' ohe mea i' oi aku ma mua o ke kānāwai o nā akua a me nā kānaka.

Ina i manao na kanaka a pau, ua like kakou a pau, he poe keiki kakou na ke Akua, aole hewa ma ka honua, aole kaua, aole pepehi kanaka, a he paradiso keia honua. Inā pilikia kekahi ' āina, pono e kōkua ka ' āina ' ē a' e. Inā kōkua mākou kekahi i kekahi, e ola maika' i mākou, e like me ho' okahi ' ohana nui. Kōkua mau ka ' ohana iā ' oe: i kou wā li' ili' i e kōkua kou makuakāne a me kou makuahine iā ' oe, hā' awi lākou iā ' oe i nā mea āpau e pono ai ke ola a mālama iā ' oe. Ke ulu a' e nā mākou, pono nā keiki e mālama a kōkua iā lākou. E like me ma waena o nā kaikunāne e kōkua ana kekahi i kekahi i ka wā e pono ai lākou. Loa' a i kēlā me kēia kanaka ko lākou mau manawa maika' i a maika' i ' ole. E like me nā ' āina i loa' a iā lākou nā pō' ino kūlohelohe e like me ka malo' o, nā waikahe, nā puahiohio... Ke hiki mai kēia, kōkua nā ' āina ' ē a' e e lanakila i kēia pō' ino. I kēia lā hiki ke ho' opā i kekahi ' āina a ' apōpō i kekahi ' āina. Pono kākou a pau e kōkua kekahi i kekahi. No laila, e lilo kēia honua i paradiso.

He mea ' ole ke kaua, lawe wale lākou i ka ' eha ma waena o nā kaikunāne. He mau kaikunane makou a pau no ka mea, o ko makou makuakane ke Akua. Makemake a ' a' ole paha, he po' e keiki kākou a pau na ke Akua. ' A' ole ' oi aku ke kāne ma mua o ka wahine, ' a' ole ' oi aku ka wahine ma mua o ke kāne. Ua like nā keiki me nā mākou. Ua like pū nā keiki ma mua o ka hānau ' ana iā mākou, ' a' ole no ka li' ili' i a mālama ' ia i loko o ka ' opū o ko lākou makuahine, ua pau lākou i ke kanaka. Ua like lākou me mākou akā ' oi aku ka li' ili' i. ' A' ohe ou kuleana e pepehi i kekahi me ka li' ili' i a me ka pale ' ole. Ua hewa loa' oe. Inā ' a' ole ' oe aloha i kōu keiki, e hānau ' ia ' o ia a hānau ' ia e hā' awi aku no ka ho' okama' ana. Nui ka po' e i makemake e hānau keiki a ' a' ole hiki. Nui nā ' ohana maika' i e makemake i nā keiki akā no nā pilikia kino ' a' ole hiki ke loa' a keiki. Mai pepehi oe i kau keiki pono. ' O ka

Mana' o ka makuahine/makua ua' oi aku lākou ma mua o ka pēpē, ' o ia ke kumu e pepehi ai lākou iā ia. Ma mua a ma hope paha o ka hānau' ana, he pēpē nā pēpē.

He poe keiki kakou na ke Akua. ' O ia ka mea āu e ho' omaopopo ai. Ua like ke ' ano o ka pēpē ma mua o ka hānau' ana ma hope o ka hānau' ana, ' oia' a' ole i hā' awi' ia ke kāmāwai o ke kanaka i kēlā kuleana, i mua o ke Akua ua like lākou me mākou. ' O nā mea a pau i loa' a ka pu' uwai, nui a li' ili' i paha, he po' e keiki kākou na ke Akua. Inā lohe' oe i ka uē' ana o ka pēpē i' oki' ia i' āpana i ka ' āpana o ka ' ōpū o kona makuahine, e' eha kou pu' uwai. Inā makemake' oe e ' eha i kēlā' eha, e ho' ā' o e' oki i kou mau lima a me kou mau wāwae me ka ' oki. Hō' oia' i' o! E' ike' oe i kou' eha. ' Ae, ua like ka ' eha o ka pēpē. ' O kēlā' eha ho' i e' ike' ia e kāu keiki ke pepehi' oe iā ia.

' O ke kolu o ka pu' uwai: ' O ka pu' uwai o ka lokomaika' i. ' O ka na' au o ka lokomaika' i, ' o ia ka na' au i kekahi. Pono' oe e kōkua i ka po' e pilikia loa. Inā hiki iā' oe ke kōkua me €1, kōkua me €1, inā hiki iā' oe ke hā' awi iā €10, hā' awi iā lākou, kōkua me €10. Kōkua e like me kou hiki. Me ke kālā āu i waiho ai, pono' oe e kōkua. Inā kōkua' oe i kou ikaika e maika' i a maika' i kou ola. E' olu' olu a hau' oli' oe iā' oe iho.

1 kōkua me ke kālā i ka po' e nele.

2 a' o aku i nā kāmaka me nā' ōlelo maika' i e hana maika' i' a' ole i ka hewa.

3 lilo i mea manawale' a me kou manawa manawale' a, kōkua i ka po' e nele: ' elemakule, ma' i, ho' ā' o! no laila e nani kou ola. E ho' iho' i' ia kāu mau hana me ka uku. Inā kōkua' oe i ke kālā e loa' a koke iā' oe ke kālā hou a' e, inā kōkua' oe i nā hua' ōlelo i kēlā me kēia lā e' oi aku ka na' auao, inā lilo' oe i mea manawale' a e loa' a iā' oe ke olakino maika' i a me ke ola lō' ihi.

' O kēia nā pu' uwai' ekolu. Inā' oe e hana me nā pu' uwai' ekolu, e maika' i mau kou ola, e ola' oe i ka hau' oli, e lō' ihi kou ola me ka ma' i' ole a i ka wā e make ai' oe i kekahi lā, ke hō' oia' i' o nei au e noho' oe i loko o ka paradaiso me ke Akua. Inā' oe e hana e like me ke kauoha a ke Akua, pono' oe e noho i ka Paradaiso me ke Akua. Ma keia honua e noho oe me he paradaiso la, a i kou make ana, aia kou uhane iloko o ka paradaiso. E loa' a ana iā' oe nā mea a pau. Makemake au e' ae' oe i ka' u' ōlelo a' o. E no' ono' o maika' i, ' ōlelo maika' i a hana maika' i a maika' i kou ola ma' ane' i a ma hope o ka make.

Makemake au e hana nā kāmaka a pau me kēia mau pu' uwai' ekolu.

Mahalo nui iā' oe.



NUI HUI



5.- HOOKAHI AKUA NO NA MEA A PAU

' Ekolu ho' omana ho' okahi. Mahometa, Kakolika a me ka Buddhist. ' O nā ' ekolu, ho' okahi, like lākou. He poe keiki kakou na ke Akua. Pule ka Katolika i ka Makua i ka lani, ka Muslim: ia Allah a me ka Buddhism ia Buddha.

' O Iesu Kristo, ' o Buddha, ' o Mohamed, he po' e keiki lākou a ke Akua, he mau keiki lākou na ke Akua ho' okahi, ua like ia me ka makua kāne ' ekolu keiki. No ka ' ohana like lākou. ' O ia ke kumu e ho' omaopopo ai ' oe he ' ohana ho' okahi nā ho' omana a pau. ' O ia ka makua kāne ho' okahi. Pono kākou e kōkua kekahi i kekahi, nā kānaka mai kekahi ho' omana a i kekahi, mai kekahi lāhui a i kekahi lāhui.

No ka la' ana: ka ' aila, ho' ohana ' ia kēia wahie no kēlā me kēia ' ano o ke ka' a, ho' ohana nā brand a pau i ka ' aila ho' okahi i hana ' ia mai ka ' aila. Ua like kēlā ' aila me ka ' uhane, ko mākou ikaika. ' O kēlā ikaika mai ka ' uhane e komo i loko o ko mākou kino, ' a' ohe mea nui inā he nani ' oe a ' ino paha, ' ilihune a waiwai paha, ua like ia, ' a' ohe ' oko' a. He mana ke Akua, lokomaika' i a na' auao a ho' ouna i kāna mau keiki ma muli o ka mo' omeheu a me nā lōina o kēlā me kēia ' āina. No laila ' oi aku ka maika' i o ka po' e e ' ae i kāna a' o' ana. No laila he paradaiso kēia honua. ' O kēia ka pahuhopu o ke Akua. ' A' ole ' oko' a ke Akua ma waena o nā lāhui a me nā ho' omana.

' O ke a' o' ana a pau i loko o nā ho' omana ' ekolu, ua like nō ia, ' o ka mana' o e lilo i po' e maika' i. Mai pepehi kakou kekahi i kekahi, no ka mea, he mau hoahanau kakou, na keiki na ke Akua hookahi. Pela no na kanaka a pau. ' O Allah mana, ' o Iesu Kristo a i ' ole Buddha ' o ia ka mea i hānau ' ia ma nā ' āina like ' ole, ma nā mo' omeheu like ' ole akā like lākou a pau. ' O kēlā me kēia lāhui, kēlā me kēia kanaka i hānau ' ia ma nā wahi like ' ole a me nā mo' omeheu like ' ole, loa' a iā mākou ka ' uhane ho' okahi. Inā hiki iā ' oe ke ho' omaopopo i kēia, ma kēia ao hiki iā ' oe ke noho me ka maluhia. ' A' ole he kua a he hewa, no ka mea, he po' e keiki nā kānaka a pau na ke Akua. ' O ka mea ' oko' a wale nō, ua hānau ' ia kekahi po' e ali' i a' o kekahi po' e noi' i, no ka mea, i ka wā ma mua ua hana maika' i kekahi i nā kānaka a' o kekahi po' e ' a' ole i hana ' ole a noho wale. No laila, inā i ka wā ma mua he po' e ' ilihune a hō' eha ' oe i nā kānaka, ma ke ' ano o kēia ola e ' ilihune ' oe, ' a' ohe mea āu. Inā i nā ola i hala ua hana maika' i ' oe i nā kānaka i kēia ola hiki iā ' oe ke hau' oli. Akā inā ' olu' olu wale ' oe, ke ho' olilo nei ' oe i nā pono o ke ola i hala a inā ' a' ole ' oe e hana maika' i i nā kānaka, e ho' opau koke ' oe i kāu hō' ai' ē a ho' omaka hou.

' A' ole waiwai ke kanaka waiwai no ka mea ' ewalu ona lima a me ' elua mau po' o, ' a' ole, a no ka mea, ' oi aku kona na' auao. Hele mai nā mea a pau mai ke ola i hala. Ke loa' a iā ' oe ka mana a me ka waiwai ma kou lima pono ' oe e kōkua i nā kānaka. Mai kauoha e pepehi a kua paha, he mea ia e pōkole ai kou laki a me kou olakino. ' O ka po' e i pepehi a ho' opō' ino i nā po' e ' ē a' e a ke ola nei lākou, no ka mea i ko lākou ola i hala ua hō' ili' ili lākou i nā pono a' a' ole i ho' opau.

kou hō' ai' ē a pau akā i kēlā me kēia manawa hiki iā' oe ke waiho' ole me ka mea' ole. Me he mea lā e waiho ana ka makua kāne i ke kālā he nui i ho' oilina no kāna keiki a

' A' ole ho' ōki ke keiki i ka ho' olilo' ana i ka mea lapuwale a ho' olilo koke i kona ho' oilina.

I ka pō ho' okahi, hiki ke nalowale nā mea a pau. No ka la' ana, i loko o ka casino i ka manawa pōkole hiki iā' oe ke lilo i 1,000,000 kālā. E like me nā alii i i kā lākou' ōlelo' ana "abortion, abortion, abortion..." e maka' ala, ke ho' olilo nei lākou i ka hō' ai' ē āpau o ko lākou ola i hala. ' O ke olakino, ka waiwai, ke kālā, kou laki, e huli wikiwiki ana kou ola. E akahēle! Mai hoomaunauna! E lawe i ka manawa e kōkua ai i nā kānaka. ' A' ole pono' oe e mālama i kahi peni mai kekahi, no ka mea, e uku nui ana' oe. Na ke Akua e ho' opa' i iā' ' oe i kēlā me kēia manawa, mai ho' ohana i nā mea' ē a' e, a i' ole ho' ohana i nā ' auhau e waiwai ai' oe a i' ole e pōmaika' i ai i kou' ohana a i' ole nā hoaaloha. E uku nui' oe no kēia ma hope a ma hope paha. ' Oia' i' o. ' A' ohe mea i pakele.

' A' ole hiki iā' oe ke hā' awi kālā i ka ho' omake' ana i mea e pepehi ai ka makuahine ' ilihune i' ike' ole i ka hopena i kāna keiki, no ka mea, me he mea lā e pepehi ana' oe i kāu keiki pono' i. No ka mea, hookahi kakou a pau. ' O nā mea' ino a pau e ho' opuka i ka' ino, lilo ia i daimonio nou. ' A' ole ia he pā' ani keiki. Mana' o wau e hiki iā' oe ke ho' omaopopo i ka' u e' ōlelo nei. Inā ho' opi' i' oe iā' oe iho, ho' opa' i' oe iā' oe iho no ka mea e ho' i mai ka hewa iā' oe. ' A' ole ho' opa' i ke kānāwai kanaka iā' oe akā ho' opa' i kou lunamana' o. Aia' o Gehena, inā mana' o' i' o' oe i ke Akua a ' a' ole paha, e ho' ohewa like' o ka pono iā' oe.

' A' ole pili inā mana' o' i' o' oe a' a' ole paha, inā hana hewa' oe, e hele' oe i ka hale pa' ahao. ' A' ohe mea i pakele a ma luna o nā mea a pau e ho' opa' i' oe iā' oe iho. No laila, inā loa' a iā' oe ka mana a i' ole ka waiwai, e ho' ohana pono a kōkua i nā po' e' ē a' e. No laila ma ke ola a' e e noho alii' i' oe. E ho' omana' o maika' i: inā e hana maika' i' oe iā' oe iho. He kūpono ke hana no nā po' e' ē a' e. E like me nā mea hana porn / ras. ' O ka hewa' oi loa ka porn.

' Oi aku ka nui o ka porn āu e hana ai, ' oi aku ka maika' i o ka hopena. He elemakule make kou. ' A' ohe mea i pau maika' i. ' O kā' oukou po' e keiki, nā mo' opuna e pau make. E ho' omana' o maika' i: mai kū' ē i ke kānāwai o ke Akua, ' a' ole ia he pā' ani a ke keiki ... He mana ke Akua, i kēlā me kēia manawa hiki ke ōla' i, ' ino' ino, ke kahawai ... nā pō' ino a waiho' ole' ia mākou. I loko o 30 mau makahiki, e emi ana ka heluna kanaka o ka honua i 70% no ka mea, nui nā olai a me nā pō' ino kūlohelohe.

' A' ole mākou e mālama i ke' ano a me ke kaiapuni, aia kahi lua nui a nui a' e i ka papa ozone, i kēlā me kēia lā e ho' ohaumia mākou i ka honua a he aha ka mea? Uku makou i ka hopena, hele pupule ka lewa, oia ka hopena.

' O ka ho' ohaumia' ana, ' oi aku ka maika' i o ko mākou honua, a ke noho nei mākou ma kēia honua, ' a' ohe mea' ē a' e e noho ai. Pono kākou e mālama pono.

' A' ole pono kākou e ho' oka' awale: ' ekolu ho' omana ho' okahi, ho' okahi Akua.

' A' ole maopopo ka po' e he nui: ' o Allah, ke Akua ka Makua a me Buddha ke kanaka ho' okahi. ' O ka mea wale nō e pili ana i ka mo' omeheu, ka' āina a i' ole ka lāhui, ho' ololi i ke ala e hiki ai i nā po' e hou a' e, e hō' ea i ka honua holo' oko' a, ho' ololi ia ma muli o ka mo' omeheu. ' Oko' a ka nānā' ana

aka, ua like ia. ' Oko' a ke' ano o ke a' o' ana akā ho' okahi ka pahuhopu: e lilo i make' ole.

' O ka ho' omaopopo' ana i ke a' o' ana a me ke a' o' ana e lilo i po' e maika' i' o ia ka' u e ho' ā' o ai e hiki i nā kihi āpau o ka honua. ' O mākou a pau No. Pono' oe e ho' omaopopo i kēlā. Pono kākou a pau e kōkua kekahi i kekahi no ka mea he' ohana nui kākou. ' A' ohe o' u, ' oe, ' o ia, ' A' ole. Pono kākou a pau e kōkua kekahi i kekahi. I mea e ola maika' i ai nā mea a pau, pono nā' āina waiwai e kōkua i nā' āina' ilihune.

Makemake nā kānaka a pau i ko lākou' āina hānau, ' a' ohe mea makemake e holo a' oi aku ka li' ili' i me ka moku e holo ana i ke kai me nā pō' ino he nui, ' a' ohe mea. Inā kōkua nā' āina waiwai i ka po' e' ilihune, i hui pū me lākou, ' a' ohe mea e ha' alele i ko lākou' āina e' imi ana i kahi ola maika' i a' e. Inā mākou a pau i mana' o ho' okahi, e kōkua nā' āina waiwai i ka po' e' ilihune a noho kēlā me kēia ma ko lākou' āina me ka hau' oli a me ka maluhia. ' O ka mea e hiki mai ana, ' o nā' āina waiwai ka mea pa' akikī a mālama wale i ko lākou po' e. Inā' a' ohe' oko' a ma waena o' u, ' o' oe a me ia, inā mākou a pau i mana' o ho' okahi, hau' oli loa kēia ao, he paradaiso ia no nā mea a pau.

' A' ole pono' oe e uha' i i kekahi, ' a' ole e ho' opunipuni i kekahi, ' a' ole ho' i e' aihue i nā kānaka, no ka mea, ' o' oe kekahi.

E ho' omana' o ho' okahi mākou a pau.

Mahalo nui iā' oe.



NUI HUI



6.- NA KANAWAI he umi o ke kanawai o ke akua BUDDHA

Aloha ' oe i nā kauoha 10 o ke kāmāwai o Buddha. Ua like ia me na kauoha 10 o ke kanawai o ke Akua. Ua like loa.

No ka Buddhism nā kauoha he 10:

' O ke kauoha mua o ke kāmāwai Buddha: E ho' ohanohano ' oe i kou makuakāne a me kou makuahine. Pono ' oe e mālama pono i kou makuakāne a me kou makuahine me ka pu' uwai. No ka mea, ua ola kou makua kāne a me kou makuahine, ua hānai lākou iā ' oe, ua mālama lākou iā ' oe, ua ' a' ahu lākou iā ' oe, ua ho' ona' auao iā ' oe me ko lākou na' au a pau. ' O kēia ke kauoha mua: e ho' omaika' i i kou makua kāne a me kou makuahine. I kou wā ' elemakule, ' a' ole pono ' oe e ho' okau i ka ' ōpū inā ' ae ke kāmāwai iā ' oe e hana pēlā. Ina i hookahe kou makuakane a me kou makuahine aole oe i hanauia.

Hā' awi kou makuakāne a me kou makuahine i ke ola iā ' oe, hā' awi lākou i nā mea āpau iā ' oe. Inā ha' alele ' oe e loa' a iā ' oe nā hopena maika' i ' ole no kou wā e hiki mai ana. E makaala! Paipai au iā ' oe e mahalo i ke ola. Mai pepehi i kekahi mea ola, ' a' ole ho' i i ke kino, ' a' ole i ka ilo, ' oi aku ka li' ili' i o ka pēpē ma mua o ka hānau ' ana, ke koko o kou koko, pono ' oe e ho' omaopopo. ' A' ole ho' i ' oe e pepehi i ke ' ano; ' oki i nā lā' au, ho' ohaumia i ka ea, ka wai... ' o kēia mau mea a pau e pepehi i ke ' ano. Pono ' oe e kōkua i nā kāmaka, e ho' omaopopo iā lākou me kāu mau hana a me kāu ' ōlelo ' a' ole pono ' oe e pepehi i kekahi holoholona.

Ke pepehi mākou i ka holoholona a ' ai iā ia, ' a' ole mākou ' ike i ke ' ano o ka ma' i ma' i a me ka mea e ho' ohaumia iā mākou. E like me ka monkey, ma ka ' ai ' ana i ka ' i' o monkey i loa' a i nā po' e he nui i ka ma' i AIDS, miliona mau kāmaka i ka honua i make i kēia ma' i. Ma ka pepehi ' ana a me ka ' ai ' ana i nā bipi, nui ka po' e i loa' a i ka ma' i pipi pupule a ua make. Ma ka ' ai ' ana i ka ' i' o manu, nui ka po' e i loa' a i ka ma' i ma' i manu. Inā ' ai ' oe i nā holoholona, hiki iā ' oe ke loa' a i kā lākou ma' i virus.

' O ke kauoha ' elua o ke kāmāwai Buddha: Mai ' aihue ' oe. ' O ka ' aihue ' ana i ke kālā ' a' ole iā ' oe a i ' ole ka hana ' ana i kekahi mea e loa' a ai ke kālā ' a' ole iā ' oe, ' o ia ka ' aihue. E like me ka po' e kālāi' āina e ho' omalu a ' aihue i ke kālā o ka lehulehu ma o nā komisina. Ua ' ike ko lākou lunamana' o he ' aihue lākou. Ma ka ho' olimalima ' ana i nā komisina, ' oi aku ka pipi' i o kekahi hana a ' o ka mea e uku ' a' ole ka po' e kālāi' āina, ' o lākou nā kama' āina e uku me ke kālā mai ka ' auhau. I loko o kekahi mau makahiki e hau' oli ' oe i kēlā kālā āu i ' aihue ai. Ke make ' oe, ke kali nei ka ' eha o Gehena iā ' oe no nā piliona makahiki. ' A' ole pono ka ' aihue a i ' ole ka ' ae ' ana i ke kīpē a i ' ole kickbacks. Ma hope a ma hope paha e uku nui ' oe.

E haumia kou inoa a e nānā ' ino ' oe i mua o kou ' ohana a me kou kaiāulu. Inā ho' olohe ka po' e ' aihue ia' u, e ho' iho' i koke i ke kālā ' aihue a hana i nā hana maika' i e ho' oma' ema' e i ka hewa.

' O ke kauoha ' ekolu o ke kânāwai Buddha: Sex. ' O kēia ka hewa nui loa o kēia ao. ' Elua ' ano moe kolohe me ka no' ono' o a me ka hana. ' Ehia ka po' e i make no ka moekolohe? ' O nā wāhine kū' ai i ko lākou kino no ke kālā e ho' omā' ona i ka makemake o nā kāne. ' O ka moekolohe i loko o ka male, i loko o ka male ka pololei. Ma waho o ka male' ana he moe kolohe, he hewa ia a e uku nui' oe. ' A' ole' ae' ia ka moekolohe ma waho o ka male ma lalo o nā kūlana, ma lalo o kekahi kumu, ' a' ole no ke aloha. Inā hana ka wahine i nā ki' i' oni' oni porn a hō' ike paha i kona kino pili e ho' onāukiuki i nā kāne a ho' oulu iā lākou e moe kolohe, e uku lākou i nā piliona makahiki i Gehena. Hana i nā mea maika' i no nā kānaka.

' O ka hā o ke kânāwai o ka Buddha: Mai ho' opunipuni' oe. Ke ha' i wahahe' e' oe ' a' ole hiki iā' oe ke ho' opunipuni iā' oe iho. Hiki iā' oe ke ho' opunipuni i nā kānaka akā' a' ole hiki iā' oe ke ho' opunipuni iā' oe iho. ' Ike' oe i kou wahahe' e' ana. Mai ho'ā' o e ho' opunipuni i nā kānaka me kāu ho' opunipuni. Ho' opa' i' ia ka wahahe' e i kou wā e make ai ma ka' o' ana i kou alelo a' oki' oki i' āpana. akahēle. ' A' ole pono e' eha i nā miliona mau makahiki e ha' i i nā wahahe' e' a' ole hele i kahi. Inā ho' opunipuni' oe i nā kānaka a laila' a' ohe mea e hilina' i iā' oe. E pilikia ana kou ola.

' A' ole ke kanaka wahahe' e, ' oi aku ka' ino ma mua o nā holoholona. Mai ha' i wahahe' e, ' oia i nā' a' ole makemake' oe i ka' oia' i' o, e ha' i mau i ka' oia' i' o. No ka mea, ' olelo wahahe' e ka po' e hele i ka' aha ho' okolokolo e lanakila i nā ho' okolokolo, hele kēia hui i Gehena. Hiki iā' oe ke ho' opunipuni i ka luna kânāwai akā' a' ole i kou lunamana' o. Ke make' oe, ho' opa' a' ia a' ike' ia nā mea a pau. Ma ke ao hope ua' ike' ia nā mea a pau.

' O ke kânāwai ' elima o ke kânāwai Buddha: Mai ho' onāukiuki i nā hakakā.

' O ka ho' oulu' ana i nā hakakā ma waena o nā kānaka a i' ole ka ho' ohewa' ana i kekahi e ho' oma' ema' e i kou lunamana' o a ho' omāinoino i nā mea' ē a' e he hewa e ho' opa' i' ia no nā miliona mau makahiki.

' O ke kânāwai ' eono o ke kânāwai Buddha: ' O ka' olelo. Mai' olelo' ino i kekahi. E mahalo i kekahi. Me nā hua' olelo hiki iā' oe ke pepehi i nā kānaka a hiki iā' oe ke hana i ka po' e ma' i a huhū. E nānā i kāu mau' olelo a mai hō' eha i kekahi me lākou.

' O ke kauoha ' ehiku o ke kânāwai o ka Buddha: Mai ho' oulu i ka po' e e moe kolohe. Mai ho' onāukiuki i kekahi e hana i ka moekolohe. Pono kēlā e' ike. Mea nui loa. ' A' ole pono' oe e paipai i nā ki' i' oni' oni porn, nā hui pō... i hele ai nā kānaka e moe kolohe a moe kolohe paha. He feloni kēia. Maka!

' O ke kânāwai ' ewalu o ke kânāwai Buddha: Ha' alele i nā makemake. ' O nā makemake ' elima e hō' ulu' ulu i nā mea' ē a' e: makemake i ka kaulana, ka wahine, ke kālā, ka ' ai a me ka hiamoe. ' O ka makemake no Fame: He nui ka po' e no ka kaulana i mōhai i kekahi mea. Me keia, e akahēle loa.

' O ka makemake i ka Sex: No ke aloha a no kēlā me kēia mea, ma kēia ao he nui nā make no kēia kumu. ' O ka' imi' ana i ke kumu no ka moe kolohe he hewa. ' A' ole pono. ' A' ole hiki iā' oe ke moe ma waho o ka male. ' A' ohe kumu e hana ai. Pono' oe e ho' omaopopo i kēlā. ' O ka makemake i ke kālā: No ke kālā, ho' opi' i nā po' e kālā'aina kolohe i nā komisina e waiwai, ho' opunipuni i nā kānaka, ' aihue mai nā kānaka, pepehi kanaka, kū' ai aku i nā lā' au lapa' au, hō' eha i nā kānaka, ' o ia ka hopena o ka manawa a ma hope paha e uku lākou.

' A' ole pono ka le' ale' a i kekahi mau makahiki. ' Oi aku ka maika' i o ka loa' a' ana o ka li' ili' i a ola maika' i. ' A' ole i puka mai nā mo' olelo. Loa' a kālā ma ke kānāwai.

' O ka makemake i ka mea' ai: Pono mākou e' ai, akā ' a' ole pono mākou e hō' ino i ka mea' ai, ' oi aku ka ' i' o. Lawe nā ' ano āpau i kā lākou mau ma' i ma' i.. ua make lākou i nā mea he nui. ' A' ole pono. ' O ka ' i' o moa, ka ' i' o pipi, ka ' i' o monkey... ' O ka pilikia holō' oko' a, ' o ka pepehi mākou i ka po' e ' ilihune e paipai iā lākou e' ai. He mea' ai mea' ai au no 40 mau makahiki a ' a' ohe o' u pilikia olakino. ' O nā niho i loa' a iā mākou e like me nā bipi a me nā lio, he po' e mea' ai mākou, ' a' ole mākou i mākaukau no ka ' i' o e like me nā tigers a me nā liona. He lō' ihi loa ko mākou ' ōpū a he ' elua pule mākou e kipaku aku ai i ka ' i' o a ' o ia ke kumu e pala ai i loko o mākou, ' a' ole like me nā pōpoki wehe koke i ka ' i' o a lākou e' ai ai. Ka makemake e hiamoe: Nui ka po' e makemake e hiamoe. Akā, hiki i ka hiamoe nui ke pilikia i ke olakino.

Pono ke kino e ne' e, inā ' a' ole mākou e ne' e, ua haki ke kino. No laila pono ' oe e hiamoe pono, ' a' ole nui a ' a' ole li' ili' i. Ua lawa wale. Ke make ' oe, hiki iā ' oe ke hiamoe no nā miliona mau makahiki a ' a' ohe mea e ho' opilikia iā ' oe, no laila, mai hopohopo.

' O ke kauoha ' eiwa a me ke kānāwai o ka Buddha: Mai ho' opa' i. ' A' ole pono ' oe e ho' opa' i i nā po' e ' ē a' e inā ' eha nā kānaka iā ' oe, ' eha ' oe, ' a' ole pono ' oe e ho' opa' i. Inā ' a' ole ' oe e ha' alele i kēlā mana' o o ka inaina a me ka ho' opa' i, ' o' oe ka mea mua e' eha. Inā ' oe e halihali i kēlā kaumaha i kēlā me kēia lā, e ho' opilikia maika' i ia i kou ola.

' Oiai inā pololei ' oe i ka honua, pōina i kēlā mana' o.

No ia mea, ' o ke kala wale nō ka hopena, no ka mea, e loa' a ana i ka po' e ' ē a' e ka ho' opa' i e pono ai. E ho' opa' i ' ia ' o ia e ke kānāwai o ke Akua. ' A' ole pono ' oe e hopohopo. He ' ino ka ho' opa' i iā ' oe. Pono ' oe e ho' omaopopo i kēlā a pono ' oe e pale iā ' oe iho a mai lawe i kēlā mana' o ho' opa' i i loko ou no ka mea e hō' eha wale ia iā ' oe. Ho' opōina iā ia. Mai ho' okomo i ka ' ōpala i loko ou, ' oiai inā pololei ' oe i ka honua. Mai hopohopo, e ho' opa' i ' ia kēlā me kēia kanaka.

' O ke kānāwai ' umi o ke kānāwai Buddha: E hana i ka maika' i a ' a' ole i ka hewa. ' O ke kanaka i ' ike he hewa kāna hana, a ho' omau i ka hana hewa. ' Ike ' o ia he ' eha a ho' omau. E ho' opau mau ' oe i ka hale pa' ahao. Ua ' ike ' o ia i ka maika' i a me ka hewa akā ho' omau ' o ia i ka hana ' ino. ' A' ole ' o ia e ho' olohe i ka ' ōlelo a kekahi. He nui ka ino o keia kanaka ma kona poo.

' O kēia nā kauoha he 10 o ke kānāwai Buddha. Inā hiki iā ' oe ke ho' okō i kēia mau Kauoha, ke make ' oe e hānau ' ia ' oe i loko o ka paradaiso e hau' oli ma kahi o 9,000,000,000 mau makahiki. Inā ' a' ole ' oe e ho' okō, ' a' ole hiki iā ' oe ke komo i ka paradaiso a ke kali nei ka ' eha o Gehena iā ' oe. ' O ia ke kumu e no' ono' o ai. he mau makahiki e ola ai kakou.

E ho'ā' o e hana i nā mea i hana maika' i ' ia.

Mahalo nui iā ' oe.



NUI HUI



7. NA KANAWAI 10 O KE KANAWAI O KE AKUA.

Na kauoha 10 o ke kanawai o ke Akua. No ke aha ke ao mai ke Akua ia kakou i keia mau kauoha? Ua pa' a kēia mau kauoha i nā mea a pau. Pono kēlā me kēia kanaka, nā keiki a ke Akua e mālama i kēia mau kauoha 10 o ke kōnawai o ke Akua. Ke ho' okō kekahi kanaka i kēia mau kauoha he 10, he keiki ' oia' i' o ia na ke Akua a i kona make' ana, e noho' o ia i ke aupuni o ke Akua. Hiki iā' oe ke komo i ke aupuni o nā akua. Pono' oe e ho' okō i ka 100% o kēia mau kauoha. Ua like ia me ka passport no ke komo' ana a ke komo' oe i ke aupuni o ke akua, he mau loa ia. Ma kēia honua, he 20% wale nō o nā mea i hele maika' i no mākou, 80% ' a' ole hele maika' i a hele hewa paha. Ma kēia honua mākou e noho nei me ka' eha, nā pilikia, ka maka' u, me ka make... a me nā' ano mea maika' i ' ole. I loko o ke aupuni o ke Akua he ola pau' ole, e ho' omana' o maika' i, ke komo' oe he ola mau loa. Ke hiki mai ka' uhane ma' emā' e a ma' emā' e i ke aupuni o nā akua, ua ho' okō' oe i nā kauoha he 10, a hiki i ka wā e ho' okō ai' oe i kēia mau koi 10' a' ole hiki iā' oe ke komo. Ua ha' i maopopo mai ke Akua iā mākou, ke komo' oe iā' oe ke' ano o Saint. ' A' ole make ka Saint, pau' ole kona ola a' a' ole wale kēia, ' o nā mea a pau āu e no' ono' o ai i kēlā manawa aia i mua ou. ' O ia ho' i, inā makemake' oe e noho i loko o ka hale alī' i i hana' ia me ke gula a me nā daimana a me nā pōhaku makamae, inā makemake' oe e' ai i kēlā me kēia' ano mea' ai āu e no' ono' o ai, puka mai nā mea a pau āu e no' ono' o ai. Hiki iā' oe ke noho me nā po' e āu i aloha nui ai, me kāu mau keiki, kāu mau hoaaloha, me nā mea āu e makemake ai no ka manawa pau' ole. Aole e like me keia ma keia honua e hele kela mea keia mea no kona pono. No ka la' ana, ma Sepania, 65% o nā kāne i hemo, ' a' ohe pu' uwai ma' emā' e, ' o ia ke kumu i loa' a ai nā pilikia. Ke mare' oe, ho' ohiki' oe i mua o ke Akua e aloha' oe i kēlā kanaka i ke koena o kou ola, no ka maika' i a i' ole ka hewa, a laila ho' ololi kēlā mana' o. ' A' ole ia e like me ke aupuni o ke Akua, aia nā mea maika' i a pau, a hiki iā' oe ke hele ma waena o nā hōkū i nā wahi āpau o ke ao holo' oko' a. ' A' ole ho' okahi wale nō kā mākou' ōnaehana solar, aia nā miliona miliona o nā' ōnaehana solar. Hiki iā' oe ke hele a noho i kahi āu e makemake ai a me ka mea āu e makemake ai. Loa' a iā' oe ka māhele o Saint.

' O nā kauoha he' umi wale nō ka mea e pono ai' oe e komo i ke aupuni o ke akua. Inā' oe e ho' okō i nā mea a pau a ke akua e koi ai ma mua o kou make' ana, a laila e lilo' oe i' uhane ma' emā' e e like me Iesū. Inā hiki iā' oe ke ho' okō e like' oe me Iesū Kristo.

I kēia manawa e kama' ilio wau e pili ana i kēia mau

kauoha 10: MUA: E aloha' oe i ke Akua ma mua o nā mea a pau.

HE AHA KA MANA' O? E aloha aku i ke Akua ma luna o nā mea a pau o kēia honua. No ka mea? no ka mea, ' a' ole' oia' i' o nā mea a pau āu e' ike ai a ho' opā aku ai, he no' ono' o ma' emā' e. ' O nā mea a pau āu, nā waiwai, nā kālā, nā po' o inoa, nā mea a pau āu e loa' a ai, i kēlā me kēia manawa ke make' oe, nalowale nā mea āpau a' a' ohe āu mea hou. Ke make' oe' a' ole' oe e lawe pū me' oe. Nalo nā mea a pau iā' oe. ' A' ohe' oe, ' a' ohe mea āu. ' O kāu mea ma ka honua nei no ka ho' ohana' ana ma kēia honua, ke make' oe' a' ole' oe e lawe i kekahi mea me' oe. like me ka manawa

ua hānau ' ia mākou, ' a' ohe mea i lawe mai i kēia ao. Ke make ' oe e ha' alele ' oe i nā mea a pau, hiki iā ' oe ke lawe wale i kōu mau hana maika' i a maika' i ' ole, ' o ia wale nō ka mea a mākou e lawe ai. Ina makou e malama i na kauoha 10 i kou make ana, e hele mai ana ke Akua e imi ia oe, ina aole oe e malama i na kauoha he 10, e hele mai ana ka diabolō e lawe ia oe i Gehena. ' O nā ho' okolokolo ma Gehena, ' a' ole hiki iā ' oe ke hūnā i kekahi mea, e like me ka pili ' ana o kou lunamana' o i kahi pale. ' Ike ' ia kou mau mana' o, nā hana ' ino a pau. ' A' ole like me nā ho' ā' o o kēia ao i mua o ka luna kānāwai e hiki ai iā ' oe ke ha' i wahahe' e. I ka ho' okolokolo o Gehena, e like nā mea a pau me he ki' i' oni' oni, ' a' ole pono ' oe e ' ōlelo i kekahi mea. I loko o Gehena ' ike ' oe i nā mea a pau. Ua like ko mākou lunamana' o me ka pahu ' ele' ele o ka mokulele e ho' opa' a inoa i kōu mau hana maika' i a maika' i ' ole. ' A' ole ' oe e ho' opunipuni iā ' oe iho, ua ho' opa' a ' ia nā mea a pau no ka mea ua ma' ema' e kou haku wahine, ' o kou mana' o ' ino ' ole, ' o ia ke kumu i ho' opa' a ai ka ' uhane i nā mea āpau. ' A' ohe mea i pakele a hiki mai ka ho' opa' i. Ke komo ' oe i Gehena ' a' ole ' oe e puka i waho a hiki i ka 1,000,000 makahiki. A i kēlā me kēia lā e ho' omāinoino ' ia ' oe a hiki i kou ho' okō ' ana i ka ho' opa' i no kōu mau hana ' ino. ' A' ole ia e like me ka hale pa' ahaō ma ka honua me nā mea ' olu' olu a pau. E ho' omana' o maika' i: mai komo i Gehena. Mai kua i na kauoha o ke kanawai o ke Akua, a e loa ia oe ka uku. E aloha aku ' oe i ke Akua ma mua o nā mea a pau, no ka mea, mau loa ke Akua. Mai no' ono' o ' oe e ola ana ' oe i nā makahiki he nui, no ka mea hiki i kēlā me kēia lā kou lā hope loa, ' o kēlā me kēia pō kou pō hope loa. ' A' ohe mea ' ike. I kēlā me kēia manawa hiki iā ' oe ke make. Ua piha ka ilina i na kanaka o na makahiki a pau. He huaka' i mākou ma kēia honua. Inā hele ' oe i kēia mau ho' ā' o 10 hiki iā ' oe ke hele i ka lani a mau loa aku a inā ' oe e alaka' i i kahi ola maika' i ' ole hiki iā ' oe ke hele i Gehena mau loa. Inā maika' i ' ole ' oe a maika' i ' ole, makemake wale nā daimonio iā ' oe a ke kali nei ' o Gehena iā ' oe.

ELUA: Mai hoohiki ino oe i ka inoa o ke Akua.

' O ia ho' i, ' a' ole hiki iā ' oe ke lawe a inoa paha i ke Akua me ka māmā. Ho' ohiki ' Ōlelo nā kānaka he nui: " au i ke Akua!" . Ua pāpā ' ia kēia. Ke hana hewa nei ' oe, ' a' ole hiki iā ' oe ke ho' opunipuni i ke Akua. He mana ke Akua, kōu ho' okahi, ' ike ' o ia i nā mea āpau, ' o ia ko mākou Makua. ' A' ole hiki iā mākou ke ho' ohana ma' alahi i kona inoa, pono mākou e mahalo i ka inoa o ke Akua. Mai hoohiki wahahee ma ka inoa o ke Akua. Aole hiki ia oukou ke pepehi ma ka inoa o ke Akua; nui ka poe i hoohana i ka inoa o ke Akua e pepehi. Wahi a nā mo' omeheu like ' ole, nā ' āina like ' ole, hiki ke ha' i' ia ka inoa o ke Akua ma nā ' ano like ' ole me nā inoa like ' ole: Allah, Buddha, ko mākou Makua ... kēlā me kēia me ko lākou makemake akā ho' okahi wale nō Akua. ' A' ole pili ka inoa a mākou e hā' awi ai. ' O nā kauoha he ' umi o ke kānāwai o ke Akua no nā keiki a pau a ke Akua, me ka nānā ' ole i ka lāhui a me ke kala, ke' oke' o, ' ele' ele, melemele, ' ula' ula ... ' a' ole pili i ke kala. He poe keiki kakou a pau na ke Akua; wahine, kamalii, u'i, ino, loloa, pokole, mana, milionaai... ua like kakou a pau a e hoopai like ia lakou a pau.

KOLU: E HOOLAA OE I NA LA HOOMAIIKAI.

He aha ka mea nui? hele i ka ahaaina a hele i ka halepule e lohe i ka olelo a ke Akua. Inā ' a' ole ' oe e mana' o' i' o i ke Akua, ' a' ole ' oe e lohe i ka ' ōlelo a ke Akua. Inā ma kahi o ka hele ' ana i kahi pā' ina, hele ' oe i ka halepule e ho' olohe i ka ' ōlelo a ke Akua, e a' o a no' ono' o a hana e like me ke kauoha a ke Akua, e lilo ' oe i haipule a e noho ' oe i ke aupuni o ke Akua. ' O ia ke kumu i kou manawa manawale' a pono ' oe e ho' olohe i ka ' ōlelo a ke Akua, pono ' oe e hele i ka halepule ma kahi o ho' okahi manawa i ka pule e ho' olohe i ka ' ōlelo a ke Akua. ' O kēia makemake

e pōmaika' i nui ai. Mai ho' oka' awale loa, no ka mea, pau ka po' e pa' akikī i Gehena.

EHA: E HOOHANO OE I KO MAKUA A ME KO KOU MAKUAHINE.

He keiki maika' i' oe. No ke aha la i olelo mai ai ke Akua i keia? No ka mea, ua hā' awi kou mau mākuā i ke ola iā' oe, ' a' ole i hā' ule kēia kino mai ka lani mai, mālama lākou iā' oe, hānai iā' oe, hā' awi lākou i ka malu, hā' awi lākou i ka ho' ona' auao iā' oe, hā' awi lākou i ke aloha. Hā' awi lākou iā' oe i nā mea āpau ke loa' a' ole ' oe a' a' ole hiki ke mālama iā' oe iho. He nui kou aloha i kou mau makua. I ka honua i kēlā me kēia makahiki, ' oi aku ma mua o 10,000,000 mau ho' ohemo' ana i hana' ia. He po' e hewa kēlā po' e, pōā, daimonio... Ma hope o ka hā' awi' ana o ko lākou mau mākuā i ke ola, mālama a aloha iā lākou, ' a' ole lākou e hahai i ke ' ano o ko lākou mau mākuā a pepehi i kā lākou mau keiki pono' ī. Ke hilina' i nei kēia po' e i ke kōnāwai, no ka mea, ' olelo ke kōnāwai inā hānau' ia ke pēpē, ' a' ole hiki iā' oe ke pepehi, akā inā ' a' ole i hānau' ia, hiki ke pepehi' ia. No laila, hele kēlā po' e maika' i' ole i ka haukapila e pepehi i kā lākou mau keiki me ke kōkuā ' ana o nā daimonio' ē a' e' o ia nā kahu hānai a me nā kauka e hana nei i ka ho' okō' ana. Me nā pahi a me nā' oki' oki e ho' omaka lākou e' oki i ka pēpē i' āpana' āpana i' ole e hānau' ia. Lawe lākou i ka pēpē i' āpana mai loko mai o ka makuahine a laila ho' olei i nā' āpana i ka' ōpala. Ke pepehi nei lākou i ke keiki a ke Akua. Hele pololei kēlā mau daimonio i Gehena no 1,000,000 makahiki. Inā mālama kou mau mākuā iā' oe a hā' awi i nā mea āpau iā' oe, pono' oe e hana like me kāu mau keiki. Pono' oe e hana like. Pono' oe e ho' olohe a mālama i kou mau mākuā ke ulu a' e lākou a' a' ole ho' i e ho' ouna iā lākou i ka hale noho a pōina iā lākou ke ola nei. I ka wā mua, hele nā keiki e' ike i ko lākou mau mākuā i kēlā me kēia pule, a laila i kēlā me kēia mahina, a laila ho' okahi manawa i ka makahiki a hope pōina iā lākou aia ko lākou mau mākuā i loko o ka hale. Ke ha' i mai ke Akua iā ' oe e ho' omaika' i a aloha' oe i kou mau mākuā e like me kā lākou i hana ai iā ' oe, mālama lākou iā' oe, hānai iā' oe, hā' awi iā' oe i ka ho' ona' auao, hale e noho ai ... no ka mea' ole. I kēia manawa pono' oe e ho' iho' i i nā mea a pau iā lākou e like me kā lākou hā' awi' ana i nā mea āpau iā' oe. Ma mua o ka mālama ' ana o kou mau mākuā iā' oe me ko lākou na' au a pau a i kekahi lā e pono ai lākou i kou nānā pono' ana e mālama a mālama iā lākou. Pono' oe e ho' iho' i i kēlā lokomaika' i. I kēia lā no' oe i ka lā' apōpō no' u. Pu' uwai me ka pu' uwai. Ua aie kou ola i kou mau makua. ' O ia ke kumu i' olelo mai ai ke Akua, e ho' omaika' i' oe i kou makuakāne a me kou makuahine e like me kā lākou ho' omaika' i' ana iā' oe i kou wā li' ili' i. Ina maikai ole ke kanaka i kona mau makua, ua like ia me ka holoholona.

ELIMA: MAI PEPEHI.

Akaka loa keia. ' A' ole' oe e pepehi. ' A' ole pepehi i kāu mau keiki pono' ī e like me ka hana a ka po' e he nui me ka ho' omake' ana. ' O ka pepehi' ana i kāu keiki ua like ia me ka pepehi' ana iā' oe iho, no ka mea, ' o kāu keiki kekahi' āpana o kou kino. ' A' ole hiki iā' oe ke pepehi i kāu keiki pono' ī, mālama nā holoholona a mālama i kā lākou keiki. Ke ho' okoko ke aku' oe i ka makuahine me nā keiki' ōpio, hō' ike' o ia iā' oe i kona mau niho, a inā koko ke' oe e pepehi iā' oe e pale i kāna mau keiki. Pono' oe e ho' omaopopo i kēlā. ' A' ole hiki iā' oe ke pepehi ma lalo o nā kūlana. Nui nā' āina i pepehi kekahi i kekahi, ma waena o nā lāhui, he nui nā la' ana. ' A' ole hiki ke kaua ma ka inoa o ke Akua, ua nui nā kaua a me nā pepehi kanaka ma ka inoa o ke Akua. Olelo mai ke Akua, mai pepehi kanaka oe. ' A' ole pono ' oe a' a' ole hiki ke pepehi. Ua kapu ke pepehi kanaka. Pono' oe e ho' omana' o. ' O nā ali' i, e like me ka dictator o Suria, makemake e mālama i kona' ohana i ka mana a' o ka mea e hāpai i ka lima e pepehi iā ia. He mea' ino loa kēia no kona ' ohana a no kona' āina. Ke pepehi' oe, e loa' a koke iā' oe ka ho' opa' i a ke Akua. ' A' ohe mea i pakele. Ko oukou lunamanao kekahi

e ho' opa' i. Mai pepehi kanaka a me na holoholona. E ola a e ola. Nui ka po' e pepehi no ka ha' uki. He le' ale' a anei ka pepehi holoholona me ka pale' ole? Ma mua, i ka wa i lanakila ai ka po' e Pelekāne iā' Apelika, ua ho' oma' ama' a pū lākou i ka ha' uki hahai holoholona me nā' ele' ele.

'Ōlelo lākou: holo, e hā' awi mākou iā' oe i 10 mau minuke alaka' i a laila ho' omaka kahi hui o nā pōa e' imi a pepehi iā lākou. Ua kapa' ia kēia ha' uki? He po' e keiki mākou a pau na ke Akua, 'a' ole pili i ke kala. 'A' ole' ōlelo ke Akua pēlā, 'a' ole. 'A' ole' oe e pepehi. 'A' ole kanaka a holoholona. To kill is to kill. Pono kākou e mahalo i nā mea ola a pau. Inā' a' ole lākou e hō' eha iā' oe a ho' opilikia paha iā' oe, no ke aha' oe e pepehi ai? Makemake' oe e pepehi kekahi iā' oe? E no' ono' o. Inā' a' ole' oe makemake e pepehi' ia, mai pepehi i kekahi. 'A' ole' oe e pepehi i kekahi mea ola, 'a' ole kanaka, holoholona, 'a' ole lā' au. I kēia manawa, nui ka po' e i makemake e noho maika' i a' oki lā' au ma ke kuahiwi. Mālama nā lā' au iā mākou a hā' awi iā mākou i nā pono he nui. 'O ka' oki' ana i nā kumulā' au, ua like ia me ka pepehi' ana i nā moa no ka loa' a' ana o kā lākou hua. Ke pepehi' oe i ka moa, 'a' ohe hua e puka hou mai. Pono' oe e ho' omaopopo i kēlā. No laila ke 'ōlelo mai nei ke Akua: Mai pepehi kanaka' oe.

'ONO: 'A' ole' oe e hana i nā hana' ino.

He aha nā hana haumia? 'O nā hana haumia nā mea i hana' ia ma muli o ka mana' o pono' ī: 'o wau, wau, wau. E kūkulu i ka hau' oli me ka' eha a me ka' eha o nā po' e 'ē a' e. E like me ka peresidena o Suria, nana e malama i ka mana, ua pepehi i 100,000 kanaka o kona aina iho. Pepehi i nā mea hala' ole, nā wahine, nā keiki, nā pēpē "ma ke 'eke" me ka mālama' ole i ke ola o kekahi a me ko lākou' eha. He hana haumia kēlā me kēia hana pono' ī. 'O ka hana haumia' o ia nā hana a pau āu e hana ai i nā po' e 'ē a' e. 'O nā mea a pau āu e hana ai, 'o kēlā me kēia hana, inā he mea hō' eha i nā kākā, inā he nui a he lī' ilī' i paha, he haumia. He mau hana haumia ka pepehi kanaka a me ka moekolohe. 'O ka moekolohe ka helu 1 hana haumia, no ka mea, ke uku nui nei mākou no ka moekolohe ma kēia ao. Ho' olaha' ia nā' ano ma' i āpau ma o ka moekolohe. 'O ka mea nui loa' o AIDS. I kēlā me kēia lā, nui nā make mai ka ma' i AIDS, miliona a hiki i kēia lā. Inā moe wale nā kākā a pau me kā lākou kāne a me kā lākou wahine, i kēia lā' a' ohe ola o ka honua.

'A' ole i make ka nui o nā kākā. No ke aha i laha wikiwiki ai ka AIDS? ma luna o nā mea a pau, no kēia mau hana haumia i hana' ia me ka moekolohe. Pili nā kākā a pau me ka' ike' ole i ko lākou mau inoa, ke moe nei lākou me ka' ole o ka ho' opane' e. Maluna me ka pale ole e like me na holoholona. Uku nui ia keia mau hana. E nānā i ka nui o ka po' e i loa' a i ka ma' i AIDS. No laila ke 'ōlelo mai nei ke Akua: Mai hana' oe i nā hana haumia.

Inā' oe e ho' okō iā lākou, e uku nui' oe. A' o mua ke Akua iā' oe. Inā pepehi' oe i kāu keiki ma o ka ho' omake' ana e loa' a iā' oe nā hopena no' ono' o a kino. 'O ka po' e kālāi'āina e' ae i nā kākāwai kū' ē i ke Akua a me ka mahalo i ke ola e uku nui' ia. He daimonio kela poe a pau. 'O kā lākou hana e kū' ē i ke Akua. Hana lakou i ko lakou makemake me ka malama ole i ke kanawai o ke Akua. I kekahi lā e ho' oponopono lākou i nā mo' olelo me ke Akua. Hele lākou a pau i Gehena, 'a' ohe mea i pakele. Ma keia ola ana e loa' ia oe ka mana aka aole ia oe ka mana ke make oe. E' eha mau' oe i loko o Gehena a hiki i kou ho' opa' i' ana.

HIKU: MAI aihue oe.

He hana' ino kēia. 'O ka po' e' aihue, lawe lākou i nā mea a kekahi no ko lākou pono pono' ī. Ma nā' āina he nui i' aihue' ia nā keiki e kū' ai aku. I ka nui. Hana' ia nā kaua e powa

nā' āina' ē a' e a mālama i nā mea i loa' a i nā mea' ē a' e. Inā' a' ole, no ke aha ke kaua? komo ka' āina i kona hoalauna e' aihue i nā mea a pau.' O nā' aihue a pau he mau hana maika' i' ole a mana' o' i' o.' A' ohe mea' aihue i kekahi mea mai kekahi.' A' ole hiki iā' oe ke mālama i ka mea' a' ole iā' oe a i' ole ka lawe' ana i nā mea a lākou. No laila ke' ōlelo mai nei ke Akua, Mai' aihue' oe.' A' ole hiki ke ho' āpono' ia ka' aihue.

EWALU:' A' ole' oe e hō' ike wahahe' e a ho' opunipuni.

' Oi aku ka wahahe' e. Ehia kanaka i olelo wahahee ole? Nui a li' ili' i paha, ' a' ole pili. Mana' o ka po' e he mea' ole ka wahahe' e iki. Akā' a' ole pēlā. Ho' omaka' oe me kahi wahahe' e li' ili' i a ho' opau i ka ha' i' ana i nā wahahe' e he nui a nui a' e. Ua like ia me ka popo hau e ho' omaka ana e ka' a mai ka piko o ka mauna li' ili' i a nui a' e ka nui. Ho' onui ka Negative i nā mea' ino a' oi aku ka maika' i' ole i kēlā me kēia lā.' A' ole' oe e hō' ike wahahe' e a ho' opunipuni. I ka hookolokolo ana, ehia na hoike wahahee! Ua' ike ka loio ua hewa kāna mea kū' ai aku, akā no ka lanakila' ana i ka ho' okolokolo, ha' i' o ia i nā wahahe' e e like me ka hiki. Akā no ka uku' ana o ka mea kū' ai aku, ' ōlelo ka loio i nā mea a pau a ho' opunipuni i nā mea a pau, e loa' a kālā.' A' ole pono' oe e hana i kēia.' O ka mea āu e uku ai he li' ili' i, he pō' ino ke ho' ohālikelike' ia i ka mea āu e uku ai i Gehena no nā miliona mau makahiki.' A' ole pono. Pono' oe e ha' i i ka' oia' i' o.

E ho' omana' o maika' i, hiki iā' oe ke ho' opunipuni i nā kānaka, i kēlā me kēia, i ka luna kānāwai, akā' a' ole' oe iā' oe iho a i kou lunamana' o.

' Eiwā:' A' ole' oe e' ae i nā mana' o a i' ole makemake' ole.

Ua oi aku ka maikai o keia kauoha mamua o na kauoha e ae. No ka mea, ma mua o ka hana' ana i kekahi hana, aia ia i loko o kou mau mana' o. Inā haumia kou mana' o, inā hewa, a laila lilo ia i hana.' O ka no' ono' o ka hana mua ma mua o ka hana' ana i kekahi hana haumia. Ma mua o kekahi hana pono' oe e ho' ōki i kou mana' o. Inā' a' ole' oe e no' ono' o i kekahi mea' ino, ' a' ole' oe e hana i kekahi mea' ino. Inā' oe e no' ono' o pono' i kāu mau hana.' O ka po' e ho' oweliweli, ma mua o ka pepehi' ana i nā kānaka, ua helu mua lākou pehea a me kahi e hiki ai iā lākou ke ho' okō i ka pepehi kanaka, a' o lākou a ho' onohonoho i loko o ko lākou mau mana' o.' O ia ke kumu i' ōlelo mai ai ke Akua:' A' ole' oe e' ae i nā mana' o a me nā hana haumia.' O nā hana a pau ma mua o ka hana' ana, e hele i ka no' ono' o. Inā hele ka mana' o haumia, makemake' ole i kou po' o, pono' oe e' oki koke ma mua o ka lilo' ana o ia mana' o i hana. Ma mua o ka hana' ana i kekahi mea, e no' ono' o inā makemake' oe e hana lākou iā' oe. E no' ono' o' oe ho' okahi mākou a pau, ho' okahi' ohana nui mākou, he keiki mākou a pau na ke Akua. I maopopo iā' oe, ua like mākou me ka lā' au, he lau kēlā me kēia kanaka, he' āina kēlā me kēia lālā, ' o ke kumu ko mākou kumu, ' o ko mākou Makua.

Hana mākou a pau i ka lā' au. Ho' okahi mākou. Ma ka honua mākou ho' okahi' ohana nui.' O nā makemake a me nā mana' o haumia e lilo i mau hana. A laila hiki mai ka hopena o kēlā mau hana maika' i' ole a haumia. Inā pololei ka mana' o, he paradiso kēia honua.

KAU KAU O KE KANAWAI O KE AKUA: Mai uhu oe i ka waiwai o hai.

' O kēia ke kauoha hope loa o ke kānāwai o ke Akua. Mai ho'ā' o e' aihue a loa' a i nā mea a kekahi. He ākea loa ka' ōlelo pūnāwai; pili i nā' ano waiwai a pau, ' a' ole nā mea waiwai wale nō

ka po' e na' auao, ka no' ono' o, ke kālā... I' ole e kuko, ma mua o ka hana' ana e ho' ōki kākou i ko kākou mana' o. Ma mua o ka hana' ana, no' ono' o mau mākou; pehea e' aihue ai a pehea e ho' ohana ai i ka mea i loa' a i kekahi, inā he kānāwai a i' ole ke kānāwai. ' Elua ala o ka lawe' ana i ka waiwai o nā mea' ē a' e, ma ke kānāwai a me ke kānāwai:

1 ma ke kanawai; ' o ia ka ho' ohana' ana i ka po' e hewa' ole, e like me nā panakō i hana i nā moraki. Inā' a' ole hiki iā' oe ke uku i ka panakō, ' ōlelo ka panakō iā' ' oe e ha' i iā' oe ua kau inoa' oe i nā kūlana inā' a' ole' oe i heluhelu i ka pa' i maika' i. I kēia manawa he €50,000 wale nō kōu waiwai akā ma mua o kou noi' ana i kahi hō' ai' ē, hā' awi lākou iā' oe i ka €100,000. He' aihue ma ke kānāwai kēia panakō, ke ho' ohana nei i ke kālā o kānaka. Ma mua, ua ha' i ka panakō iā' oe he 100 ke kumukū' ai o kōu hale noho akā i kēia manawa he 50, no laila ke ho' ā' o nei ka panakō e ho' ohana iā' oe ma 50. Ua hewa ke kānāwai, no ka mea, ' a' ole pono ke kānāwai. Inā' a' ole hiki iā' oe ke uku, kipaku lākou iā' oe a kiola iā' oe ma ke alanui a lawe ka panakō i kou ke' ena. ' O ia ka lawe pono' ana i nā kānaka ma ke kānāwai.

2 ma ke kanawai; He' ano' aihue a ho' opunipuni paha. Inā hiki i ke kanaka ke ho' ohana i nā kānaka, e like me €100,000, i ka manawa mua, hau' oli nui' o ia no ka mea ua loa' a iā ia ka €100,000, akā pōina i kēia kanaka kekahi mea; Inā ho' opunipuni ' o ia i ka po' e' ilihune mai ka €100,000, me kona na' auao hiki iā ia ke lanakila i ka € 1,000,000 me ka ho' opunipuni' ole. Ua ho' ohana hewa' oe i kou' ike.

Ma luna o kēlā, e uku nui' o ia no ka mea e loa' a iā ia kahi ho' okolokolo a inā e nalowale' o ia i ka ho' okolokolo, pono' o ia e uku € 100,000 me ka ukupanee a me nā lilo. ' O ia ke kumu i' ōlelo mai ai ke Akua iā mākou, ' a' ole e ho' omā' ewa' ewa a kuko i ka waiwai o ha' i, no ka mea, ' o ka hopena ke uku nui nei mākou no ia mea. ' Oi aku ka maika' i e loa' a kālā ma ke kānāwai me kou' ike. ' O ka po' e kālā'āina; ' aihue lākou ma ke kānāwai a me ke kānāwai. Ho' ohana lākou i ko lākou kūlana a me ka mana e ho' opunipuni i ka po' e' oia' i' o, ' aihue i nā' auhau o ke kūlanakauhale, ho' ohana i nā ha' awina e kōkua ai i kā lākou po' e' ohana, a i ka hopena ua pau. ' A' ole loa' a kēia mau mea a pau. ' Oi aku ka maika' i o ka ' oia' i' o a' a' ole' aihue i ke kālā o ka lehulehu, ' o ka hopena, hā' ule lākou a pa' a i ka hale pa' ahao. ' O kekahi ma mua a ma hope o kekahi. Inā' aihue' oe mai ke kanaka mai a ho' opunipuni paha' oe, i kēia kanaka wale nō' oe. Akā inā ' aihue' oe a ho' opunipuni paha i nā kama' āina, ' ai' ē' oe i nā kama' āina a pau.

Ina he 40,000,000 kanaka o Sepania a aihue oe i ke dala o na kanaka, ua aie oe i ka 40,000,000 miliona kanaka. ' A' ole pili ke kālā aupuni. He ko' iko' i loa kēlā. ' A' ole like ka' aihue' ana i ke kanaka a i' ole ka' auhau o ke kūlanakauhale, no ka mea, ' oi aku ke ko' iko' i o ke kānāwai o ke Akua i ka' aihue' ana i ke kālā o kānaka. E akahēle loa i ka po' e kālā'āina a me ka po' e he kūlana ko' iko' i. E akahēle me ia poe. ' A' ohe mea e pau maika' i. ' A' ole pono lākou e ho' opau i kahi peni mai ka po' e, no ka mea, ke nānā mai nei ke Akua iā' oe, a laila pono' oe e ho' oponopono i nā kālā ma' ane' i a ma kēia hope aku. Na ke Akua e ho' opa' i iā' oe a me kou lunamana' o pū kekahi. A laila' a' ole hiki iā' oe ke hiamoe maika' i a mihi' oe no ka' aihue' ana i ke kālā o kānaka. ' Ane' ane' o nā po' e kālā' āina a me nā ' ao' ao i hopu' ia i ka' aihue a me ka ho' opa' apa' a, hiki iā mākou ke' ike ma ka nūhou i kēlā me kēia lā. Uku nui lākou a' a' ohe mea i pakele. Ma mua o ka hana' ana i kēia, e no' ono' o pono. ' A' ole hiki iā' oe ke ho' opau i ke kālā o ka po' e a i' ole ka ho' ohana' ana i kou kūlana mana. No ka mea, inā e hana' oe pēlā, e uku nui' oe a e hele' oe i ka hale pa' ahao' a' ole' o kēia wale nō, e ho' opa' a ' ia kou inoa me he mea lā he pōā' oe.

E hilahila ana kou' ohana iā' oe. No ke aha e uhi ai ka po' e kālai'āina i ko lākou mau maka ke hopu' ia lākou? No ka mea, ua ike lakou ua hana hewa lakou a hilahila. Mai no' ono' o' oe e ho' opakele' ia' oe a' a' ole loa lākou e hopu iā' oe: ' o nā mea scammers a me nā' aihue ma hope a ma hope paha e hā' ule no ia. He mea pili i ka manawa. ' A' ole hele maika' i. ' A' ole pono e ho' olilo i ke koena o kou ola i loko o ka hale pa' ahao. ' A' ole wale kēia, ke make' oe e hele' oe i Gehena no ho' okahi miliona mau makahiki. Ke kali nei' o Gehena iā' oe e hō' eha iā' oe no ho' okahi miliona mau makahiki. ' Oiai inā' a' ole' oe mana' o' i' o a' a' ole makemake paha i ka mana' o' i' o, e hele mau nō' oe i Gehena. Ma laila' oe i loko o ka hale pa' ahao a lawe lākou iā' oe i waho i kēlā me kēia lā e pepehi pinepine iā' oe a hiki i ka pau' ana o kāu ho' opa' i. Mana' o' i' o paha' oe i ke kōkua a' a' ole paha, ke loa' a' oe, hele lākou a pau i ka hale pa' ahao. Inā mana' o' i' o' oe i Gehena a ' a' ole paha, ho' okomo lākou iā' oe i loko o ka hale pa' ahao a' a' ole like ka hale pa' ahao o Gehena me ka mea i piha i ka' olu' olu. ' Ike' oe me ka maka nui.

' O nā po' e kālai'āina a pau he mau kauā na ka lehulehu. ' A' ole lākou he po' o o ka po' e. ' A' ole na ka po' e lawelawe i ka po' e kālai' āina. ' A' ole' oi aku ka po' e kālai' āina ma mua o nā kōkua. Pono' oe e kōkua i nā kōkua e ola maika' i. Ina e hoomaunauna oe, aihue, a haawi i na kokua i na makamaka, ua aihue oe i na kanaka, a e loa no kona hoopai, ma keia ao a ma keia hope aku. Ke hele' oe i ka hale pa' ahao i kekahi lā, ' a' ole hele pū kou mau hoaloha me' oe. ' A' ohe mea e hā' awi e uku iā' oe, ' a' ohe mea e hana i kekahi mea no' oe. Inā he' elele' oe no ke kōkua a keke' oe, pono' oe e hele pololei, pono' oe e ho' ohālike i nā po' e' ē a' e no ka mea' a' ole hiki iā' oe ke koi aku i kekahi i kāu mea hiki' ole ke ho' okō.

Inā' a' ole ho' ōki nā hui aupuni, e like me nā kaona, i ka' ohi' ana i nā kōkua a me ka' imi' ana i nā pilikia, ' a' ole lākou he mau kauā na ka po' e. Pono ka po' e kālai'āina e loa' a ka pu' uwai a kōkua i ka po' e, ' a' ole e uha' i iā lākou me ke aloha ' ole. ' O ke kōkua mua e lilo ai i mea kālai' āina, ' o ia ka pu' uwai gula, ka pu' uwai ho' ola' a i nā mea' ē a' e a me ka ho' oponopono' ana i nā pilikia o nā kōkua.

' A' ole koho nā kōkua i ka po' e kālai' āina no ko lākou pu' uwai gula. ' O ia ke kumu' ino loa mākou i kēia manawa. Ua' ike ke Akua e' oi aku ka hewa o kēia ao i kēlā me kēia manawa, ' o ia ke kumu o ke kauoha hope o ke kōkua o ke Akua: mai kuko ' oe i ka waiwai o ha' i. He hewa loa ka ho' okō' ana i ke kōkua ma luna o nā po' e ' ē a' e a' a' ole e ho' okō pono iā' oe iho. Inā puhi ka makua kāne, pehea' o ia e ha' i aku ai i kāna keiki he' ino ka puhi paka? Pono' oe e alaka' i ma ka la' ana no laila e maika' i nā mea a pau. Inā' aihue a hana hewa ka po' e kālai'āina, pehea lā lākou e koi ai' a' ole' aihue a hana hewa paha nā po' e' ē a' e? aole kupono. Pono ka po' e i loa' a ke kōkua i ka 100% ma mua o ke koi' ana i nā po' e' ē a' e. Ehia kanaka i hana e like me ke kauoha a ke Akua? ka 1%? ' O ke koena, 99% he mana' o pilikino a' aihue mai nā po' e' ē a' e e like me ka hiki. Inā' aihue' oe i kahi peni, i ke ola a' e e uku' oe. E ola hou' oe ma ke' ano he holoholona a hiki i ka wā e uku ai' oe i kāu' ai' ē. Hiki iā' oe ke lilo i mea kālai' āina i kēia lā no ka mea i kou ola i hala ua hana maika' i' oe, akā mai ho' ohana i kēia manawa no ka mea e' oi aku ka ikaika o kou hā' ule' ana. No ke aha e noho' olu' olu ai ka po' e kālai' āina? he mau hale nui ko lakou, he kaa kaa me ke kaa, he huakai papa mua... ua oi anei lakou mamua o kakou? ' a' ole, ' a' ole pēlā. Pono' oe e ho' ohālike a' o ka mea āu e hana nei' o ka ho' ohana' ana i ke kōkua' auhau e ola maika' i ai. ' O kēia mau mea a pau mai ka mana' o pono' i: wau, wau, wau. Inā' oe e no' ono' o mua i nā mea' ē a' e ma mua ou, ' a' ole loa' oe e hana i kēia mau' ano hewa a noho hau' oli' oe ma kēia honua.

' A' ole' oe e pōmaika' i i ka ho' omāinoino' ana i kekahi, no ka mea, inā
' oe e hana' ino, makemake kekahi e ho' opa' i iā' oe a loa' a iā' oe ka
manawa' ino. No laila, mai hō' eha' oe inā' a' ole' oe makemake e hō' eha
lākou iā' oe. Mai no' ono' o pono iā' oe iho. Pono' oe e no' ono' o pono iā
' oe iho, pono' oe e no' ono' o pono a no' ono' o pono i nā mea e pono ai
' oe a me nā mea e hō' eha iā' oe. E ho' omana' o maika' i: Ma mua o ke
kuko' ana i nā waiwai o nā po' e' ē a' e, e no' ono' o pono. E kāpae i kēlā
mana' o! no ka mea a laila e loa' a' oe i ka hopena e hele' oe i ka hale
pa' ahao a laila i kou make' ana e hele' oe i Gehena. E hana no na kanaka me
ka naau, pela oe e kukulu ai i paradaiso ma ka honua. Inā mākou a pau i ka
mana' o pono' i a hele i luna o nā po' e' ē a' e e loa' a i kahi ola maika' i
a' e me ka mana' o' ole i ka' eha a i' ole ka ho' oikaika' ana o nā po' e
' ē a' e, e' oi aku ka' ino o kēia ao, e lilo kēia honua i Gehena. Mai ho' ohana
pono i kekahi, mai ho' opunipuni i kekahi a i' ole me nā' ōlelo ho' ohiki
wahahe' e, a i' ole me ka wahahe' e, e ho' ā' o e loa' a kālā mai nā po' e e
pōmaika' i ai iā' oe iho a i' ole e noho mālie a' oi aku ka maika' i. Loa' a i ke
kālā me ka' oia' i' o a mai ho' ohana i ka hana a me ka ho' oikaika' ana o nā po' e' ē a' e e
E uku nui' oe no ia mea, ' o kou lunamana' o a me nā kānāwai o kēia ao a me
kēia hope e ho' opa' i iā' oe no nā miliona makahiki i loko o Gehena. Mai
ho' ohana pono i ka po' e no ka mea e ho' opa' i ka po' e iā' oe a loa' a iā
' oe ka manawa' ino.

!E makaala

Mahalo nui iā' oe.



NUI HUI



8.- E NINAU IA OE IHO, AOLE I KE AKUA

E ho' olana ka mana' o. No ka hana' ana, nui nā makemake o kēlā me kēia kanaka, nui nā makemake o kēlā me kēia kanaka. ' O ka makemake mua a nā kānaka e noi ai ' o ke olakino a me ke ola lō' ihi. Nui ka po' e e noi i ke Akua e ola kino, ' a' ole hiki ke kōkua ke Akua iā' oe. No kou ike, no ke ola kino a me ke ola loihi, mai ninau aku i ke Akua, e ninau ia oe iho.

' Elua mau ala āu e noi ai i ke olakino:

' O ka mua, pono ka mana' o e no' ono' o maika' i. Mai no' ono' o maika' i ' ole no ka mea' o ka maika' i ka maika' i.

E like me na hana Hana i nā hana ma ke' ano o nā po' e' ē a' e. E hana maika' i no nā po' e' ē a' e. ' A' ole i kou makemake. Pono mau i nā po' e' ē a' e, ' a' ole i kou makemake. Kapa' ia kēlā hana maika' i a lawe mai ka maika' i i ka maika' i a me ka maika' i' ole. ' O nā hana a pau e ho' omaika' i iā' oe iho he maika' i' ole a lawe mai ka maika' i' ole. Pono e hana' ia kāu mau hana a pau no nā mea' ē a' e. ' A' ohe kumu. ' A' ole pili i kāu hana. Me he mea lā ua kōkua ' oe i nā kānaka, akā loa' a iā' oe ka waiwai. ' A' ole maika' i kēlā, maika' i' ole a ke hō' eha nei' oe iā' oe iho.

No ke olakino, e' ike kākou, pili ke olakino i ke kahe koko. Inā' a' ole e holo maika' i ke koko, ' a' ole maika' i kou olakino. ' O ka no' ono' o maika' i' ole, nā a' alolo, ke ko' iko' i, ka huhū, ke kaumaha ... ' o kēia mau mana' o āpau he maika' i' ole a ho' opilikia i kou olakino. Inā' a' ole holo maika' i ke koko ma ke ake, pilikia' oe i ka ate, inā' a' ole holo maika' i ke koko ma ka pu' uwai, a laila pilikia' oe i ka pu' uwai. Inā' a' ole holo maika' i ke koko ma kekahi' āpana o ke kino, e loa' a ana iā' oe nā pilikia, e ma' i' oe, pehu' oe, ' a' a ke koko, ' ike ' ia nā cysts, lumps a me ka ma' i kanesa. Inā' a' ole e holo maika' i, e make nā mea a pau iā' oe. Inā' a' ole holo maika' i ke koko, hele kou kino i ka pilikia. He kūpono ia, ua like ia me ka ho' okele waiwai honua, ka ho' okele waiwai o nā hui a i ' ole nā moku' āina, nā' ohana ... inā' a' ole ia e komo, ' a' ole ia e ha' alele. Inā' a' ohe' ai, inā' a' ole kū' ai nā kānaka, pani nā hale hana. Pau nā mea a pau, a inā kū, aia ka pilikia. Inā kū' ai nā mea a pau, ho' opau nā mea a pau, e kūpono nā mea a pau a' a' ohe pilikia.

' Oiai ka nele o ka hilina' i, pau nā mea a pau a ho' omaka ka pilikia. Ua like ia me ke kaa ana o ke koko; Inā' a' ole e holo maika' i, e pilikia ana' oe. No laila ' a' ole hiki kēia, pono' oe e hana i nā po' e' ē a' e me ka pu' uwai gula.

Aloha mau i nā po' e' ē a' e' a' ole iā' oe iho. Maika' i kēlā. Inā' a' ole' oe e loa' a ka pōmaika' i ke hana' oe i nā mea maika' i no nā po' e' ē a' e, a laila he hana maika' i kēia. Inā hana maika' i' oe no nā po' e' ē a' e, ' a' ole no kou ' ohana, no ka mea' ike' ole' ia, a laila e mana' o' oe i kahi' ano' olu' olu loa i kou kino, e hau' oli' oe a maika' i loa, a' o kēia mana' o, e hā' awi ka ikehu iā' oe i ke kahe koko maika' i.

Inā kōkua ' oe i nā po' e ' ē a' e me ka lawe ' ole ' ana i kekahi ' ano waiwai, e hā' awi kēia iā ' oe i ka ikaika maika' i a loa' a iā ' oe ke olakino maika' i a me ke ola lō' ihi. Inā loa' a iā ' oe ka waiwai ma ka hana ' ana i kekahi hana maika' i, lilo ia i hana maika' i ' ole. E like me nā mea ' ino a pau e pili ana i ke kahe koko e loa' a iā ' oe ke olakino maika' i ' ole. ' O ia ka' u e hana ai i kēlā me kēia lā, hana wau i nā hana maika' i no ka po' e a hau' oli nui wau, hā' awi kēia ia' u i ka ikehu maika' i loa. Nīnau mai nā kānaka ia' u: no ke aha ' oe i hau' oli nui ai? Ua lanakila ' oe i ka hailona? ' O ia ke kumu e hana mau ai au i nā hana maika' i no nā kānaka i kēlā me kēia lā a no laila ua loa' a ia' u ke olakino maika' i loa. ' O ia kāu mea e hana ai.

Inā makemake ' oe i ke olakino e like me a' u, pono ' oe e nīnau iā ' oe iho ma ka hana ' ana i nā hana maika' i no nā kānaka a me ka lawe ' ole ' ana i kekahi ' ano pono. ' A' ole hiki i ke Akua ke kōkua iā ' oe, pono e loa' a iā ' oe ke olakino. ' O ka lua ka mea āu e ' ai ai. E akahēle loa i kāu mea e ' ai ai. Loa' a i nā ' i' o a pau kona mau ma' i inā pō' ino ' oe a' ai i kahi ' āpana ' i' o i loa' a i ka ma' i ma' i, e komo kēlā virus i kou kino a ma' i ' oe.

Ua ' ike mua mākou i nā ma' i ma' i i loa' a i ka honua ma muli o ka ' ai ' ana i ka ' i' o: ma Asia ua loa' a ka ma' i avian i nā kānaka he nui a ma ka lewa, me ka hanu, ua ma' i nā kānaka a hā' ule e like me nā moena. Mai ' Apelika mai ka ma' i AIDS, mai nā monkey. Ua lawe mau ka mo' o i kēia ma' i a ' a' ohe mea i loa' a iā lākou, akā mai ko mākou ' ai ' ana i kā lākou ' i' o, ua loa' a iā mākou kēia ma' i. ' A' ole kūpono kēia ma' i me mākou a ' o ia ke kumu e lawe ai i ko mākou olakino a hā' ule koke mākou i ka ma' i a make koke.

' O ia ka pilikia.

E like me ka i' a, lawe ka i' a i nā ilo, a inā ' oe e ho' omo' a, palai, a ho' olapalapa paha me ka wai wela loa, ' a' ole ' oe e pepehi i kēlā mau ilo, a ke ' ai ' oe i kēlā i' a, loa' a ' oe i kēlā mau ilo. ' A' ole ' oe i mana' o' i' o? E hana i ka ho'ā' o: e ho' okomo i kahi ' āpana ' i' o i mo' a, inā paha e puhi ' ia e like me ka lanahu, e kau ma luna o ka pā ma ka pākaukau no ho' okahi pule a ' ike ' oe i ka puka' ana o kēlā ' āpana ' i' o ' ele' ele e like me ka pala a me nā ilo. ' A' ole make nā ilo. ' A' ole make nā mea ola. No laila, inā pō' ino ' oe a' ai ' oe i ka ' i' o ma' i, e ma' i ' oe. ' A' ohe mea e hō' oia' i' o i ka ' ole o ka ' i' o i nā ma' i. ' O ka ma' amau, mālama ke olakino i nā mahi' ai akā ' a' ole ho' ā' o i nā holoholona āpau. Ho' opili wale ' o ia i 1 holoholona, no ka la' ana he bipi, akā ' a' ohe manawa e kālailai i nā bipi a pau. Inā he ma' i ma' i kekahi o ia mau bipi, ' a' ole ' ike ' ia a hiki i ka ' ai me ka nānā ' ole ' ia. Ina e ai oe, e ma' i oe.

Nui nā ' ano ma' i laha' ole, lawe lākou i kēlā inoa no ka mea he ma' i ' ike ' ole lākou. ' A' ole ' ike ' ia mai hea mai lākou a pehea e ho' ōla ai. ' O kēia mau ma' i a pau mai nā ma' i mai nā holoholona i lawe mai. ' O nā holoholona, nā mea e holo ana ma ka honua, nā mea lele i ka lewa a i' ole nā mea i lalo o ka wai, ' a' ole pono e ho' opā iā lākou.

Inā ' ai ' oe iā lākou a loa' a iā lākou nā ma' i ma' i a laila e ma' i ' oe, ' oi aku ka maika' i ' a' ole e ho' opā iā lākou. I kēlā me kēia lā ke pā' ani nei ' oe me kou olakino ma ka ' ai ' ana i nā holoholona. E like me mākou i nā makahiki i hala me ka ma' i pipi pupule; ' ai i ' āpana ' i' o make nā kānaka. ' A' ohe mea i ' ike i ka nui o nā ma' i ' ike ' ole i loko o ke kino o nā holoholona.

Lawe mākou iā mākou iho i nā ma' i ma' i e like me ke kanesa a' a' ole hiki iā mākou ke ho'ōla iā ia, pehea mākou e ho' ōla ai i nā ma' i' ike' ole o nā holoholona? ina aole kakou i ike ia lakou aole hiki ia kakou ke hoola ia lakou. E nānā i ka ma' i AIDS, ' a' ohe lā' au.

No ka pale' ana i nā pilikia olakino, e ho' ā' o e' ai' ole i ka' i' o a i' ole ka' i' a. E hana e like me ka' u mea' ai mea' ai no nā makahiki he 40 a' a' ole wau i ma' i a hele i kahi haukapila a' a' ole i' ike' ia e ke kauka. ' O kēia ka hopena. ' O ia ke kumu inā makemake' oe i ke olakino e nīnau iā' oe iho ' a' ole ke Akua. E akahēle i kāu mea e ho' okomo ai i loko o kou waha.

Pono' oe e' ike i kēlā.

Mahalo nui iā' oe.



[NUI HUI](#)



9.- NA SEKTA / HOOMANA A ME NA SEKTA

' O ka hewa mua ma ka honua ' o ka moekolohe. I kēia lā e kama' ilio mākou e pili ana i kekahi mau ho' omana e ho' ohana pono i ka po' e ' ilihune ' ike ' ole i kekahi mea. Nui ka po' e e ho' ohana i nā wāhine a me nā kānaka e waiwai ai. Nui nā "ho' omana" i ho' ohana pono i ka po' e ' ilihune ' a' ole na' auao. No ka la' ana, noi ke kumu i ke kālā i nā kānaka, me ka ho' ohiki ' ana e laki a olakino ' o ia.

Wahi a kekahi mea lapuwale: pono e moe ka wahine me ke kumu i ola kino a lō' ihi ke ola. Maika' i nā ho' omana a pau i loko o ke kānāwai o ke akua. Akā, ' a' ole hiki i ka wahine ke hā' awi aku i kona kino no ka haku e moe ai a ma hope o ka moe ' ana o ka haku me kēlā wahine, hā' awi ' o ia iā ia i nā haumāna ' ē a' e e moe ai. He hewa loa keia. He ku e i ke kanawai o ke Akua. Ma nā ho' omana he nui, i kēlā me kēia manawa, puka mai ke kumu i hana ' ino nui i nā kānaka, me ka ho' ohana ' ana i ka na' aupō o nā kānaka. Makemake nā kānaka e ola kino a mana' o' i' o lākou i nā mea a pau i ha' i ' ia mai iā lākou. Ho' ohana kēia mau "mau haku" i kēia. 'Ōlelo lākou i nā wāhine inā makemake lākou i ke ola kino a me ke ola lō' ihi, pono lākou e moe me ke kumu, i hiki iā lākou ke ho'ōla i ko lākou mau ma' i a lō' ihi ke ola. Hā' awi lākou i ke olakino, laki a me ke ola lō' ihi ma ke kū' ai ' ana i ka moekolohe.

Ma hope o ka moe ' ana me ke kumu, hā' awi ke kumu i nā haumāna ' ē a' e e moe me ia. He lapuwale kēia. He kua ia i ke kanawai o ke Akua. Ke lawe nei keia "kumu" i ka naaupo o kanaka no kona pono iho. E akahēle loa i keia. Pono kēia po' e i loko o ka hale pa' ahao.

' O kekahi mea a kēia mau kumu e noi ai i nā kānaka, ' o ia ke kālā e waiwai ai a noho me nā ' ano ' olu' olu like ' ole, inā makemake ' oe e loa' a

ke olakino maika' i a lō' ihi ke ola, pono ' oe e hā' awi i ke kālā i ka po' e pono, i nā hui kōkua i nā kānaka. e ho'ōla, no ka la' ana, Kauka Palena ' ole. Inā makemake ' oe e loa' a ke ola lō' ihi, pono ' oe e hā' awi kālā i ka po' e i hiki iā lākou ke ho' olō' ihi i ko lākou ola ma ka ho' ōla ' ana i nā ma' i. Mai hā' awi i ke kālā i kēia mau kumu i makemake wale e ho' ohana a waiwai mai ka po' e ' ilihune. ' A' ohe kumu ke Akua. He mau kanaka kākou a pau. Ina olelo ke kumu he Akua ia, he wahahee ia. ' A' ole mākou he Akua.

' O ka po' e e ' ōlelo nei he Akua ola lākou, makemake wale lākou e ho' ohana i ka po' e no ka moekolohe manuahi a me ke kālā e waiwai ai. He kumu wahahee lakou. Me ia mea, e akahēle loa. Nui nā ' āpana ma nā ' āina he nui e ' ōlelo nei he po' e Buddhist Tibet lākou a loa' a wale ka waiwai. ' A' ole au e ho' opi' i nei i kekahi, ke ' ōlelo wale nei au e maka' ala loa i nā sekta e hō' ike ana he po' e Buddhist Tibetan a noi aku i ka wahine a me ke kālā e ho' ololi i ke olakino, laki a me ke ola lō' ihi. ' A' ole noi ke kumu Buddhist i kekahi mea no ke a' o' ana i ke ala pololei, no ke kōkua ' ana i nā po' e ' ē a' e.

' O kēlā me kēia mea i loko o ka Buddhism Tibet, e maka' ala loa, i ka hihia. Ke ao wale aku nei au iā' oe i' ole lākou e lawe i kāu kālā a noho' oe ma ke alanui me ka mea' ole a i' ole pono' oe e moe me nā po' e he nui a laila loa' a' oe i ka AIDS a i' ole nā ma' i ma' i ma' i. Ke a' o aku nei au iā' oe: e maka' ala me nā sects e noi ana i ka wahine a me ke kālā e ho' ololi i ke olakino, laki a me ke ola lō' ihi. Nui nā po' e ma ka honua nei e ho' ohālikelike nei i nā kumu Buddhist Tibet e ho' ohana wale i ka po' e makemake i ke olakino a me ke ola lō' ihi. Mālama nui. Me keia.

Ma keia ao, nui na kumu maikai, a nui na kumu ino. Aia nā ho' omana a pau: Buddhist, Katolika... Inā makemake' oe e loa' a kālā pono' oe e kōkua i ka po' e' ilihune. Inā loa' a iā' oe ho' okahi euro, kōkua i ka po' e nele me ho' okahi euro; inā he 10 euros i koe, kōkua i ka po' e' ilihune me 10 euros. Penei ke kōkua' ana o ke akua iā' oe. Inā kōkua' oe i nā po' e e loa' a iā' oe nā hoaaloha, ' a' ole pili ka nui o kāu hā' awi. A' a' ohe kumu kūpono, e hana wale a' o ia nō. Me ka noi' ole' ana i kekahi mea. Inā hiki iā' oe, e kōkua me ka noi' ole i kekahi mea.

Mai' ae i ka po' e e ho' ohana iā' oe ma ke noi' ana i ke kālā.

I kēia manawa, nui nā' ao' ao i kapa' ia ma muli o nā akua e ho' ohana i nā kānaka. E akahēle loa me lakou.

He kumu e komo ana i nā lōle nani a noho i loko o ka hale nani me nā mea pono a puni ia... E akahēle loa me lākou!

' A' ole noi ke kumu maika' i i kekahi mea.

Ke a' o manuahi nei au i ka yoga a me ka no' ono' o' ana no 16 mau makahiki ma ko' u home a' a' ole wau e noi i kekahi mea. ' A' ole au e' ae i kahi keneta a i' ole kekahi makana. Hana wau i nā mea āpau no ke kōkua' ana i nā kānaka, no ka mea, hana wau me ko' u pu' uwai.

' A' ole maopopo ia' u ka inoa a i' ole ka helu kelepona o ka' u mau haumāna, no ke aha? Ke ho'ā' o wale nei au e kōkua i nā kānaka. I nā po' e a pau e pono ai a' a' ole wau e noi i kahi mea e ho' iho' i mai.

Inā noi ke kumu iā' oe i ke kālā a me ka moekolohe, no kekahi kumu mai kāna mau haumāna, a laila he pōā' o ia, ' a' ole ia he kumu. He wahahee. ' A' ole' o ia he kumu. Hana ke kumu e like me Iesu Kristo i ho' ola' a iā ia iho i ka po' e me ka noi' ole' ana i kekahi mea, e like me a' u. ' A' ole au e noi aku i kekahi no kekahi mea, e like me Iesu Kristo nāna i hā' awi i kona ola no nā po' e' ē a' e me ka noi' ole' ana i kekahi mea, kōkua wale i nā kānaka. Ina e ninau mai ke kumu ia oe i kekahi mea, alaila, he kumu wahahee ia. He pōā wale nō' o ia e makemake e ho' ohana iā' oe. ' A' ole au e noi i ke kālā i kekahi, kōkua wale au i ka po' e pono.

Nui ka ho' opa' apa' a me ka po' e Buddhist Tibet, ' oia' i' o a wahahe' e' a' ole wau i' ike, ke' ōlelo wale nei au e akahēle loa' oe. Ke ao wale aku nei au ia oe.

' A' ole noi ka haku' oia' i' o i ke kālā. ' A' ole noi ke kumu i ka moekolohe no ke olakino a me ke ola lō' ihi. ' O ia ka ho' ohana' ana i nā kānaka. E akahēle loa me lakou. Inā ' a' ole makemake ka wahine ho' okamakama e moe kolohe, ' a' ole makemake. Akā inā ' oe e komo i kēia mau' āpana, pono' oe e moe me ka haku a me nā mea hahai a pau ... ' o ka lilo' ana i mea pōā he mea' aihue a he wahahe' e. E makaala. Inā noi ke kumu iā' oe no ka moekolohe a i' ole ke kālā, ' a' ole ia he kumu maoli. Inā noi' ole' o ia iā' oe a hā' awi iā' oe i kāna kōkua a me kāna a' o' ana me ka noi' ole' ana mai, he kumu ' oia' i' o kēia e like me a' u.

Ma kahi o ho' okahi lā ua hele mai kekahi luahine i ko' u lumi yoga e ho' oma' ama' a i ka no' ono' o yoga me mākou, a ha' i mai' o ia ia' u e hele ana' o ia i kahi papa yoga kahi i ho' oku' u ai ke kumu i nā wahine a pau e ho' oma' ama' a maika' i i ka yoga a no laila e loa' a ai ka ikaika maika' i.

Ua ha' i mai ka lede ia' u, ua hilahila' o ia ke hō' ike aku i kona kino olohelohe no ka mea' a' ole' o ia i' ōpioa a ua wiliwili kona kino a piha i nā lima aloha. Inā hana' oe i ka yoga, no ke aha' oe e wehe ai i kou kapa? Yoga' A' ohe mea pili i nā lōle. Ho' ohana wale kēlā kumu.

E akahēle loa i na secte e noi ana i na mea.

' O ka mea makemake e ki' i i kahi mea mai loko mai o' oe he scammer. Inā nīnau ' o ia iā' oe i kekahi mea, he scammer' o ia, he sekta.' A' ole hiki iā' oe ke noi no ke kāne a me ke kālā. Loa' a i kēia po' e nā mea āpau mai nā po' e' ē a' e i hiki iā lākou ke ola maika' i.

No ke olakino, e hana maika' i i nā kānaka a e loa' a iā' oe ka ikehu maika' i a hau' oli loa' oe: e loa' a iā' oe ke olakino maika' i.

Ke' ōlelo mau nei ke Akua: kala aku i kekahi. No ka mea, inā' a' ole' oe e kala aku, inā' a' ole' oe e inaina,' o kēia ikehu maika' i' ole e ho' ohua mai ka inaina e hō' eha iā' oe a loa' a iā' oe nā pilikia olakino no ka mea e huhū mau' oe, huhū a kaumaha. Inā hana nā kānaka i kekahi mea' ino iā' oe, ma hope a ma hope paha e uku lākou. No laila' a' ole pono' oe e inaina a huhū, e loa' a i kēlā me kēia mea ko lākou ho' opa' i, mai hopohopo.

HOOMANA A ME NA SEKTA

Aloha Hoomana a me ka sect. He aha ka ho' omana maika' i a he aha ka ho' omana 'ino?' Elua mau mea e' ike koke ai. Ma keia ao he nui na hoomana like ole.' O ka mea nui ma ka ho' omana,' o ia ke' ano o kāna hana' ana. Aia ka palena' a' ole hiki i kekahi ke hele,' a' ole pili inā he ho' omana nui me ka nui o ka po' e hahai a i' ole ka li' ili' i,' a' ole ia. Pono e ho' omana' o nā mea hahai:

1.- Ina he kahuna a moneka paha ke kumu, ina e hoohana oia i ke kala o kana mau haumana e kuai i kona hale, i kaa maikai, i mea e hookoia ai kona mana... he sekta ia. Inā hā' awi nā kānaka i ke kālā i kahi ho' omana, pono ke kumu e ho' ohana i ke kālā e kōkua i nā kānaka. E kōkua i ka poe nele.

2.- ' A' ole hiki i ke kumu ke loa' a nā makemake o kēlā me kēia' ano. Inā' ike ' oe i ke kumu i' a' ahū' ia i nā' a' ahū nani, e hele ana me nā ka' a nani, e noho ana i loko o nā hale me nā' ano waiwai like' ole, e maka' ala! Inā' a' ole hana kēia kumu... mai hea mai kāna kālā?' Ae, ua maopopo, mai kāna po' e hahai. Inā makemake ka po' e hahai e hā' awi kālā, pono ke kumu e kōkua i ka po' e' ilihune me ia kālā,' a' ole e kū' ai i nā mea a noho i ka waiwai. Pono' oe e kōkua i ka po' e nele,' a' ole e ho' onui i ke kumu a ho' olilo kālā i kāna mau makemake e like me nā wati gula a me nā daimana a i' ole nā ka' a' oi loa.' O ke kālā i loa' a mai ka po' e e pono e ho' i i ke kaiāulu.' A' ole hā' ule ke kālā mai ka lani mai, pa' akikī ke loa' a.

Ke ho' ohana nei kēlā' ano kumu iā' oe a pono' oe e' ae iā ia.' A' ole pili i kāna ' ōlelo a i kāna' ōlelo' ana, inā e lawe mau' o ia i ke kālā a nā kānaka pono' oe e ha' alele iā ia. Pono ke kumu e ho' ohālike. Hiki i nā mea a pau ke' ōlelo i nā' ōlelo maika' i, akā' o ka mea nui ka hana.' O nā kumu e hana nei e like me kēia, he po' e scammers a me nā phonies.' A' ole pili inā' ōlelo' o ia i nā mea kupanaha. A' o maika' i kēia mau kumu i ka Baibala e hō' oia' i' o i nā kānaka a loa' a kālā mai loko mai o lākou.

3.- Ua hana au i ka yoga manuahi ma ka home no 16 makahiki. I kekahi lā ua
'ōlelo kekahi haumāna o' u: Ua hele au e hana yoga ma ke kikowaena.

Ho' oku' u ke kumu i ka po' e, hana' o ia i nā wahine e wehe i ko mākou mau
lole a pau e loa' a pololei ai ka ikehu. Ua ha' i mai' o ia ia' u ua hilahila loa' o
ia no ka mea' a' ole' o piopio kona kino a he mau lima aloha kāna. ' A' ole
mālama nā kaikamahine' o pio, akā ua hilahila loa' o ia. Makemake kēia' ano
kumu e ho' ohana pono i nā kānaka, e' ike i ke kino' olohelohe o nā wahine. E
noi i ke kālā a laila noi i ka moekolohe, ' a' ole pololei. Inā' o'lelo ke kumu he
Buddha, he ola lō' ihi, he nani, he olakino ... pono' oe e' olohelohe a moe pū
me ia a i' ole e noi' o ia iā' oe i ke kālā... he wahahee ia mau mea a pau. Mai
' ae i kēlā mau kumu ho' opunipuni iā' oe.

'Olelo lākou i nā mea kupanaha, akā i ka hopena makemake wale lākou i ka moekolohe a / a
i' ole kālā. No ke' ano o kā lākou kama' ilio' ana, inā noi lākou iā' oe no ka moekolohe
a i' ole ke kālā, makemake wale lākou e ho' ohana pono iā' oe ma ka inoa' o Buddha a i
' ole' o Iesū Kristo a i' ole kekahi akua' ē a' e. He nui nā ho' omana e kama' ilio e pili
ana i ka moekolohe' ana i lilo i Buddha. E akahē! He wahahe' e nui' ē a' e kēlā. He
po' e scammers kēia.

Inā makemake' oe e loa' a ke olakino maika' i, ' o ka mea āu e hana ai, ' o ka ha' alele' ana iā' oe iho.
No ka mea, ' oi aku ka nui o ka' u, ' oi aku ka nui o kou mana' o pono' i a' oi
aku ka nui o nā pilikia e loa' a iā' oe. Pono' oe e ha' alele iā' oe iho a kōkua i
nā kānaka. Aia ke ola kino iā' oe. Inā makemake' oe e loa' a ka ikaika maika' i,
pono' oe e kōkua i ka po' e' ilihune, a' o i ka po' e e lilo i kanaka maika' i,
hā' awi kālā i nā hui i ho' ola' a' ia e kōkua i nā po' e' ē a' e. Akā, mai
hā' awi kālā i mea e waiwai ai ke kumu. A me kou manawa kū' oko' a e kōkua
' oe i nā kānaka. Inā hana' oe i kēia, hiki iā' oe ke ola hau' oli a olakino.
He wahahee na mea e ae. ' O ia ka hana a nā sekta: ho' ohana lākou ia mea e
loa' a kālā mai ka po' e a moe kolohe. E nānā inā moe' oe ma muli o nā ma' i
hiki iā' oe ke loa' a, e like me AIDS.

Pono mua' oe e nānā i ka hana a ke kumu, mai ho' olohe wale i ka' o'lelo. ' O
kēlā me kēia ho' omana e hele aku iā' oe no ke kālā a i' ole e komo i loko o' oe
no ka moekolohe he scam ia. He wahahee nui.

Ua like mākou a pau, ' a' ohe mea i' oi aku ma mua o kekahi. ' Oiai he kumu
' o ia. E nānā i kāna hana, mai ho' olohe wale i kāna' o'lelo. Pono' oe e
maka' ala.

' O kahi ho' omana e like me ke kauoha a ke Akua, ' a' ole loa e noi iā' oe i ke
kālā a i' ole e hele aku i kekahi e moe kolohe. Kōkua wale' o ia, a' o a kōkua
wale' o ia iā' oe e like me kona hiki. ' A' ole au i noi i ka' u mau haumāna no
ke kālā, ' a' ole ho' i au i' ae i nā makana mai kekahi. Ua a' o manuahi wau ma
ka' u keena yoga no 16 mau makahiki. A' a' ole au i lawe pono i kekahi mea a i
' ole kekahi.

Aia wau ma' ane' i e kōkua i nā kānaka a' a' ohe mea' ē a' e. No laila maopopo a ma' alahi.

' O ia ka' oko' a ma waena o ka ho' omana a me ka sect.

Mahalo nui iā' oe.



NUI HUI



10.- KE KUMU O NA INO A PAU. MAKEMAKE

' O ke kumu o ka hewa, ' o ka mana' o pono' i. ' O ke kumu a pau o ka hewa, aia ma ka mana' o pono' i. He ino no ke olakino, ino no ka noonoo, ino no keia mua aku... Hookahi wale no kumu o na ano ino a pau: o ia iho.

Nui ka po' e i ka hale ma' i no ka pupule, no ka mea, ma mua o ka hele pupule, mana' o nui lākou. E no' ono' o nui e pili ana i ka "I": Makemake wau, ' a' ole wau makemake, ' o wau, wau, ' o wau. Aia kekahi po' e e mālama ko' iko' i i ke ola. A inā ' a' ole hiki ke ho' okō ' ia kahi makemake, lilo ' o ia i mea hoka a kaumaha, a i' ole e hō' eha kekahi iā ' oe, e no' ono' o mau ' oe i ka ho' opa' i' ana a' o ia ka mea e ' eha ai' oe.

Ke ne' e nei kēia mau mana' o a pau i kou ' ike. Me kēlā me kēia lā e hala ana, ' oi aku ka nui o kou ne' e ' ana i kou ' ike.

No ia iho ka inaina a pau. Mana' o mua nā kānaka a pau ia' u: pehea ko' u makemake, pehea ka' u makemake ' ole, pehea ka' u makemake, pehea ka' u makemake ' ole.... Makemake au e like me ia, a ' a' ole au makemake e like me ia, makemake au a makemake ' ole paha. Ua ' eha kekahi, no ka mea, mana' o wale lākou ia' u.

I kekahi manawa ' a' ole hele nā mea e like me kou makemake, a i' ole e mana' o ai. I ke ola, ' a' ole hele nā mea a pau e like me kou makemake. A inā makemake ' oe i 100 e loa' a iā ' oe ka ' eha 100. Inā makemake ' oe i 10 he 10 wale nō ka ' eha. Inā ' a' ole ' oe makemake i kekahi mea ' a' ole ' oe e ' eha.

No loko mai o nā mea a pau. ' A' ole pono' oe e hana i mea e waiwai ai, inā make ' oe ' a' ole ' oe e lawe i kekahi mea. ' O wai ka mea ' ike i ka nui o kona mau makahiki e ola ai? Aia i loko o ka ilina ' a' ole ka po' e kahiko wale nō, ua piha pū kekahi i nā ' ōpio.

Nui ka po' e ' ōpio i make i nā ulia ka' a, no ke aha? No ka mea ua wikiwiki lākou, no ka mea makemake lākou e hō' ike i ko lākou ' ike ma mua o nā mea ' ē a' e a' oi aku lākou ma mua o nā mea ' ē a' e, ' o wau mau. A ua alaka' i' o ia iā ia i ka make. No laila pono' oe e no' ono' o' o ia ka mea e hō' eha iā ' oe.

' O ia ke kumu i haki ai nā hoaaloha a pau. No ka mea, inā ' a' ole hana nā hoaaloha i ka' u makemake, ua pau a ua haki ka pilina. Ke kū' ē nā mana' o ' elua, ua haki ka pilina. ' O ia ko' u pilikia. Ua ' ike au i nā kānaka kaumaha loa i ke ola. Inā ' a' ohe o' u, ' a' ohe kaumaha. ' O ka nui o wau, ' oi aku ka nui o nā pilikia e loa' a iā ' oe. Aia kekahi po' e ' a' ole hiki ke hiamoe no ka mea e no' ono' o nui lākou i ko lākou mau pilikia, e pili ana i ko lākou makemake.... A ' a' ole pono' oe e no' ono' o nui.

Inā pono e hele mai kekahi mea maika' i, e hiki mai ana a pono' oe e ' ae, inā e hiki mai ka maika' i, pono' oe e ' ae. No laila he aha kāu e ho' oholo ai me ka no' ono' o nui?' O ka mea nui e ha' alele iā ' oe iho.

' Oi aku ka nui o kou ' ano iho, ' oi aku ka nui o kou pilikia. No laila pono' oe e a' o e ha' alele iā ' oe iho. E like me nā po' e he nui, makemake lākou e lilo i miliona a e hana i nā mea ma waho o ke kānāwai, ' aihue kālā, kū' ai aku i nā lā' au lapa' au ... nā ' ano hewa a pau. ' eha. ' A' ole hiki kēlā. ' O ka hopena ka hopena maika' i' ole. Hopu ia e na makai a hookomo ia ia iloko o ka halepaahao, pehea la?' A' ole kūpono kēia, ' a' ole kūpono. ' O ia ke kumu e no' ono' o ai ma mua o ka hana' ino. ' A' ole hiki kēlā.

Nui ka po' e kama' ilio ia lākou iho, no ke aha? no ka mea he nui kona ia'u, nui kona mana. Lawe ' o ia i nā mea a pau i ka pu' uwai. He ' ino kēlā, ' ino iā' oe a no nā po' e ' ē a' e.

No laila e no' ono' o' oe no kou pono. Ke a' o aku nei au iā' oe: e no' ono' o no nā po' e ' ē a' e. Inā no' ono' o' oe no nā po' e ' ē a' e i kēlā hihia, e loa' a iā' oe ka wā e hiki mai ana. E loa' a iā' oe kahi lā maika' i loa. Inā me kāu mau hoaaloha, e no' ono' o mua' oe i ka pono o ka hoaaloha, ' a' ole kāu, e loa' a iā' oe kahi ola maika' i. E noho mau lākou me' oe. Inā he ' oihana' oe, e no' ono' o mua i ka mea hana, ' o ka mea hana pū me' oe me kona pu' uwai a loa' a iā' oe ke kālā hou a' e, inā e no' ono' o mau ka mea hana i ka luna, e no' ono' o mau ka luna no ka mea hana. Inā ' a' ole no' ono' o a mālama paha ka mea hana i ka mea hana, ' a' ole e hana ma' alahi ka mea hana a ma ka hopena e ' ike ka' oihana. ' A' ohe mea maika' i no kekahi.

' O ia ke kumu e no' ono' o mau ai' oe i ka pono o kekahi. Inā ' oe e no' ono' o mua iā' oe iho, ua hā' ule' oe i loko o kou papele pono' ī, ' o ia ka mana' o pono' ī. Pono' oe e hana i nā mea e ' olu' olu ai i nā po' e ' ē a' e. E loa' a iā' oe nā mea āpau i ke ola inā no' ono' o' oe i nā mea ' ē a' e. Inā no' ono' o mau' oe i nā mea ' ē a' e, e no' ono' o mau ka po' e iā' oe. A hana' oe iā' oe iho. Nui ka po' e hewa. No ka mea, inā ' oe e no' ono' o mau i kou makemake a no laila ' a' ole e mana' o kekahi iā' oe.

Inā no' ono' o' oe i nā mea ' ē a' e, e wehe' ia nā puka āpau o ka honua iā' oe.

Inā pili' oe a laila hele hewa' oe. E ha' alele i ka makemake, inā ' a' ole' oe e ha' alele iā ia, e lilo ana ' oe i mea pupule i ka no' ono' o nui. Maika' i a' ino paha, ' a' ohe mea nui.

' O ka nui o kou no' ono' o' ana, ' oi aku ka nui o kou ne' e' ana i ka maika' i' ole mai kou mana' o. E ho' ā' o e no' ono' o lī' ilī' i, a e loa' a iā' oe ke olakino maika' i, kahi ' ohana maika' i, kahi hana maika' i. ' O nā mea ' ē a' e ma mua o' oe. No laila e hemolele kou wā e hiki mai ana. Aia nā mea a pau iā' oe, e like me kou makemake. Pono' oe e ho' omaopopo.

' O nā mana' o a pau, e no' ono' o nui, e ho' ā' o e no' ono' o lī' ilī' i a ma ia ala e loa' a ai iā' oe kahi ' oihana maika' i a' e, kahi ' ohana maika' i a' e, kahi ' oihana' oi aku ka maika' i ... ma ia ala e holo maika' i ai nā mea āpau iā' oe i ke ola. ' O ka nui o kou mana' o, ' oi aku ka nui o nā pilikia e loa' a iā' oe. No ka mea, ho' opō' ino ka no' ono' o i kou olakino, kou ola maika' i, kāu hana, kou ' ohana, kou hoa pili... Mai no' ono' o, e ho' oku' u i nā mea, maika' i a maika' i' ole paha, ' a' ohe mea pili.

' O ka maika' i e lawe mai iā' oe i ka maika' i. Inā ' oe e no' ono' o a hana' ole, ua like ia me 0. Ua ' ike au i nā po' e he nui i ka pilikia... nui ka pilikia! No ka mea, no' ono' o nui lākou a ke hele' ole nā mea e like me kou makemake, hoka a kaumaha' oe. A ho' opa' i' oe iā' oe iho. Loa' a iā' oe ka maika' i no' oe iho. ' O kēia wale nō, ' a' ohe mea hou aku. Inā ku' i' oe i kou po' o i ka pā, e ' eha' oe iā' oe iho. ' O ia ke kumu i kūpono' ole ai.

Inā kaumaha' oe, hiki mai ke olakino iā' oe, ' a' ole hiki iā' oe ke hiamoe a' ai paha, ua like' oe me kahi zombie i ka lā a pau... ' ino kēlā iā' oe. No ke aha kou mana' o nui? ' A' ole maika' i ka mana' o ' ana ia' u. Inā makemake' oe e ola maika' i e no' ono' o i kekahi. ' O nā' ano ho' opa' i a pau, nā a' alolo ko' iko' i, ' a' ole pili me ke kumu' ole a me ke kumu' ole, ' ino ia. Inā makemake' oe e ola maika' i e ha' alele i kēlā mana' o.

Inā ' a' ole, ' a' ole' oe e ola maika' i a' a' ole e loa' a iā' oe ka wā e hiki mai ana. Inā ' oe e ' oi aku ka pa' akikī o kou ola no kou' ai' ana i ka niu a lawe' oe i ka ' ōpala o ha' i, a laila ' a' ole hiki iā' oe ke ola maika' i, ' a' ole' oe e ola maika' i.

No laila, no kou pono pono' ī, ' a' ole pono' oe e no' ono' o iā' oe iho.

Pono ' oe e no' ono' o i nā po' e' ē a' e i ho' iho' i' ia ka lokomaika' i.
Inā ' oe e no' ono' o mua i ka mea' ē a' e, aloha nā kānaka a pau iā ' oe. Ke no' ono' o nei kēia mau
mea a pau no ka po' e a' a' ohe mea' ē a' e.

E no' ono' o wale i nā po' e' ē a' e i lilo kou ola i moena rose.

Mahalo nui iā ' oe.



NUI HUI



11.- E HOOMANAO ME KA PUUAU KE A'O.

' O nā Katolika, nā Protestant, nā kāhuna, nā mōneka, nā kumu. No ka mea, ke a' o mākou i ka Baibala ' a' ole mākou e komo i ka Baibala, heluhelu wale mākou, a' o wale mākou, ' a' ole maopopo me ko mākou na' au. Pono mākou e ' ike pehea e lilo ai i ka Baibala, pono mākou i ho' okahi, pono mākou e ho' ohui a ho' okahi wale nō. Inā hiki iā ' oe ke ho' omaopopo i ka ' ōlelo a Iesu Kristo, Buddha, komo kēia mau ' ōlelo i kou mana' o a me kou pu' uwai a ho' ololi i kou mana' o a me kou pu' uwai i ko Iesu Kristo.

Ke a' o ' oe, ' a' ole pono ' oe e heluhelu no ka heluhelu wale ' ana... ' a' ole pono kēlā.

He nui na kahuna pule ma ka honua nei e hana hewa, no ke aha? ina ua ike pono lakou i ka Baibala. No ka mea, hana ino lakou. ' O ka ' oko' a ma waena o Iesū Kristo a me mākou ' a' ole ' o Iesu Kristo iā ia iho, ' a' ohe ona egoism. He kahuna a i ' ole mākou e no' ono' o mau nei ia' u, he mana' o pilikino mākou. Ma kēia hihia mākou e hana hewa a hana i nā ' ano hewa āpau. Mana' o wau, ' ōlelo wau, makemake wau, makemake wau, ' a' ole wau makemake, ' a' ole wau makemake.... 100% wau. Hana ' o Iesu Kristo a i ' ole Buddha no nā kānaka wale nō, ' a' ole no ka mana' o pono' ī. ' O ia ka ' oko' a ma waena o lākou a me mākou. Ua make ' o Iesū Kristo no nā kānaka a make mākou no mākou iho, ' a' ole no kekahi. Inā mākou e make no nā mea ' ē a' e, e lilo mākou i mea make ' ole.

Ina o Iesu Kristo i manao pono, i ka la i hele ai lakou e imi ia ia e pepehi ia ia, ina ua holo ia, ina ua holo, aka, ua kali.

' O kekahi o mākou, inā mākou e ' ike e hele mai lākou e pepehi iā mākou, holo mākou, inā he 100 mākou, holo ka 100. ' A' ohe mea e kali e make.

No ke aha i holo ole ai o Iesu Kristo? No ka mea, ' a' ohe ona pono' ī, ' a' ohe mana' o pono' ī i loko o kona pu' uwai.

' O kēlā me kēia o mākou, he po' e kānaka ' ilihune mākou. Aole makou i hoomaopopo pono. Inā ' oe e hana no nā po' e ' ē a' e e ho' owaiwai ' oe iā ' oe iho, ua ho' ohui kēia iā ' oe me Iesū Kristo, inā ' a' ole ' oe iā ' oe iho a ' a' ohe ou mana' o pono' ī e lilo ' oe i ' Uhane Hemolele. Inā ' oe pa' akikī e lilo ' oe i daimonio.

' Elua ' uhane. Aia ma hea ka ' oko' a? ' O ka ' oko' a, ' a' ohe o ka ' Uhane Hemolele iā ia iho a ' o ka diablo he mana' o pono' ī, he ma' emā' e ' o ia.

' A' ole ' ike ka po' e, inā ' oe e hō' eha i ka po' e i loa' a ka waiwai, ma hea ' oe e hele ai me kēlā waiwai? I ka lua kupapa' u? Ua ' ike nō ' oe a me a' u, i ka hānau ' ana, ' a' ole mākou e lawe mai, a i ka wā e make ai, ' a' ohe mea e lawe pū me mākou. No ke aha e hō' eha ai i kekahi? Mana' o paha ' oe ma kēia ala e hiki ai iā ' oe ke hau' oli i kou ola holo' oko' a? He aha ke ola? In

' A' ole' elemakule a pau' ole ka lua kupapa' u, nui nō ho' i ka po' e' ōpio. E like me kēlā me kēia pule pule, nui ka po' e i make i nā pō' ino mai nā kumu like ' ole.

' O ia ke kumu e puka mai ai nā pilikia a pau mai ka mana' o pono' ī. Ua ho' opau ka mana' o pono' ī i ke' ano. Nā pō' ino kūlohelohe, no ka mea, ho' ohana nui mākou i ka kemika. He nui ka po' e Kelemania i make i ka mea' ai haumia. Inā ' oe e ho' okomo i nā mea kemika e pepahi i nā ilo i loko o nā hua' ai a me nā mea kanu, a laila, ' ai mākou i kēlā kemika a hō' eha iā mākou. E like me nā holoholona, ho' omomona' ia lākou me nā kemika a laila mākou e' ai ai a ho' ohaumia i ko mākou kino.

' O nā mea a pau a mākou e hana ai ke kumu o ka ' eha i loa' a iā mākou i kēia manawa, hele mai nā mea āpau mai ka ea a me ka ' ai. Ma mua o ka honua he paradaiso, i kēia manawa ua loa' a iā mākou nā ōla' i, nā kai e' e, nā puahiohio, nā ua nui a me nā malo' o ... nā mea āpau mai ko mākou egoism. No ka mea, i kēlā me kēia lā, ho' opau mākou i ke' ano a' o ia ka hopena. Wahi a kekahi kanaka na' auao, i loko o 30 mau makahiki he 20% wale nō kēia ' āina. Hiki nō. No ka mea, i kēlā me kēia lā, ' oi aku ko mākou mana' o pono' ī a ho' ohana mākou i nā mea kemika e hō' ino i ke' ano.

I kēlā me kēia lā, ' oi aku ka nui o nā pō' ino kūlohelohe a me nā ma' i ahulau i kēlā me kēia lā. Hanu wale mākou a make i ka ma' i lele. No laila, inā makemake kākou e ola maika' i, ' a' ole pono kākou e hō' ino i ke' ano. E nānā i ka mea i hana' ia ma Iapana: he ōla' i e hala? Pono kākou a pau e mālama i ke' ano. Mai hoao kakou e hana i kuikahi me ka diabolo, e like me ka nukulea: ke kuai nei kakou i ko kakou mau uhane i ka diabolo. Pono mākou e ho' ohana i nā ikehu kūlohelohe e like me ka lā, ka makani, ka wai ...

Inā heluhelu nā kānaka a pau i ka Baibala a maopopo i ka mea a ke Akua e makemake ai e ha' i mai iā mākou, inā mākou e ho' omaopopo me ko mākou na' au, a laila ' a' ole mākou e hana i kā mākou e hana nei. ' A' ole pono nā aupuni, nā ' ao' ao kālai' āina... ' a' ole pono e ho' ololi i nā mea lapuwale a me nā mea ho' okalakupua e pili ana i ko lākou pono pono' ī, ma muli o ka mana' o pono' ī a i ka wā e pilikia ai nā kānaka. Ma Andalusia, ua ho' ohana ke aupuni i nā miliona miliona ma nā mea lapuwale a ua pōloli ka po' e. Me ka ' oi aku o 5,000,000 o ka po' e hana' ole a me ka po' e kālai' āina e ho' opau kālā. He aha kēia? Pilikino ma' emā' e. Inā mana' o ke aupuni i kona po' e e like me Iesu Kristo e no' ono' o mau ana i nā mea ' ē a' e ... inā e ho' opa' a ka po' e i ko lākou kā' ei, pono ke aupuni e ho' opa' a i ko lākou kā' ei, inā pilikia nā kānaka, pono ke aupuni e ' eha a' a' ole ho' opau i kahi peni. A laila ke hō' oia' i' o nei au e puka koke mākou i waho o ka pilikia. E ho' olimalima hou' ia nā kānaka. Aia i hea ke kālā? Makemake nā kānaka a pau e noho maika' i a me ka ' olu' olu a pa' i lākou i ka po' e, huki i ko lākou koko. Pehea mākou e ho' oki' eki' e ai i ko mākou po' o? . Inā hana maika' i' ole kekahi, pono' oe e ho' ololi i ke kanaka a i' ole ka pā' ina. ' A' ole pili ka pā' ina, a' o wai paha, ke hana' oe no nā po' e' ē a' e, e like me Iesu Kristo. ' A' ole pili pono.

Ho' opilikia ka mana' o pono' ī i nā kānaka. ' A' ole hiki i nā kānaka ke hana i kekahi mea, akā hiki i ke Akua. A ke hō' oia' i' o aku nei au iā ' oe e loa' a iā lākou ko lākou ho' opa' i me ke kānāwai o ke ao holo' oko' a. Mai poina i kēlā. Ke make lākou e ho' opa' i' ia. ' Oiai' a' ole' oe e mana' o' i' o. Inā hana' oe i ka hewa, mana' o' i' o a' a' ole paha, e ho' opa' i like ke kānāwai iā ' oe. ' Oiai' a' ole' oe mana' o' i' o i Gehena, ke make ' oe e ' eha' oe, mana' o' i' o a' a' ole paha, ' a' ohe mea e pakele.

He hopena maika' i' ole ka ho' ohemo' ana iā' oe, kou pā' ina... ' a' ole hiki iā' ' oe ke' ae e pepehi i kou po' e pono' ī, kou lāhui pono' ī. Makemake a makemake ' ole paha. ' A' ole hiki iā' oe ke ha' alele. Ma lalo o ke kāmāwai o ke Akua ua like mākou a pau: u' i, ' ino, waiwai, ' ilihune, kamali' i, makua ... i mua o ke kāmāwai o ke Akua ua like mākou a pau. ' A' ole no ka hānau' ole' ana' a' ohe ou kuleana, ua like ke kāmāwai no kēlā me kēia kanaka.

I kēlā me kēia lā pono' oe e ho' ololi li' ili' i e like me Iesu Kristo. Inā hana nā kāmāwai a pau i kēia, e lilo ka honua i paradaiso.

Akā inā e ho' omau mākou me ka mana' o pono' ī, i kēlā me kēia lā e nui a' e nā pō' ino kūlohelohe, ' oi aku ka nui o nā ma' i ... e like me AIDS: 30 miliona mau make ma ka honua mai kēia ma' i. I kēlā me kēia lā aia ma mua o 7,000 mau ma' i hou o ka ma' i AIDS.

I kēia manawa i ka makahiki 2012 ua' oi aku ma mua o 40,000,000 i loa' a i ka ma' i AIDS. Laha nui keia ma' i ma waena o ka po'e homo. ' O nā mea a pau e ho' ā' o e uhaki me ke' ano e pau' ino. Na ke Akua i hana i ke kane a me ka wahine, a i keia la i keia la, nui ka poe i hui pu: na kane me na kane a me na wahine me na wahine. Me he mea la he mea hoohenehene: hai aku ke kahuna i ke kane a me ka wahine a me ka wahine. He mea' aka' aka kēlā e ha' i aku i kahi wahine a me kahi wahine. No laila, ma ia' āina, i nā makahiki he 50, ' a' ohe mea i koe. No ka mea, ' a' ole mākou e hānau keiki a waiho' ia ke kanaka me ka' ole o nā keiki. Inā he kāne male kou makua kāne a he wahine paha kou makuahine, ' a' ole' oe i kēia ao, no ka mea, ' a' ole hiki i nā kāne' elua ke hānau keiki, ' a' ole hiki i nā wahine' elua. ' A' ole' oe i hānau' ia. ' O ia ke kumu ho' okahi mea āu e makemake ai, akā' o ka hele kū' ē i ke' ano he mea' ē a' e. ' Oia' i' o, ' ike mākou' a' ole e hō' eha nā kāne kāne a me nā lesbians i kekahi, akā' o ka mea, ' a' ole hiki iā mākou ke uhaki i ke' ano. Ke hele kū' ē nei mākou i ke' ano a nānā i ke' ano o ka wā, piha i nā pō' ino kūlohelohe. ' O ia ke kumu makemake wau e heluhelu nā kāmāwai a pau i ka Baibala a komo i ka Baibala e ho' omaopopo me ko lākou na' au. A lilo e like me Iesu Kristo.

E no' ono' o a e hana like me Iesu Kristo e lilo ai iā Iesu Kristo.

Mahalo nui iā' oe.



NUI HUI



12.- PARADISE

Lani. ' O Paradaiso kahi o ke Akua, ' o Iesu Kristo a i ' ole Allah a i ' ole Buddha. He ' ano like ia o ka lani. Hookahi wale no lani, aole elua a ekolu.

No ke komo ' ana i ka lani, pono ' oe e hana e like me Iesu Kristo a i ' ole Mohammed a i ' ole Buddha. E hana mau no nā po' e ' ē a' e, kōkua i nā kānaka, hā' awi i nā ' ōlelo a' o maika' i i nā kānaka, e kaumaha aku iā ' oe iho no nā kānaka.

' O ia kāu e hana ai a me ka hana a kēia mau akua. Nui ka po' e e ho' opunipuni a hana ' oko' a i ka ' ōlelo a ka Baibala. ' A' ole ' ōlelo ka Baibala a Iesu Kristo, ' a' ole ka Baibala a Buddha, ' a' ole ho' i ka Koran, e pepehi kekahi. ' A' ole loa. E hoopakele mau me ka naau maikai. ' A' ole ' o ia i ' ōlelo ' o ke kau ' ana i nā pōkā ma kou kino e pepehi kanaka e hele i ka lani.

No ka hele ' ana i ka lani he pu' uwai ma' emā' e, he pu' uwai gula.

E like me Iesu Kristo, e like me Buddha, e like me Mohamed. ' A' ole ' oe kuhihewa.

' O ka mea e ha' i iā ' oe ma ka pepehi ' ana i nā kānaka e hele ' oe i ka lani, hiki ' ole. ' O ka po' e a pau i hele i ka lani, ' o ia ka po' e kōkua i nā kānaka, ka po' e i hā' awi i ko lākou ola no kekahi. ' A' ole pepehi kanaka. He kuhihewa loa ia. Nui ka po' e e ho' opunipuni i nā ' ōlelo o ka Baibala. ' A' ole lākou i ho' olohe.

I mea e hele ai i ka lani, ' a' ole hiki iā ' oe ke no' ono' o ia' u, ia' u, ia' u.

' O ia ka egoism ma' emā' e. Ke ho' ohiki nei au iā ' oe ' a' ole hele kēia po' e i ka lani.

E hele ' o ia i Gehena. E noonoo naauao. Inā hana ' oe i nā mea a pau me ka pu' uwai maika' i, nā mea a pau.

E like me kāna ' ōlelo ' ana "He nui ' o Allah" no ka mea ua kōkua ' o ia i ka po' e me kona pu' uwai, ua a' o' o ia i ka po' e e maika' i. Pololei kēlā. A inā ' ōlelo kekahi i ke kū' ē i ka mea a Allah, ' o Iesu Kristo a i ' ole Buddha i ha' i mai iā mākou, ' o ia ka manipulation. Ua hoihoi kēlā kanaka, ua like ' o ia me ka daimonio, no ka mea, ho' ā' o' o ia e ho' opunipuni i ka ' ōlelo a ke akua.

I nā manawa a pau, e hele i ka lani, ke kōkua mau nei i nā kānaka, e hana i nā mea aloha no nā kānaka, e kaumaha ana iā ' oe iho no nā kānaka. No ka mea e hele i ka lani ' a' ole hiki iā ' oe ke loa' a ka mana' o pono' ī. Inā he ' oko' a ma waena o a' u- oe- o ia, a laila hakakā kēlā me kēia kanaka no ko lākou pono pono' ī a pa' akikī' oe. Ma kēia ' āina mai ka wā kahiko mai, he mau kua ma waena o nā ' āina a i ' ole nā kua kiwila i loko o ka ' āina ho' okahi. ' O kēia mau mea a pau no ka ' oko' a, no ka mana' o pono' ī, no ka mea, mana' o kēlā me kēia mea ' oi aku ka maika' i ma mua o kekahi a makemake lākou e pololei.

Ma ke poo huinahali. No ka mea, mana' o mau ' o ia ua ' oi aku ka maika' i o' u, ' oi aku ka maika' i o ko' u lāhui, ' oi aku ka maika' i o ko' u no' ono' o. Hele nā mea a pau ia' u. I loko o kēia hui ua ho' one' e ' ia nā mea a pau e ka mea pono' ī.

Ma kēia ' āina, ' a' ole ho' ōki ka po' e kālāi ' āina i ka ho' olilo ' ana i ke kālā o ka lehulehu no ko lākou pono pono' ī. ' A' ole lākou e ho' ōki i ka ho' olilo ' ana me ke aloha ' ole. I ka pau ana o kona wela wela, ka mea ana i hana' i mamua, e loa ia ia ka hoopai a ke Akua. ' A' ole hiki ke ho' opau i nā peni mai nā kānaka.

Inā ho' olilo ' oe, pono' oe e ho' olilo no ka pono o ka lehulehu. Inā loa' a iā ' oe

lawe ' ia i waho o ke kūlanakauhale, pono ' o ia e ho' olilo i ke kūlanakauhale. He alii maikai kela. ' O ka po' e e ho' ā' o nei e hana rackets, e pau ana lākou i ka pō' ino, e like me ka po' e i makemake i ka ho' omake ' ana, e no' ono' o wale ana e pepehi i nā pēpē ma mua o ka hānau ' ana. ' A' ohe Akua nāna e lawe i ke ola o kekahi.

Inā ' oe e ho' ā' o e lilo i Akua, e lilo ' oe i diablo a hele i Gehena.

E ho' omana' o maika' i. ' A' ole mākou he Akua, ' a' ole hiki iā mākou ke kauoha e pepehi i kekahi. ' A' ole hiki iā mākou. He hopena ko' iko' i kēlā. Ua hiki no i ka poe kalaiaina, ka poe alii, ka poe mana, no ka mea, ma kekahi ola i hala aku nei, ua hana lakou i ka maikai no na kanaka, aka, ina e kue lakou i ke kanawai o ke akua, e lawe ana i ka hoomana ana, i manaio ole ai na kanaka i ke Akua, a i ka mea ole. weliweli loa kēlā po' e. Pilikia loa lakou. Inā hiki iā lākou ke loa' a iā ' oe, e loa' a iā lākou ma luna o ' oe.

Loa' a i kēlā me kēia kama' āina kona mana' o, kona pu' uwai. ' A' ole ' elua mau mea ' oko' a ka lunamana' o a me ka Baibala, ' elua mau mea like ' ole. No laila ' ike ' oe, inā lawe mākou i ka Baibala, lawe mākou i ka lunamana' o. No ka la' ana, inā ' a' ole makemake ka wahine e hānau keiki, pepehi ' o ia iā ia. No ke aha ' oe e hana ai pēlā? Inā ' a' ole ' oe makemake e hānau keiki, ua ' oki ' ia ' oe a i ' ole e lawe i nā lā' au lapa' au e pale aku ai iā lākou. Nui nā ' ano hana no ka loa' a ' ole o nā keiki. Inā hāpai ' oe i kekahi lā a ' a' ole ' oe makemake i ke keiki, a laila hā' awi ' oe iā ia no ka ho' okama' ana. No ke aha e pepehi ai? ' O ka po' e kālāi' āina e ' ōlelo ' ole i ke akua, e like me ka ho' omake ' ana ma ke kōkua, e no' ono' o ' oe e hana like ana kou makuakāne a me kou makuahine, ' o' oe a me kou ' ao' ao holo' oko' a, ' a' ohe ' ao' ao ' ē a' e āu e komo ai inā kōkua o lākou i ka hāpai keiki, ' a' ole ' oe e noho ma kēia ao i kēia lā. Ma mua o kou hānau ' ana, ua pepehi mua lākou iā ' oe, inā ua make ' oe. ' A' ole paha ' oe i pelekikena a i hope paha. ' A' ole ' oe i ' ane' i i kēia lā. Ma hope o kou makuahine a me kou makuakāne e hā' awi iā ' oe i ke ola, mālama iā ' oe, ho' ona' auao iā ' oe, ' a' ole ' oe e ' ae i nā po' e ' ē a' e i kēlā manawa. Hana ' oe i ke alahaka e ' a' a a ke hele ' oe i kēlā ' ao' ao, wehe ' oe i ke alahaka i hiki ' ole i kekahi ke hele. Ua kapa ' ia kēlā ' ano pono' ī ma' ema' e.

He ho' opa' i ko lākou a pau mai ke Akua mai. ' A' ohe mea i pakele. ' A' ohe. ' O nā mea a pau āu e hana ai e uku nui ' ia. Ho' opa' i mua kou lunamana' o iā ' oe. Ke noi aku nei nā ' uhane a pau o nā pēpē iā ' oe e ho' opa' i, e hele mai lākou ma hope ou e ho' opa' i. Hiki iā lākou ke lawe i kou ola a me kou olakino. No ka mea, e hele mai ana kēlā mau ' uhane pēpē a pau iā ' oe. He mea ia o ka manawa.

Mai hele kū' ē ' oe i ke akua. Pono ' oe e kōkua me ka ho' omalu hānau ' ana i loa' a ' ole kōkua pēpē, akā ' a' ole ' oe e kōkua i ka ha' alele ' ana a i ' ole ka ' ae ' ana e hana pēlā. Pono ' oe e kōkua i ka hānau ' ana o nā pēpē a pau. Hā' awi i nā ' ano kōkua a me nā mea pono no nā pēpē e hānau ' ia. ' A' ole hiki iā ' oe ke pepehi i kou po' e pono' ī, kou maka' āinana. ' A' ole hiki iā ' oe. ' Ehia makahiki ' oe e ola ai? A make ' oe he aha? ' A' ole e kala mai ke kōkua o ke akua iā ' oe. He maka no ka maka a he niho no ka niho. E akahēle me keia. ' A' ohe ' oe a ' a' ohe kanaka. I kekahi manawa he pu' uwai kou a make ' oe. ' A' ohe ' oe. ' A' ohe ' oe. Mai hoao e like me ke Akua. ' A' ole. He daimonio ' oe, ' a' ole ' oe he Akua.

He hewa ka pepehi kanaka, ua like ia me ka diablo. E ho' omana' o maika' i. E ho' opa' a ' ia nā mo' ohelu kālā.

No laila ua ' ike mua ' oe. No ka hele ' ana i ka lani he mea pono e kōkua i nā kōkua, e kaumaha aku iā ia iho no nā mea'ē a' e. Ina e hana oe e like me Iesu Kristo, e like me Buddha, e like me Mahometa, e hele io no oe i ka lani.

Ke hiki iā ' oe ke komo i ka lani, e loa' a iā ' oe nā pōmaika' i he nui.

I kēia manawa e wehewehe au i ka pono o ka hele ' ana i ka lani.

' O kēlā me kēia Akua, e like me Iesu Kristo, e like me Buddha, e like me Muhammad, lākou a pau, hiki ke hānau ' ia ma kēlā me kēia ' āina, kahi a lākou e koho ai, kahi a lākou e makemake ai. Ma mua o ka hānau ' ana, ho' olālā lākou i ko lākou ola e like me ka makemake o kēlā me kēia. Inā makemake ' oe e hānau ' ia he alī ' i, hānau ' ia ' oe he alī ' i, e like me Buddha. Inā makemake ' oe e hānau ' ia i loko o kahi ' ohana ' ilihune, koho ' oe e hānau ' ia ma kahi ' ohana ' ilihune, e like me Iesu Kristo. ' O kāu makemake. Ho' omākaukau ' oe i kou ola a pehea ' oe e makemake ai e ola. I kēlā me kēia manawa hiki iā ' oe ke hele a hele paha, e like me kou makemake. ' A' ole like me mākou, hiki ke make i kēlā me kēia manawa, no ka la' ana mai ka pu' uwai pu' uwai, kahi pō' ino ... hiki i kekahi mea ke hiki. He mea ole makou, he O. Aole makou i ike i ko makou manawa e make ai, aole hoi i ka po hope. Nui ka po' e e ala a' e, hele i ke alanui a lawe i ke ka' a a laila ' a' ole ho' i i ho' i mai no ka mea ua loa' a ka pō' ino, ua make ma ke alanui. Nui ka po' e make i kēlā me kēia lā ma ke alanui. ' A' ohe mea i' ike i kona pō hope. ' A' ohe kanaka. ' O ia ke kumu e no' ono' o ai' oe i kēia lā kou pō hope. A pono ' oe e hana maika' i i nā kānaka, no laila e hele ' oe i ka lani. Mai ho'ā' o e pepehi kanaka a loa' a i kā lākou kālā. ' A' ole pono. No kekahi manawa o ka mana' o pono' ī, ua kaumaha ' oe i ka hapa nui e pōmaika' i iā ' oe, he mea lī' ilī' i. E like me ka po' e kālāi'āina e kaumaha ana i ka po' e no ka pōmaika' i iā lākou iho. No ka mea, ' a' ohe o lākou kuleana e ho' opau i ke kālā o ka lehulehu. ' A' ole iā ' oe ke kālā. Inā na lākou, hana kēlā me kēia mea i kā lākou makemake me kā lākou kālā, akā ' a' ole me ke kālā o kekahi.

' O kēlā me kēia peni āu e ho' olilo ai ' a' ole nau, e nānā pono iā ia. No ka mea, he hopena ko nā mea a pau. ' O ia ke kumu i kou hānau ' ana i ka lani, mau loa ia. ' A' ole ' oe e make hou. No ka mea, ma ka lani ka naau maemae o na kanaka a pau. Inā loa' a ka pu' uwai ia' u, ' o wau, ia' u, he mea pono' ī a laila e hele ' i' o i Gehena.

Inā ' oe e hana me kou pu' uwai a pau me kou ' ohana, me kāu mau hoaaloha, me ke kaiāulu, me ka moku' āina, e lilo nā mea a pau i mea maika' i no' oe. Inā makemake ' oe i ka maika' i o kou ola, ' o ke ala wale nō ' oe e hana maika' i me nā po' e ' ē a' e. No laila hiki iā ' oe ke loa' a nā makemake a pau āu e makemake ai. ' O ka mana' o pono' ī, ma ka hopena e lawe mai i ka maika' i a ho' opau i ka make. Inā makemake ' oe e ola maika' i loa, pono' oe e hana pololei i loko o ke kānāwai. ' O ia ke ' ano o kou hau' oli a me kou waiwai mau loa. ' O ia kāu e ho' omaopopo ai: ' a' ole pono' oe e ho' ohana i nā kānaka. I ke ola, ' elua mau ala:

1 kōkua i kekahi e hele i ka lani a i' ole,

2 hana pono' ī e hele i Gehena.

Ke hiki ' oe i ka lani, hiki iā ' oe ke huaka' i a puni ka honua. Hiki iā ' oe ke hānau ' ia ma kēlā me kēia ' ōnaehana solar, ma kēlā me kēia honua, ma nā wahi āu e makemake ai. Me ka mana' o pono' ī, ' a' ole ' oe e hele i kahi, e hānau ' ia ' oe ' ilihune, a i' ole he holoholona i' a ... ' o ka mea ' ino loa. No laila?

E heluhelu i ka Baibala a Iesu Kristo, ka Koran, ka Baibala o Buddha... a inā e hana ' oe i ka mea a ka Baibala e ' ōlelo ai, ' o' oe ke Akua. E hele ' oe i ka lani He lani a he po.

Pili ia iā ' oe. E kōkua i kou ' ohana, kōkua i kāu mau hoaaloha, kōkua i kou mau hoalauna, kōkua i ke kaiāulu, kōkua i ka moku' āina ... Ina e hana oe pela, he paradaiso kou ola, he lani. Aia nā mea a pau iā ' oe. Ke a' o aku nei au iā ' oe e hele i ke ala o ka paradaiso. E ola maika' i ana ' oe, ' oi aku ka ' olu' olu, me ke olakino maika' i a me ke ola lō' ihi a me ka hau' oli nui, a

e wehe pū i kou mau ma' i no ka mea, hele mai nā ma' i āpau mai ka no' ono' o maika' i' ole. ' O ka huhū, ke kaumaha, ' o ia ka mana' o' ino. Ua' ike mua ' oe, e wehe i nā' ano ma' i āpau, pono' oe e wehe mua i kou mana' o maika' i' ole.

Ke wehe' oe i ka mana' o maika' i' ole mai kou no' ono' o, pono' oe e mōhai aku iā' oe iho no nā po' e' ē a' e a hā' awi i kou ola i nā po' e' ē a' e. Ua lanakila kēlā mana' o maika' i i nā mea a pau; kou ma' i, kou pō' ino, a hā' awi iā' oe i ke ola lō' ihi. ' A' ohe ala' ē a' e. ' A' ohe hopena' ē a' e.

' Ae, ' ike' oe, ' o ka mea wale nō āu e hana ai e ola maika' i a aloha nā mea a pau iā' oe, loa' a ke ola lō' ihi a me ka hau' oli' o ka hā' awi' ana i kou ola i nā kānaka, me kou pu' uwai a pau. ' A' ole pili ia i kekahi, mai kēlā me kēia ' ano pilikanaka, u' i a' ino paha. Hā' awi me ka pu' uwai i kekahi. No laila e loa' a iā' oe ka honua i kou lima. No laila ' a' ole' oe e loa' a i ka ma' i a e loa' a mau iā' oe ka pōmaika' i e like me a' u. Ua hana wau i ka yoga no 40 mau makahiki a no' ono' o mau i ka maika' i, a maika' i mau me nā kānaka. I loko o 40 makahiki ' a' ole au i loa' a i ka ma' i. ' O kēia ka hopena. Inā ' a' ohe ou olakino ' a' ohe āu mea, ' o ia ke kumu e no' ono' o ai e like me a' u: maika' i mau. Mai ho' ohana i nā kānaka, kōkua i nā kānaka, no laila e pōmaika' i' oe. Inā ho' olohe' oe ia' u a kōkua i nā kānaka, e like me a' u, e lilo kou ola ma kēia honua i paradaiso maika' i loa.

Pehea e ki' i ai i Paradaiso

Nui nā po' e, e like me nā mōneka, nā nuns, nā kāhuna ... no ke aha lākou e ha' alele ai i ko lākou ola pilikino a ho' ola' a iā lākou iho i ka hale pule? ' O ia ke kumu: i kekahi lā e hiki i ka paradaiso. Hana lākou i nā mea e like me kā ke Akua kauoha, e like me Iesu Kristo e hele i ka lani. Akā, mai pōina kākou i ho' okahi mea: ' o nā mea a pau a kākou e hana ai, pono kākou e hana e like me kā Iesu Kristo i hana ai, e hana i nā mea a pau no nā mea ' ē a' e' a' ole no ' oe iho. ' O nā ho' omana i' oi aku ka nui o ka po' e hahai ma ka honua; Kakolika, Protestant, Moramona... ho' okahi pahuhopu ko lākou: e hahai i ke ' ano o Iesu Kristo, e hana like me ia a make e like me ia. ' O nā mea a pau e hiki ai i ka lani.

Akā, ke ha' i aku nei au iā' oe i ho' okahi mea i pōina' ole' oe: E nīnau iā ' oe iho inā mana' o' i' o' oe' o Iesu Kristo ia. He nui ka po' e' ē olelo ' ae, ' ae, ' ae... ' o ia ke kumu i lilo ai au i nun a kahuna paha. Akā inā mana' o' i' o' oe iā Iesu Kristo, inā' oe i mana' o' i' o i kāna' olelo, pono ' oe e hō' ike me kāu mau hana, kou mau mana' o, ' a' ole ma ka' olelo wale nō. Ua' ike' o Iesū Kristo i ka lā a' e e hele mai ana nā Roma e' imi iā ia e pepehi iā ia a ua' ike' o ia i nā pilikia a pau e kali nei iā ia. Ina ua like ka manao o Iesu Kristo me kakou, ina ua holo ia, ina ua holo ia e pee. A no ke aha la i holo ole ai o Iesu Kristo? no ka mea, ua makemake oia e make no ke kanaka, no kakou. ' O ia ho' i, mana' o wale' o Iesū Kristo i nā mea ' ē a' e, ' a' ole iā ia iho. No laila, inā mana' o' i' o' oe iā Iesu Kristo, mana' o' i' o' oe i kāna' olelo, pono' oe e no' ono' o, e' olelo a hana e like me Iesu Kristo. Inā hana wale ' oe, e no' ono' o a' olelo i ka 50% o kāna hana, a' olelo' o Iesū Kristo, ' o ia ho' i he 50% wale nō kāu mana' o' i' o iā ia. Inā' oe e kama' ilio nui a hana ' ole, ' oia' i ke' olelo' oe' a' ole' oe he' oia' i' o. Inā' oe e mana' o' i' o i ka Baibala, i ka' olelo a Iesu Kristo, ' oia' i' o, ua like kāu mau hana me kā Iesu Kristo 100%. ' Oia' i' o. ' O ia ke kumu e hana hewa nui ai nā kānaka he nui i kēlā me kēia lā, a ma hope o ka hana hewa' ana, hele lākou e ha' i aku, e noi i ke kala' ana i ke Akua. Pololei kēia.

Aka, me ka mihi oiaio ole, e hana hou oe i ka hewa hookahi. Me ka mihi maoli a me ka noi ' ana i ke Akua a me nā kānaka i kala ' ia, inā ' oe e mihi maoli ' a ' ole ' oe e hana i ka hewa like, ka hewa like. Oia ka mihi oiaio.

Inā ' oe e hana i kekahi ' ano hewa i kēia lā, e hele e ha ' i aku a noi i ke Akua e kala mai iā ' oe a ' apōpō e hana hou ' oe i ka hewa ho ' okahi, a noi hou i ke kala ' ana a hana hou i ka mea like, no ka mea ' a ' ole ' oe i mihi. Mana ' o ' oe ua kala ' oe? ' a ' ole, ' oia ' i ' o ' a ' ole, ke ho ' opunipuni nei ' oe iā ' oe iho a me ke Akua. ' A ' ole hiki iā ' oe ke ho ' opunipuni iā ' oe iho, ' oi aku ho ' i i ke Akua. ' O ka mihi maoli, ' a ' ole ia e hana hou i ka hewa like.

Ke hana ' oe pēlā ' oe e minamina maoli ai. Elua ano o ka mihi, ka oiaio a me ka wahahee.

Minamina ka nui o ka po ' e i ka wahahe ' e, ' ehia ka po ' e ma hope o ka ha ' i ' ana ' a ' ole e hana hou i ka hewa like? kakaikahi loa, aneane ole kekahi.

Inā hana hou ' oe i ka hewa ho ' okahi, ' a ' ole ' oe i mihi a ho ' opunipuni ' oe iā ' oe iho a me ke Akua. He mihi wahahee keia. E pilikia ana ' oe iā ' oe iho inā e hana mau ' oe i kēia. ' A ' ole pilikia ke Akua. Ua uku kela mea keia mea i ko lakou hewa. Mai manao oe aole i ike kekahi i kou hewa. ' O ' oe ka mea mua e ' ike. Ua ' ike ' oe e ho ' opunipuni ana ' oe i nā kānaka, ' ūhā ' oe i nā kānaka, hana ' ino ' oe i nā kānaka ... ' o wai ka mea ' ike ' ole i kou wā e hō ' eha ai i nā kānaka? ' o ' oe ka mea mua i ' ike ' a ' ole i hana maika ' i ' ia. I loko o kahi manawa pōkole e ' ike ka honua holō ' oko ' a, no ka mea, ' ike ' ia nā mea a pau. Hiki iā ' oe ke ' ike ma ke kīwī, i kēlā me kēia lā, loa ' a kekahi mau nūhou i ka hopu ' ia ' ana e nā māka ' i i kēia kanaka, ' o kēia ' ē a ' e.

He manawa wale nō. ' A ' ole hiki ke hana hewa kekahi, ' a ' ohe mea e ' ike. ' A ' ole hiki. Ma hope a ma hope paha e hopu lākou iā ' oe.

Me he mea lā he ahi kāu a uhi ' oe i ka pepa, li ' uli ' u a pau ke ahi i ka pepa a ' ike ' oe aia ma lalo o ka pepa ke ahi. ' A ' ole hiki iā ' oe ke ho ' opunipuni. No laila ke ha ' i aku nei au iā ' oe e no ' ono ' o pono ma mua o ka hana ' ana i kahi mea ' ino. Hiki iā ' oe ke hana i kēlā me kēia hewa i ho ' okahi manawa, inā ' elua ' oe e hana i ia hewa no ' oe, no kou wā e hiki mai ana a no kēia hope aku. ' A ' ole hiki iā ' oe ke hana ' elua i ka hewa like. E noonoo naauao. ' O ka manawa mua āu e hana hewa ai, nā hoaloha, ' ohana, a i ' ole ke kānāwai inā ' a ' ole ko ' iko ' i ka hewa, e kala mai iā ' oe. Akā, inā e hana hou ' oe i ka hewa ho ' okahi, ' a ' ohe mea e kala mai iā ' oe, ' a ' ole nā hoaloha, ' a ' ole ' ohana, ' a ' ole ke kānāwai. ' A ' ohe kanaka e ale ' elua. No laila e ho ' ohana i kēlā manawa mua a me ka manawa hope e ho ' oponopono i kāu kuhi hewa. No ka lua o ka manawa ' a ' ohe āu hō ' ai ' ē, ' a ' ohe mea e mana ' o ' i ' o iā ' oe a i ' ole e ho ' okoko mai iā ' oe. A ua pau: ha ' alele nā hoaloha iā ' oe, ' a ' ole hilina ' i ka ' ohana iā ' oe... ha ' alele nā mea āpau iā ' oe. E noho ho ' okahi ana ' oe i kēia ao. Ho ' okahi maika ' i, ' elua ' a ' ole. No laila, mai poina. Inā mana ' o ' i ' o ' oe iā Iesu Kristo, ma ka Baibala, inā mana ' o ' i ' o ' oe a ' a ' ole heluhelu wale a ho ' opa ' a ' au, pono ' oe e hō ' oia i kāu mau hana, ' a ' ole ma kāu ' ōlelo wale nō. Hō ' ike maoli kēia manao oe.

E hō' ike me kāu mau hana i kāu hana e like me ke kauoha a ke Akua. ' O ia ka mana' o' i' o iā Iesū Kristo me ka na' au. Inā hiki iā' oe ke hana, no' ono' o a kama' ilio e like me Iesū Kristo a laila e like' oe me Iesu Kristo. Ua hana' o Iesu Kristo i nā hana mana he nui, e like me ka hele' ana ma luna o ka wai. A no ke aha i hiki' ole ai iā mākou ke hele ma luna o ka wai? no ka mea, he nui ko makou. Pilikia mākou. A' o Iesu Kristo wale nō ka mana' o iā' oe, i kekahi, i kekahi. ' O ia ka' oko' a. Mai ho'ā' o e ho' ohana i nā kānaka, ' a' ole li' ili' i, no ka mea, e uku' oe caro.

E hana e like me Iesu Kristo a hiki oe i ka paradaiso.

Mahalo nui iā' oe.



[NUI HUI](#)



13.- KA MAIKAI A ME KA INO

He aha ka maika' i? He aha ka hewa?

Maika' i: ' o ka hana maika' i ' o ia ka mea āu e hana ai e pōmaika' i i nā po' e ' ē a' e, ' a' ole ia e pōmaika' i iā' oe iho. Ke hana maika' i nei kēlā.

No ka mea, hana wale ' oe no nā mea ' ē a' e me ka makemake ' ole iā' oe iho, a laila ke hana maika' i nei ' oe. Inā ' oe e hana no kou pono wale nō, a laila, hana ' oe me ke aloha. No ka hana maika' i, pono ' oe e no' ono' o i ke kaulike: ua like mākou a pau. Pehea ko kua like? ' A' ole waiwai a ' ilihune, ' a' ole laki maika' i ' a' ole pō' ino, ' a' ole nani a ' ino ' ole... aia mākou a pau i ka ' āpana like. Pono ' oe e hā' awi i ka mahalo like i ke kanaka waiwai a me ka mea ' ilihune, i kēlā me kēia lāhui. Ua like mākou a pau a ' a' ohe mea ' oi aku. Ke hana pono nei kēlā.

Ina kakou e hele hou aku; Pono ' oe e mālama i nā holoholona, ke ' ano, ka wai i ke ' ano like... mai ho' ohaumia i ka wai, mai ' oki i nā kumulā' au, mai puhi i nā ululā' au... mahalo i ke ' ano a me nā holoholona e like me ' oe iho. Ke ho' ohaumia mākou, e uku nui mākou iā mākou iho. Pono kākou e ho' ohana i ka ikehu kūlohelohe e like me ka lā, ka wai, a me ka ea, ' a' ole pono kākou e ho' ohana pono i nā mea ma lalo o ka honua e like me ka ' aila, no ka mea, ma ka hopena e noho ka' awale ka honua i loko a pau kākou i lalo.

' O nā mea a pau āu e ' ike ai e mālama iā ia me he mea lā iā' oe iho. Pono kākou e ho' omaika' i i ka wai, ka lani, ka honua... no ka mea inā ' a' ole, e pō' ino kākou iā kākou iho. Pono mākou e ola inā nui a' e nā pō' ino kūlohelohe, no ka mea ke ' ōlelo mai nei ke ' ano iā mākou, e mālama mākou iā ia ma ke ' ano he mea ha' aha' a. ' O ia ke kumu i loa' a ai iā mākou nā pilikia he nui ma kēia honua, no ka mea, ' a' ole mākou e mālama i ke ' ano me he mea lā iā mākou iho.

' O nā kua kekahi hewa ' ē a' e ma ka honua: no ke aha he mau kua? No ka mea, he mana' o wale mākou iā' u. No' ono' o lākou a pau iā lākou iho, e pili ana i ko lākou makemake, ke ho' oka' awale nei lākou ma waena o' u, ' o' oe, ' o ia.

Pilikia kēlā: ' A' ole wau makemake i kēia, no laila ke pepehi nei au iā' oe. Loa' a nā mea a pau mai ka mana' o pono' ī. Inā mana' o nā kānaka a pau ' o wau ' o' oe a ' o' oe ' o wau, a laila ' a' ohe pilikia. He pilikia kāu?

No laila, kōkua wau iā' oe no ka mea ' o' oe nō wau. A me ka hope; Inā pilikia ko' u a laila kōkua ' oe ia' u. No ka mea, hookahi kakou a pau. Pololi ' oe? Hānai au iā' oe no ka mea ' o wau ' oe.

Me ke kālā a ke aupuni e ho' olilo ai i nā kua, hiki iā lākou ke hānai i ka honua holo' oko' a. Hiki iā mākou ke kōkua i ke ao holo' oko' a.

Mai ho' okomo kālā i nā pōkā e pepehi, pepehi, pepehi... i ka hopena, he aha? No ke aha lākou e hana ai i kēia? No ka mea, aia nā ' oko' a ma waena o ' oe a me a' u. Inā mākou a pau, ' a' ohe kua.

No ke aha lākou e hana ' ino ai kekahi i kekahi? No ka mea, mana' o kekahi ua ' oi aku lākou ma mua o kekahi. E like me kekahi mau kāne i hana ' ino i nā wahine no ka mea ua mana' o lākou he ha' aha' a lākou iā lākou.

Ua hewa keia mau kanaka, aohe mea i oi aku, ua like ko kakou ano a pau, no ka mea, hookahi kakou a pau, hookahi no kakou, me na holoholona a me na ano a pau. ' O ka nui o nā ' oko' a, ' oi aku ka nui o nā pilikia i loa' a iā ' oe ma kēia honua. Pono mākou e a' o: ho' okahi mākou a pau. ' A' ole māua ' elua. Inā ' ike ' oe i kekahi e like me ' oe iho, e lilo kēia honua i paradaiso.

' O kōu keiki ka' u keiki, a ' o ka' u keiki kōu keiki, a mālama mākou a pau i kekahi i kekahi. No laila, he paradaiso kēia honua. Inā ' a' ole, pehea mākou e ola ai? Ina oe e hana i keia, o ia ho' i, e hana oe e like me ke kauoha a ke Akua, hana oe me ka noonoo pono, me ka naau maemae a maemae. Hana ' oe no nā po' e ' ē a' e, akā ' a' ole no ke aloha, akā no ka mea ho' okahi mākou a ' a' ohe mea makemake e hō' eha iā lākou iho.

' O ' oe kekahi. ' A' ole ia he mea ' ē a' e. Ho' okumu mākou a pau i kino a no ka hana ' ana o kēia kino, pono e mālama kekahi i kekahi. Pehea ' oe e mālama ai i kēia me kēia ' āpana o kou kino. ' Ike ' oe i ka nui o nā pūnaewele o kou kino? He mau miliona o nā pūnaewele. ' Ike ' oe i ka nui o nā kānaka ma ka honua? Ua like nā miliona o nā kānaka a me kēia me kēia kanaka me ke kelepona i loko o ke kino nui a' e. Inā ho' opō' ino kekahi kanaka, ' āina, a ' āina paha i kekahi, a laila pili nā mea āpau i nā mea āpau, nā mea ' ē a' e. ' A' ole paha? Mana' o ' oe.

Inā mālama mākou a pau i kekahi, ' a' ohe mea ho' oweliweli, ' a' ohe ' aihue, ' a' ohe po' e ' ino, no ka mea, ' o wai ka mea makemake e hō' eha iā lākou iho? Inā mālama nā kānaka a pau me ka pu' uwai, he paradaiso kēia honua. E hau' oli ka po' e. ' A' ole ho' ōki ke aupuni i ka ' ōlelo ' ana: ho' opau, ho' opau, ho' opau! ' A' ole ' o ia e ho' ōki i ka pepehi kanaka.

' O nā ' ano make a pau, ' a' ole ia he mea nui ke po' o ' u' uku, a i ' ole nā lima li' ili' i, a i ' ole i loko o ka ' ōpū o ka makuahine, he mana' o pono' ī ma' ema' e, he mau hana me ka lunamanoa ' ole, me ka na' au ' ole.

' A' ole ' eha ka pēpē iā ' oe, no ke aha ' oe e makemake ai e pepehi iā ia? He aha kōu e loa' a ai mai kēia? ' A' ole i hana hewa ka pēpē iā ' oe. No ke aha i makemake ai ke aupuni e pepehi i kona mau makaainana e hiki mai ana? Mahalo iā lākou, hiki i ka ' āina ke puka i waho o ka pilikia. Hiki i kēia pēpē ma mua o ka hānau ' ana ke alaka' i maika' i loa a kōkua i ka hāpai ' ana i ka ' āina mai ka pilikia.

Inā kōkua kou makua kāne a me kou makuahine i kou hānau ' ana, no ke aha ' oe e kōkua ' ole ai i nā po' e ' ē a' e e hānau ' ia? Inā ' a' ole ' oe makemake i ka pēpē, hā' awi ' oe iā ia no ka hānai ' ana a ' o ia nō. No ke aha ' oe e pepehi ai? E no' ono' o ' oe ' o ' oe ka pēpē ... makemake ' oe e pepehi ' ia?

Hookahi kakou a pau, me ka naau maemae. E ' olu' olu, ' a' ohe mana' o o ka nui o nā wahine ' u' uku i ho' opa' a keiki

hana ana. Inā makemake ' ole ka hāpai ' ana, mai pepehi i ka pēpē, hā' awi i nā mea hana i kēlā mau wahine e hānau ai ke pēpē.

No ke aloha o ke Akua. Mai ka pu' uwai a ka pu' uwai. ' O nā mea ' ino a pau a kākou e hana nei ma kēia honua, ' oiai ' a' ole ho' opa' i ke kāmāwai a ke kanaka, na ke kāmāwai o ke akua e ho' opa' i. E hoomanao i ka'u mau olelo.

Ke make ' oe e ho' omaka ana kou pilikia.

Mahalo nui iā ' oe.



NUI HUI



14.- OLA.

HE MIRAGE KE OLA, HE KEAKAKA OLA.

Inā makemake ' oe e ola maika' i, pono' oe e a' o. ' O ka mea a mākou e' ike ai ua like ia me ka pale TV, kau' oe ma kekahi kahawai a puka mai nā' ano ki' i like' ole a inā' oe e ho' ā' o e lawe i kekahi ki' i, no ka la' ana kālā, lawe wale' oe i ka pale.

E like me ke ola, inā he nui ke kālā o ke kanaka, ke make' o ia, ma hea e hele ai kāna kālā? ' A' ole hiki i ke kālā ke lawe iā' oe i ka lua kupapa' u.

Inā ma' i' o ia, ' a' ole hiki iā ia ke ho' ohana i ke kālā. ' O nā mea a pau i loa' a iā mākou' a' ole maoli, e like me nā mea āpau he mea maoli' ole. No laila' a' ole pono' oe e no' ono' o pono i nā mea. E like me kou hiamoe' ana, ke hiki mai ka pō a moe' uhane kāua, i kekahi manawa he moe' uhane weliweli kāu, no ka la' ana, moe' uhane' oe e alualu ana kekahi iā' oe e pepehi iā' oe a me kēia mau moe' uhane e hou' oe i ka maka' u, pulu kou' a' ahu a pau.

Ke ala' oe e no' ono' o: Mahalo, he moe' uhane wale nō. Akā, ke loa' a iā' oe ka moe' uhane, mana' o' oe he' oia' i' o, ' o ia ke kumu i ho' omaha ai' oe i ka maka' u nui. Ke ala' oe e' ōlelo' oe: mahalo i ka maika' i he moe' uhane!

Akā, ua hewa' oe, no ka mea, i kou ala' ana, komo' oe i kekahi moe' uhane. Aia ka moe' uhane me nā maka maka a me nā maka' ē a' e. He mau moe' uhane' elua a' a' ole maoli. ' Ōlelo mai ka po' e Ah!... ola, ola, ola... akā' a' ole maoli. Akā, lawe mākou i nā mea me he mea lā. ' O nā mea āu e' ike ai a me nā mea āu e ho' opā ai, he mau makahiki wale nō a he mau mahina wale nō, he mau lā a mau minuke paha, no ka mea, ' a' ole mākou' ike i ka wā e make ai mākou. I kēlā me kēia manawa hiki iā mākou ke make. ' O kekahi ma mua a' o kekahi ma hope akā e make mākou a pau. Ke hele mākou e hiamoe, ' a' ole mākou' ike inā' o kēia kā mākou pō hope. Nui ka po' e i ke ala' ana, loa' a kahi pō' ino, ma' i, a make. Hiki i kēlā me kēia pō ke lilo i kāu pō hope loa. ' O wai ka mea e hō' oia' i' o' a' ole kēia kāu pō hope?

Ma kēia honua, me ka nui o nā miliona o ka po' e... no ka nui o ka po' e i kēia pō hope loa? Ke mana' o' ole' oe, e make paha' oe. ' A' ohe mea maopopo, ' a' ohe mea maoli.

Ke make' oe' a' ole' oe e lawe i kekahi mea me' oe. ' A' ole pili inā he miliona' oe, he kanaka ali' i, he kanaka' ilihune ... ke ola maika' i nei' oe a hau' oli ... ' a' ohe mea maoli. Inā' ike' oe' a' ohe mea maoli, mai hana ko' iko' i i ke ola. ' A' ohe mea maoli. Aloha, ' a' ohe mea maoli, no ka mea, ke make' oe inā' a' ohe kino, he aha kāu mea aloha? ' A' ohe mea maoli. Inā maopopo iā' oe kēia hiki iā' oe ke noho maika' i a hau' oli.

Inā loa' a iā' oe kahi makemake a' a' ole hiki iā' oe ke ho' okō, kaumaha
' oe ... inā he' umi kou makemake, e lilo ana' oe i 10 manawa kaumaha, inā
he miliona makemake' oe, lilo' oe i miliona. manawa kaumaha.' O ia ke kumu
e ola maika' i ai, e hana i kāu mea e pono ai, a mai ho' ā' o e ho' ohana i nā
mea' ē a' e. He nui ka po' e e' ōlelo: e nānā, e nānā, ua ho' ohana wau i kēlā
wahine / kāne' ilihune a i kēia lā he miliona miliona ka' u. Akā, ua hewa kēlā
kanaka. Inā' a' ole' o ia i lawe pono i nā kānaka, i kēia lā' a' ole hiki iā ia ke
loa' a he miliona inā' a' ole 10 miliona euros. No ka mea, ua hana maika' i
' o ia i ke ola hope loa a loa' a iā ia he 10 miliona akā' oia i ua ho' opunipuni
' o ia a' eha i nā kānaka i kēia ola, e loa' a iā ia he miliona. Inā ua hana' o ia
me ka' oia' i' o, hiki i kēlā kanaka i kēia lā ke loa' a 10 miliona.' A' ole' ike
ka po' e he nui. Mana' o ka po' e: pono' oe e hakakā no ka loa' a kālā.
' Oia' i' o, pono' oe e hana e loa' a ke kālā, akā' elua mau ala e hana ai,' o
ka hana' oia' i' o a' o ka hana' ē a' e e ho' ohana pono i nā kānaka, e like
me ka powa. A' o ka ho' olilo' ana he' elua mau ala' oko' a;' O kekahi e
ho' olilo i ka makemake, e like me nā po' e kaulana he nui, no ka la' ana nā
mea keaka Hollywood e loa' a kālā nui a' a' ole' ike i ka mea e hana ai me ka
nui o nā miliona ... Pehea e pau ai nā mea a pau? pili i nā lā' au lapa' au, pau
lākou i ka lā' au lapa' au. Inā ho' okomo' ia kēia kālā no ka hana' ana i nā
mea maika' i, e like me ke kūkulu' ana i kumu e kōkua ai i nā kānaka, a laila he
po' e haipule lākou. Akā, e like me kā lākou' ōlelo' ana i nā mea a pau no' u,
nā mea a pau no' u... ' ai lākou e like me nā mea' ē a' e, ho' okahi kilo
mea' ai i kēlā me kēia lā? He opu like ko kakou a pau a emi mai, aohe wahi no ka
nui.' Ai lākou i ka' i' o, ka i' a, nā hua' ai a me nā mea kanu, ma kēia ao
' a' ohe mea' ē a' e e' ai ai.' O kā lākou mea e hana ai,' o ka ho' owaiwai
' ana iā lākou iho ma ka' uhane, no ka mea pono lākou e kōkua i nā po' e' ē
a' e. No ke aha mākou e kōkua ai i nā po' e' ē a' e?' Ae, wehewehe wau iā
' oe.' O kēlā me kēia o mākou e like me ke kelepona o ke kino.

A' o ke kino he mau miliona mau pūnaewe, ' o kēlā me kēia kino he honua
li' ili' i. Loa' a i kēlā me kēia cell i loko o ko mākou kino kekahi miliona mau cell
i loko.' O ia ke kumu i loa' a ai i kēlā me kēia kelepona kona mana' o pono' i
a hiki ke ne' e, hele' o ia ma nā wahi āpau āna e makemake ai. A ke kama' ilio
nei kēia mau cell i kekahi i kekahi, e like me ka' u kama' ilio' ana me' oe.' O
ia ke kumu i' ike ai ke kauka,' o ka cell cancer, ma mua o ka make' ana, e
ho' ohuli i nā cell olakino' ē a' e a lilo lākou i mau sela' ino.' O ia ke kumu i
ola' ole ai ke kanesa, no ke aha? Ma muli o ke kama' ilio pū' ana o nā cell i
kekahi i kekahi, ho' opili lākou kekahi i kekahi. No ka mea he po' e' ino, no ka
la' ana he' aihue, a' o kekahi i kekahi a' oi aku ka nui o nā' aihue. A hui pū
' ia nā cell maika' i a me nā cell maika' i' ole e noho pū i kēia ao. Ua like
mākou me kahi cell i loko o ke ao nui a' e' o ia ka honua.

I maopopo ia oukou ka'u olelo; he keena mākou o ka honua nui a' e. Aia ma loko
o ke keena kekahi mau mea li'ili'i a ma loko o kēlā me kēia o lākou he mau
pūnaewe'ē a'e, a i loko o ia mau mea he mau mea'ē a'e. , a me ka moku' āina i
loko o ka' āina, a' o nā' āina a pau i loko o kēia' āina. A ho' okumu ka
honua me nā hōkū i kahi' ōnaehana lā a' o kēia' ōnaehana solar he' āpana
o ke ao holo' oko' a i piha i nā' ōnaehana lā. I maopopo iā' oe ke hele' ana.
' O kā mākou' ōnaehana solar he' āpana wale nō o ke ao holo' oko' a i piha
i nā' ōnaehana solar.' A' ole' o ia wale nō ka' ōnaehana solar ma kēia ao,
' a' ole. He' āpana mākou o kahi' ōnaehana

'ōnaehana solar mai loko mai o nā miliona o nā 'ōnaehana solar i ho' okumu i ke ao holo' oko' a. I kēia hihia, inā kōkua ' oe i kekahi, kōkua kēlā ' ē a' e iā ' oe. ' A' ole ' oe e kōkua i kekahi, ke kōkua nei ' oe iā ' oe iho. No ka mea, hana mākou a pau i kahi ho' onohonoho. Inā ' oe e hō' eha i kekahi, ' eha ' oe iā ' oe iho. No ka la' ana, ko mākou kino. Inā pa' i kou lima ' ākau i kou lima hema, palahalaha ka ' eha o kou lima hema i ke kino holo' oko' a. ' O ka lima ho' i e pa' i ' ino. Ho' ouna' ia ka ' eha. ' O ia ho' i, inā ho' ona' auao maika' i ' ole ka ' ohana i kā lākou keiki, i kekahi lā e lilo ia keiki i mea ho' oweliweli a pepehi kanaka paha, ma kēia hihia ua ho' ona' auao ' ino nā hoa i kā lākou keiki a hiki i kā lākou keiki ke hana ' ino i kekahi. ' Oia inā i hānau ' ia ' oe ma kekahi ' āina o ka honua, ma ke kūlanakauhale a i ' ole ke kūlanakauhale, inā ' a' ole ' oe e a' o maika' i iā ' oe iho, i kekahi lā hiki iā ' oe ke hō' eha i kekahi. Inā ho' ona' auao maika' i ka ' ohana i kāna keiki, ' o ia ke ola o kēia ao. Hiki iā ia ke ho' omaika' i i kou ola. ' O ia ke kumu e ho' omaopopo ai ' oe ' a' ole ' oe, ' o wau a ' o ia. Ho' okahi mākou a pau, ' a' ole mākou ' elua. Inā hiki iā ' oe ke ho' omaopopo pono i ka ' u e ' ōlelo nei, e lilo kēia honua i paradaiso. ' O nā mea a pau a nā kānaka e hana ai iā ' oe, maika' i a me ka hewa, he moe' uhane. He moe' uhane me nā maka hāmama, akā he moe' uhane. He po' e keaka mākou i kahi ki' i' oni' oni. Ho' okani kēlā me kēia i kāna kuleana. E like me a' u, he makua kāne me ka' u mau keiki, he kāne me ka' u wahine, he hoaloha me ko' u mau hoaloha, he kumu me ka' u mau haumāna. He nui nā kuleana o kēlā me kēia. Pono ' oe e hana i nā ' āpana āu e pā' ani maika' i ai, e like me a' u. E ho' ā' o e kōkua i nā pūnaewele maika' i ' ole e lilo i mea maika' i, no ka mea inā ' a' ole ' oe e kōkua, i kekahi lā hiki ke lilo ia mau cell i ' ino. No ka pono o na mea a pau.

Loa' a i nā mea a pau ke kumu a me ka hopena. E ho' omana' o maika' i: mai lawe pilikino i nā mea. E like me Sepania i kēlā me kēia makahiki, nui nā kāne e pepehi i kā lākou mau wahine a ' ōlelo lākou a pau i ka ' ōlelo lapuwale: inā ' a' ole ia' u, ' a' ole ia no kekahi. Akā pōina iā lākou ' o ke kāne a me ka wahine a me nā holoholona i loko o ka ' āpana like, ' a' ohe mea ' oi aku. ' A' ole nau ka wahine a ' a' ole na ka wahine ke kāne. E ho' omana' o maika' i: ' a' ohe mea nona kekahi. ' A' ole na kekahi mea holoholona. Loa' a i kēlā me kēia kanaka kona ola pono' ī, kona mana' o pono' ī. Inā ' a' ole ' oe e hana maika' i i kāu wahine a i kāu kāne paha, a ' o ka mea ' ē a' e, no ka mea ' a' ole maika' i ' o ia, makemake ' o ia e ka' awale, maika' i, akā ' a' ole hiki iā ' oe ke ho' opa' i, no ka mea, ' o kou hewa ia.

' A' ole hiki iā ' oe ke no' ono' o mau ia' u, ia' u, ia' u. ' A' ole hiki iā ' oe ke loa' a ia' u, Me, Me. E ho' omana' o maika' i: he cell mākou o ke ao nei, a he miliona ka nui o ke kino, inā mālama kekahi i kekahi a ' o kekahi no kekahi, olakino kēia kino.

E hemolele nā mea a pau. Inā e a' o ' oe i kekahi i ka maika' i, e a' o kēia i kekahi i ka maika' i a pēlā e maika' i ai ka ' āina holo' oko' a. ' O ia kāu mea e hana ai. Mai ho' oka' awale ' oe ma waena o ' oe, ' o wau, ' o ia. ' O mākou a pau No. Inā hana ' oe i kekahi e like me ' oe iho, ' a' ole hiki iā ' oe ke hō' eha iā lākou, no ka mea, ' a' ohe mea makemake e hō' eha iā ia iho. Inā ' oe e hana i nā po' e ' ē a' e me he mea lā iā ' oe iho, e lilo kēia honua i paradaiso, a e mālama maika' i nā mea a pau iā ' oe. E like me ka politika. Inā ho' opa' a ka po' e i kā lākou kā' ei ma muli o ka pilikia, pono ke aupuni e ho' opa' a pū i ko lākou kā' ei a ' a' ole hiki ke ho' opau i kahi peni. Inā hele nā kānaka ma ke ka' aahi, pono ke aupuni e hele ma ke ka' aahi. Inā ho' okele ka po' e, ho' okele ke aupuni.

No ka mea, hookahi kakou a pau. ' O kēia ke ala e ala ai mai ka pilikia. Inā ' ilihune ka po' e a waiwai ke aupuni, inā ho' opa' a ka po' e i ko lākou kā' ei a' a' ole ke aupuni, ' a' ole hiki kēia. Inā mākou e no' ono' o i kekahi i kekahi e like me ' oe iho, eia ka paradaiso. Inā hele kēlā me kēia no ko lākou pono, e hele hewa loa ana nā mea. No ka mea, ke ho'ā' o nei' oe e hau' oli me ka no' ono' o' ole i ka po' e i loa' a ka manawa' ino. ' Ehia miliona mau ' ohana e mōhai aku iā' oe no' oe? I ola maika' i ka ' ohana.... ' Ehia ' ohana e ' eha? He hewa kēlā.

No ke aha he moe' uhane ke ola?

Ua like ke ola me ka moe' uhane, no ka mea, i ka hānau ' ana, hele mai mākou me ka mea ' ole a me ko mākou ola a pau e hō' ili' ili i ka waiwai a i ka wā e make ai, ' a' ohe mea e lawe pū me mākou. Inā ' a' ole mākou e lawe i kekahi mea me mākou ma kēia huaka' i' o ke ola, i ka hopena ' a' ole mākou e lawe pū me mākou. Inā ' a' ole mākou e lawe i kekahi mea, no ke aha mākou e hakakā nui ai? He aha kā mākou e hana ai? A inā ' a' ole mākou e lawe i kekahi mea. No ke aha mākou e hana ' ino ai a alaka' i hewa i nā kānaka? No ka mea?

' O ka mea wale nō a mākou e lawe nei ma hope o ka make, ' o kā mākou mau hana maika' i a maika' i' ole, ' o ko mākou lunamana' o.

Ua like ka ' ike me ka "pahu' ele' ele" o kahi mokulele kahi i ho' opa' a' ia ai nā mea a pau a mākou e hana ai i ke ola.

' O wai ka moe' ole e like me mākou? Iesu Kristo. Ua ala' o ia mai kēia moe' uhane' o ia ke ola. ' O ka mea wale nō a mākou e ho' omana' o ai no ke kanaka ke make' o ia, ' o kāna mau hana. E like me Iesu Kristo, e like me Buddha a i' ole nā kānaka a pau e ho' ola' a i ko lākou ola e lawelawe i nā kānaka. Ho' omana' o mākou iā lākou ma kā lākou hana, ho' ā' o lākou e ho' āla iā mākou mai kēia moe' uhane o ke ola i' ole mākou e ho' omau i ka moe' uhane, me ka no' ono' o. Inā ' ike mākou i ka hopena e pau nā mea a pau i ka 0, a laila he aha kā mākou e hakakā nui nei?

' A' ole pono kākou e pa' akikī a hakakā no kākou iho. Inā ' a' ole mākou e lawe i kekahi mea, no ke aha? No ke aha ' a' ole mākou e ho' ololi i kēia mana' o pilikino no ka lokomaika' i a kōkua i nā kānaka?

Ke make ka tiga, ha' alele ia i kona' ili, mālama mākou i kona' ili a me kona po' o. A he aha kā mākou e ha' alele ai? Haalele Iesu Kristo i kona inoa, haalele i kana olelo, haalele i kona maikai, haalele i kona naau. Ha' alele' o Buddha i kāna' olelo, kāna kākau' ana, kāna Baibala, me kāna mau hana me kona pu' uwai.

E like me Muhammad a me kēia mau alaka' i ho' omana nui. Ma hope o ka lō' ihi, no' ono' o mākou iā lākou, no ka mea, hā' awi lākou i nā mea āpau no ka po' e. Hele lākou i kēia ola e kōkua ana i ka po' e a no' ono' o wale mākou iā mākou iho. He aha ka ' oko' a? Ma hope o ko lākou make' ana, hele lākou i ka lani no ka manawa pau' ole a' a' ole mākou e lawe i kekahi mea me mākou ma o kā mākou hana pono' ī.

E ho' ohālikelike i kāu mau hana me nā hana a kēia po' e hemolele. No ke aha mākou e makemake' ole ai iā lākou?, e waiho ana i kā mākou' olelo a me kā mākou' olelo a' o maika' i, kōkua i nā po' e. Inā hana' oe i nā mea maika' i no ha' i, ke hana maika' i nei' oe iā' oe iho a me kou lunamana' o.

No laila ua ma' emā' e kou lunamana' o.

I kēlā me kēia manawa hiki i kekahi o mākou ke make. ' A' ole wale ka po' e kahiko make, hiki i kekahi ke make, nā pēpē, ' ōpio, ' elemakule... piha ka ilina i nā kānaka o nā makahiki āpau. ' A' ohe mea e hō' oia' i' o iā' oe e ola' oe a hiki i kou wā' elemakule. I kēlā me kēia manawa hiki iā mākou ke make. E ho' ohana i kou ola a kōkua i nā po' e' ē a' e, me kou pu' uwai a pau.

Mai kou wā li' ili' i, mālama kou makuakāne a me kou makuahine iā' oe, hānai iā' oe, ho' ona' auao iā' oe, hā' awi iā' oe i ka pumehana a me ke aloha nui, no laila pono' oe e mahalo mua i kou makuakāne a me kou makuahine. Inā' a' ole' oe' ike pehea e ho' omaika' i ai i kou mau mākuā no nā mea maika' i a pau a lākou i hana ai iā' oe, ' a' ole hiki iā' oe ke no' ono' o iā' oe iho he kanaka.

No laila, ' ike' oe i kēia manawa, he moe' uhane ke ola, e ho' ohana pono i ke kōkua' ana i nā po' e' ē a' e me kou pu' uwai a pau, no ka mea, i kou wā e make ai, e lawe wale' oe i kāu mau hana me' oe.

No ke aha he hale keaka ke ola?

Mai kuhi hewa, he po' e keaka mākou i ke ki' i' oni' oni, ' o ka mea a mākou e pā' ani nei i kēia ola he hale keaka ma' emā' e no ka mea he nui nā kuleana o kēlā me kēia.

No ka la' ana, pā' ani au i ka makua kāne, ke keiki kāne, ke kāne, ka hoaaloha, ka' anakala a i' ole ke kumu, he nui nā kuleana o kēlā me kēia. ' O kēia mau wehewehe' ana a pau, no ka mea, ' o ka mea a mākou e pā' ani nei, he ali' i, he mō' ī, he miliona miliona, he kanaka laki a pō' ino paha, ' o ia mau hana āpau he mo' o wale nō, ' a' ole maoli.

Nui ka po' e e pā' ani nei i ke kuleana o ka po' e pō' ino loa, ' o kekahi po' e miliona miliona a hau' oli lākou, ' a' ole maoli kēlā mau kuleana, no ka mea, ' o kā mākou waiwai, ka hau' oli, nā mea āpau i loa' a iā lākou, ke pau ka hanu, ua pau. Hiki ke ho' opau' ia kēia mau hana i wehewehe' ia i kēlā me kēia manawa, ' o ia ho' i, i ke ola, pono' oe e' ike' o nā mea āpau a mākou e' ike ai, ho' opā a loa' a he manawa pōkole, ' a' ole ia he mau loa. Hele mai mākou i kēia ao me ka lima' ole a ke ha' alele mākou i kekahi lā, ha' alele mākou ho' okahi, ho' okahi kanaka a me ka lima' ole.

' O ka mea wale nō a mākou e lawe nei, ' o ko mākou lunamana' o, ' o ia ka mea e hele pū me mākou.

E loa' a i nā hana maika' i nā hua a me nā hana' ino. He nui ka po' e e huikau a hakakā i kēia ola no nā mea a pau a lākou, me ka mana' o' i' o e mau loa ia, ' o ia ke kumu e hana ai nā po' e he nui i nā mea e pono ai: hana' ino lākou i nā kānaka, ho' opunipuni a ho' opunipuni e loa' a i kā lākou makemake i nā koina āpau.

Ua hō' ike hou' ia ka nūhou i ka hihia o kahi mea kū' ai lā' au lapa' au i hana i kahi ha' aha' a 50-mika ma lalo o kāna kīhāpai e pe' e mai nā māka' i a noho ma laila no nā makahiki he nui. He kālā a he mana kona akā ua like kona noho' ana me he' iole i' ole e hopu' ia e nā māka' i. E no' ono' o kākou i ke' ano o kona ola' ana, ua like' o ia me ka' iole ma lalo o ka lepo, ' a' ole hiki ke hele i waho a hopu' ia.

E ho' olilo ana kēia kanaka i ke koena o kona ola i loko o ka hale pa' ahao no ka le' ale' a i kekahi mau makahiki o ka waiwai, e uku ana ' o ia i ke koena o kona ola no kāna mau hewa. Ke make ' o ia, pono ' o ia e ho' oponopono i nā mo' olelo me kona lunamana' o, me ke Akua a me ke kânāwai o ke Akua, e ho' omaka ka moe' uhane ma hope o kona make ' ana, no ka mea, ' o ke kânāwai kanaka wale nō ka mea e ho' opa' a ai iā ia, na ke kânāwai o ke Akua e ho' okau iā ia i kēlā me kēia lā. ka ho' opa' i make no nā haneli, mau tausani a me nā miliona makahiki. ' A' ole pono kēia, ' o ia ke ' ano o ke kanaka i maopopo ' ole he mea ' ole ke ola, ke pā' ani wale nei mākou, ' a' ole pono ' oe e lilo i kanaka ' ino.

Me he ' iole ke hele ma ke alanui, ' imi nā kânaka a pau a inaina, ' a' ohe makemake. Mana' o wale kēia po' e i ka loa' a kālā li' ili' i i ka manawa pōkole, hewa loa lākou.

' O ka po' e pā' ani i ke kanaka maika' i e ho' olaha i ke aloha i nā kânaka a iā lākou iho. Ma mua o ke aloha ' ana i nā po' e ' ē a' e, pono ' oe e aloha iā ' oe iho, pono ' oe e mahalo iā ' oe iho, pono ' oe e hana i nā mea e hiki ai iā ' oe ke ho' oki' eki' e i kou po' o i ke Akua a ' a' ole e hana i nā mea e hā' ule ai kou maka i ka hilahila, pono ' oe e hō' oia iā ' oe iho ma mua. iā ' oe iho ma mua. ' A' ole hiki iā ' oe ke hana i ka no' ono' o ' ino iā ' oe iho, no laila pono ' oe e hana maika' i i hiki ke hiamoe maluhia.

' O ka hana ' ana i nā mea maika' i mai ka pu' uwai he mea maika' i iā ' oe no ke kōkua ' ana i ka po' e e hana maika' i me ka noi ' ole ' ana i kekahi mea, akā pono ' oe e hana me ka inoa ' ole i ' ole e kama' ilio kekahi e pili ana iā ' oe a ' a' ole pono ' oe e kaena.

Ina e kaena oia, aole maemae kana mau hana, he hana maemae ka hana ana me ia ano, a e aho no ka hana ole ia mea, he hana no ia mai ka naau mai, aole pono e koi ia, e olelo hou a olelo paha. aka, he hoolaha ia ia iho . Ke kōkua ' oe i ka po' e ' a' ole ' oe e kama' ilio e pili ana i ia mea, pono ia he hana ma' ema' e a maika' i.

Inā maika' i kāu hana, e ho' omana' o mau ka mea āu i kōkua ai a e uku ' ia kāu hana e ke Akua.

' Oiai he hale keaka ke ola, pono mākou e ho' ā' o e kōkua i nā kânaka, ' o ia mau hana maika' i wale nō ka mea e hele pū me mākou ke ha' alele. ' A' ole pili ka waiwai, ke kālā, ka waiwai, nā keiki a me kāu hoa pili, ke make ' oe e hele ho' okahi. ' A' ole e pepehi kou ' ohana e hele pū me ' oe, hele mai ' oe i kēia ao wale nō a ha' alele ' oe.

E no' ono' o ' o kēlā me kēia pō ka hope loa, ' a' ole i piha ka ilina i ka po' e kahiko, he nui nō ho' i nā ' ōpio. Nui ka po' e i make i nā ulia ka' a, inā ua ' ike lākou e make ana lākou i kēlā lā i kahi ulia pōpilikia, ' a' ole lākou e ha' alele. ' A' ole pono ' oe e ho' olālā no ka wā e hiki mai ana, ' o ka mea āu e hana ai, ' o ia ka pōmaika' i iā ' oe iho ma ke kōkua ' ana i nā po' e ' ē a' e, no ka mea, i ka lā āu e pilikia ai, e kōkua kēlā po' e iā ' oe.

Inā ' oe pa' akikī a no' ono' o wale iā ' oe iho, ' a' ohe mea ma kou ' ao' ao. ' A' ohe mea makemake e noho me ke kanaka mana' o wale iā ia iho.

No ka maika' i me lākou, pono' oe e no' ono' o mua iā lākou a hana i nā mea no lākou. Ua like ia me ke aniani, ke hō' ike' oe i ke aloha, ho' iho' i ke aniani i ke aloha, mai ho' ā' o e ho' opunipuni, pono e uhi' ia ka wahahe' e e 10 wahahe' e e uhi i ho' okahi, ho' okahi haneli wahahe' e e uhi i' umi, ho' okahi wahahe' e ma hope o kekahi' a' ole alaka' i i kahi. Hiki iā' oe ke ho' opunipuni i ho' okahi manawa, akā' a' ohe mea hou aku,' a' ohe mea e hiki mai ana.

Pono' oe e hana mau i nā mea mai ka pu' uwai, no laila e aloha nā kānaka a pau iā' oe, e loa' a iā' oe kahi' ohana hau' oli, hilina' i nā kānaka i kāu' oihana a he kanaka' oia' i' o' oe a hele' oe i kahi mamao, akā inā' a' ole' oe e pau ka no' ono' o' ana.' a' ole' oe e ho' ōki i ka ho' opunipuni a me ka ho' opunipuni, ' a' ole e hele mai nā kānaka iā' oe a kōkua' ole iā' oe i ka wā e pilikia ai' oe, e ho' omaka ke ala i Gehena ke make' oe. Aia kekahi po' e' a' ole mana' o' i' o i Gehena akā' a' ole ia he mana' o' a' ole ia.

' A' ole mana' o' i' o ka po' e Atheist i Gehena, akā ke ha' i aku nei au iā lākou e mana' o' i' o 50% aia ia a he 50%' a' ole. Ke kama' ilio mau nei ka Baibala e pili ana i ka lani a me Gehena, e like me ia a' a' ole paha, aia lākou a aia ma laila. He aha ka wehewehe' ana ua hānau' ia kekahi po' e he ali' i a hānau' ia kekahi ma nā' āina' ilihune kahi e make ai lākou i ka pōloli a' o kekahi po' e ua waiwai loa.' O kēlā mau' oko' a ka hopena o ke ola i hala, ua maika' i ke Akua,' ohi kēlā me kēia mea i kāna mea i lūlū ai.' O nā mea maika' i' ole a pau o ke ola i hala e' ohi' ia i kēia ola me ka pō' ino. Inā ma kēia ola he laki maika' i' oe a hele maika' i nā mea a pau, no ka mea ma ke ola i hala ua lūlū' oe i nā mea maika' i, ua kōkua' oe i nā kānaka a' o ia ke kumu i' ohi ai' oe i nā mea maika' i o kēia ola. Huhū nā kānaka i ka po' e e noho maika' i ana, akā pili ia i ka hana a kēlā me kēia. Ina ma ke ola i hala ua hana maikai oe, me he mea la ua hoahu oe i ke dala he nui i kou ola mua e lealea ai i keia ola ana, ina i keia ola ana he poino kou pono e hana ai, o ke kōkua ia hai me kou manawa, inā hiki iā' oe ke kōkua i kekahi me ka 1 keneta, hiki iā' oe ke kōkua i kahi mea e pono ai ma mua o' oe,' o 1 keneta o kahi hana maika' i e like me 100,000 o ka miliona miliona. Inā hā' awi ka miliona miliona i 100,000 a hā' awi ke kanaka' ilihune i 1 keneta, i ka maka o ke Akua ua like kona waiwai,' o ia ho' i, inā hā' awi ka miliona miliona i 10% o kona waiwai, ma kēia hihia he 100,000, a' o ka mea' ilihune he 1,000 wale nō. hā' awi 100, ua like kēia 100 me ka 100,000 a ka milionaaire. I mua o ke Akua,' a' ole ia ka nui akā' o ka mea i hā' awi' ia mai ka pu' uwai, i' ole e hele nā miliona miliona a pau i ka lani a hele ka po' e' ilihune a pau i Gehena.

' O ka' oia' i' o, hele ka hapa nui o nā miliona miliona i Gehena no ka mea makemake lākou i ka mana' o pilikino a no' ono' o wale iā lākou iho a ka' ana like i kā lākou waiwai me ko lākou' ohana.' O ka po' e' ilihune,' oi aku ka na' auao a kōkua mau i nā po' e' ilihune' ē a' e a' o ia ke kumu e hele ai lākou i ka lani. I mea e holo pono ai nā mea a pau, pono' oe e kōkua i nā po' e' ē a' e,' oia' i' o ke hana nei' oe iā' oe iho, pono' oe e kōkua i nā po' e' ē a' e e no ka mea e ho' iho' i ka po' e' ē a' e i ka lokomaika' i mai ko lākou pu' uwai, a inā' oe e ho' ā' o e ho' ohana i nā mea' ē a' e,' o ia ka "berena i kēia lā a pōloli i ka lā' apōpō", hehi lākou i nā po' e' ē a' e e e pi' i i luna. Pono' oe e hana i nā mea no nā po' e' ē a' e e no ka mea e pōmaika' i' oe iā' oe pololei a me ke' ole. Inā' oe e wahahe' e a ho' opunipuni i nā po' e' ē a' e, e hō' eha wale' oe iā' oe iho a e kali wale nā po' e' ē a' e e i ko lākou manawa e ho' opa' i ai a' a' ole ola ke kia' i mau i kou kua.

He po' e keaka mākou i kēia ola, ' a' ole pono' oe e mana' o he hana maoli mākou, he aha ka mea maoli? Ke make' oe, ' a' ole' oe e lawe pū me' oe.

Inā ' a' ole' oia' i' o, he aha ka ho' ohana' ana o ka wahahe' e a me ka pepehi kanaka e loa' a ai ka waiwai inā i ka hopena' a' ole ia e lawe i kekahi mea, hiki iā mākou ke make i kēlā me kēia manawa mai kahi ulia pōpilikia, kahi ulia pōpilikia, kahi ho' ouka kua ...

' A' ole hiki i kekahi ke hō' oia' i' o i ka lō' ihi o kou ola' ana, pono' oe e ho' ohana i kēlā me kēia lā e hana i kekahi mea e hā' awi ai i ke' ano o ko mākou ola, inā' oe e no' ono' o pono' i e ho' opau' oe iā' oe wale nō, i loko o ka hale pa' ahao a ho' opa' i ' ia ke hiki mai ka manawa. .

He moe' uhanē ke ola, he po' e keaka mākou ma ke keaka a i' ole ke ki' i' oni' oni, ' a' ole maoli ke ola. ' O ia ke kumu e ho' ā' o e no' ono' o' ole iā' oe iho, e no' ono' o i kekahi.

No ke aha he mirage a me ka ho' opunipuni ke ola?

Ua' ike nā kānaka he mirage ke ola. A no ke aha' o ia e ho' omau nei i ka hana' ana i loko o kēia ho' opunipuni a i loko o kēia no' ono' o?' Ike mākou a pau i ka wā e wehe ai mākou i kā mākou kāma' a i ka pō, ' o ia paha ko mākou pō hope loa. ' A' ole paha mākou e komo hou i nā kāma' a no ka mea ua make mākou. Nui ka po' e e ho' okomo i ko lākou kāma' a i ke kakahiaka a ' a' ole e ho' okomo hou, no ka mea, i ka lā ua loa' a lākou i ka ma' i ma' i a make, a i' ole he pō' ino. ' A' ole pili' oe i kou mau makahiki, ' ōpio a' elemakule paha, hiki mai ka manawa no kākou a pau, ma mua kekahi a ma hope o kekahi.

' O ka mea a mākou e' ike ai, e make ana mākou a pau. ' O kēlā me kēia kanaka, ' a' ohe mea i pakele i ka make. ' A' ohe kanaka, ' a' ohe mea i' ike i kona wā e make ai, hiki iā mākou ke make ma nā wahi a pau, ' ike' oe?' A' ole' oia' i' o. ' Ehia ka po' e i' ike i ko lākou ala' ana i kekahi lā' o ia ka lā hope o ko lākou ola? Ua' ike mākou no ka' ai' ana, pono mākou i ke kālā lī' ilī' i, ehia kālā e pono ai mākou e ' ai? kakaikahi loa kakou i ike.

Ehia ke kumukuai o ka ai? Inā kū' ai' oe ma ka mākeke a kuke' oe ma ka home, ehia ka nui āu e hiki ai ke lilo? 20 a i' ole 30 euros? he uuku. He kanaka mea' ai au, i ka lā ho' okahi hiki ia' u ke ho' olilo i 5 euros e' ai ai; Kū' ai au i nā hua' ai, nā hua' ai, nā cereals... €5 lawa ia' u, ' a' ole au makemake hou.

No ka la' ana, me ka 1 euro e kū' ai aku' oe i kahi pū' olo spaghetti a' ai i' elua mau manawa. ' O ia ho' i, inā' oe e' ai ma ka home hiki iā' oe ke' ai no .50 keneta. ' O ka spaghetti like inā hele' oe i kahi hale' aina e hā' awi iā' oe i ka hīna' i like' ole, ' oi aku ka maika' i o ka maika' i, ' oi aku ka nui o 3 a i' ole 4 euros i ka nui. Akā, ehia ka nui āu e uku ai no ka' ai' ana i kēlā spaghetti i loko o kahi hale' aina? Uku' oe i 30, 50, 100 euro ma muli o ka hale' aina āu e hele ai. A no ke aha' oe e uku nui ai? uku' oe no ia ma ka whim, spaghetti, ua like ke kumu. ' Ae Hiki ke ho' olilo i kahi kanaka e' ai ana ma ka home i 0.50 keneta a' o kekahi i loko o ka hale' aina hiki ke lilo a hiki i 100 euros. Ua like ke kumu. Ua' ike mākou he' aka' aka nā mea a pau. Ua' ike mākou he lī' ilī' i ke kumukū' ai o ka mālama' ana i kēia kino. ' O ka makemake ke kumu kū' ai. E like me nā ka' a, no 3,000 a i' ole 4,000 euros he ka' a kōu e lawe ai iā' oe mai kahi wahi a i kekahi, a aia nā ka' a he 1,000,000 a' oi aku paha. Ho' ohana like lākou i ke kumu ho' okahi, akā ke uku nui nei mākou no ka makemake.

Noho mākou i kēia ao i kahi ho' opunipuni, kahi mirage. He aha ka mea maoli? Eia kekahi la' ana, aia kēia mea ho' oponopono i kēia manawa a ma hope o ka wā e haki a ho' olei' oe.

' O kēia lima e pa' a ana i ke kauoha, ' o kēia kino i loa' a iā mākou, i loko o kekahi mau makahiki, pala a nalowale. Make ke kino a ' a' ohe iwi i koe. Aia i hea ke kino? ua nalowale. I kēia ao ' a' ohe mea maoli, he mirage nā mea a pau. E no' ono' o' oe, inā ' a' ohe mea maoli, no ke aha ' oe e hana ai i ka pō' ino nui, hana ' ino ' oe i nā kānaka, pepehi, ' eha, hana ' ino ... He aha kāu e loa' a ai? Ma luna o nā mea a pau, ' o ke aupuni, ' oia ' a' ole na lākou ke kālā, ho' olilo lākou i ke kālā e like me ko lākou makemake a hā' awi aku i ka mea a lākou e makemake ai. No ka po' e i loa' a ia kālā, he peni ma ka peni. No nā maka' āinana ke kālā, a pono e ho' i i nā kama' āina. ' A' ole pono ka po' e ' ilihune e kōkua i ka po' e waiwai, ' a' ole pololei kēlā. Lawe ka po' e kālāi'āina i ke kālā mai ka po' e e hā' awi aku i nā panakō. I kēia makahiki ma Sepania, i kēia mau mahina ' eiwa o 2012, ua nalowale ' o Bankia i 7,053 miliona euros.

A pono e uku na kanaka i kela poe pananako i ike ole i ka malama ana i ka lakou oihana, a na ke aupuni e hookiekie i na auhau a e lawe i ke dala mai na wahi a pau e haawi aku i na banako. E no' ono' o, pono ke aupuni i 40 biliona e uhi i nā panakō. E no' ono' o me kēlā kālā! ' Ehia nā ' ohana i hiki ke kōkua ' ia! A ma kahi o ke kōkua ' ana, lawe ' o ia i ke kālā mai nā kānaka e kōkua i ka po' e waiwai. Kōkua kekahi kanaka waiwai i kekahi kanaka waiwai. Nui nā kālā a me nā mea he nui nā mea panakō. No ke aha lākou e kōkua ai inā ' a' ole pono lākou? Pono ke kālā e ka po' e e loa' a ana i ka manawa pō' ino. Ma Sepania, he 1,700,000 ' ohana i hana ' ole ' ia e kekahi o kona mau lālā, ' a' ohe hana ' elua a ' a' ohe kālā e ' ai ai. He ho' opunipuni ke ola, ' o ka mea wale nō āu e hana ai, kāu mau hana maika' i a maika' i ' ole paha. ' O ia kāu e lawe pū ai ke make ' oe. ' O ia ke kumu he mirage nā mea a pau o kēia ola.

' A' ohe mea maoli, ' o kā mākou hana wale nō ka mea nui.

No laila, e lilo ia i paradaiso.

Mahalo nui iā ' oe.



[NUI HUI](#)



15.- ELUA ALA O KE OLA

' Elua ala o ke ola.

' O ke ala mua ke ala o ka egoism. No' u, no' u a no' u.

' O ka ma' amau ke koho nā kānaka i kēia ala.' O ke ala o ka egoism ma' emā' e: makemake wau i kēia, ' a' ole wau makemake i kēlā. Mana' o mua nā kānaka a pau iā ia.' O kēia ke ala mua.

' O ka pilikia, no' ono' o mākou a pau ia' u iho a' o ia ho' i' a' ole mākou e no' ono' o i nā mea' ē a' e. Kapa' ia kēlā mea' ino.

' O ka mea maika' i' ole o kēia ala, ' o ia i kēlā me kēia kūlana, e no' ono' o mau' oe iā' oe iho a' a' ole i nā po' e' ē a' e, ' o kou mau makemake ma mua. I kēia hihia, ' a' ole loa e loa' a iā' oe nā hoaaloha. Inā' oe pa' akikī, ' a' ole e loa' a iā' oe kahi hoa maika' i no ka mea inā e no' ono' o wale' oe iā' oe iho a no' ono' o' ole' oe i kāu wahine pehea ka maika' i. Inā paio nā kānaka a pau no ko lākou mau pono, pehea ia e holo maika' i ai? I loko o ka ' ohana like, me kou makuakāne, makuahine, keiki... ' a' ole maika' i ia no' oe no ka mea e no' ono' o wale ana' oe iā' oe iho ma mua o kekahi. Pono' oe e ho' onoho iā' oe iho ma kahi o kekahi, i nā mea e pono ai, ' a' ole i kāu mea e pono ai. Inā' oe e no' ono' o wale i kāu mau makemake a' a' ole i ka mea o kekahi. ' A' ole' oe e hele mamao. E like me ka po' e kū' ai aku i nā lā' au lapa' au, nā mea kaua a i' ole nā mea' ino' ole, ' a' ole lākou hopohopo inā e hana' ino lākou, inā me kēlā mau mea kaua e pepehi ai lākou i nā kānaka a i' ole me ka lā' au e luku ai i nā ola a me nā' ohana, no' ono' o wale lākou. hana kālā.' O ia ka mana' o pono' ī. Mana' o wale' o ia i kāna mau pono e like me ka po' e' aihue, ' a' ole' o ia e no' ono' o i ka pō' ino āna e hana nei i kekahi.' O ka po' e e ho' opunipuni i kekahi i mea e waiwai ai, ' a' ole mālama lākou inā pilikia kekahi.' O ke aupuni ho' olilo i ke kālā hou a me ka ho' oikaika ' ana o ka po' e ma nā mea lapuwale, me ka no' ono' o wale i ko lākou pono, ' o ia ka mana' o pono' ī. Pono kēlā me kēia peni e no' ono' o 100 mau manawa ma mua o ka ho' olilo' ana, no ka mea, ' a' ole ia kāu kālā, no ka po' e i loa' a iā ia me kā lākou ho' oikaika' ana. Loa' a nā hopena. Na kona lunamano a me ke Akua e ho' opa' i iā ia.' O nā aupuni hā' awi kālā no ka ho' omake' ana, e kōkua i ka pepehi' ana i ko lākou po' e pono' ī, e loa' a iā ia ka hopena, e ho' opa' i ka' uhane o ka pēpē i nā mea a pau i pili i kāna pepehi kanaka.' O ke aupuni nāna i' ae, ' o ke kauka nāna e' oki' oki i ka pēpē i' āpana e wehe i ka ' ōpū o kona makuahine a me ka makuahine i' ae i kēia pepehi kanaka.

E no' ono' o inā' oki lākou iā' oe i kēlā me kēia' āpana, pehea kou mana' o? No' ono' o wale' oe iā' oe iho, he mana' o pilikino' oe.' O ke aupuni e' ae nei i ka moekolohe ma waena o nā keiki li' ilii' i e' ōlelo nei' a' ohe mea e hiki mai no ka mea inā' oe e noho

' O ka hāpai' ana ke kuleana o ka ho' okahe' ana i kāu keiki me ka pilikia' ole, he aupuni maika' i' ole ia a e uku nā mea a pau i nā hopena.

Ho' ohana' o ia i ke kālā o ka po' e e pepehi i kona po' e pono' ī, e pepehi i kona po' e kama' āina e hiki mai ana, a' oia' he na' aupō ka wahine, ' ae' o ia e pepehi ' ia kāna keiki. Akā, e ho' opa' i ko' iko' i ka lunamana' o a me ke kāmāwai o ke Akua iā lākou. He ko' iko' i loa nā hopena. ' A' ole e noho mālie kou lunamana' o. Ma hope o' elua ho' ohemo' ana, e pōina i ka loa' a' ana o nā keiki hou a' e no ka mea, i kēlā me kēia manawa e lī' ilī' i ka manawa e hānau keiki ai' oe, ' a' ole hiki i kou' ōpū ke kākō' o hou i ka hāpai' ana a inā makemake' oe e hānau keiki' a' ole hiki iā' oe ke hana. E no' ono' o ma mua o kou ha' alele' ana.

Inā' a' ole' oe makemake e loa' a kāu keiki, e hā' awi aku no ka ho' okama' ana, nui ka po' e makemake e ho' okama no ka hiki' ole ke loa' a nā keiki. Mana' o wau e ola hau' oli loa kāu keiki, ' a' ole pono' oe e pepehi iā ia. Nui ka po' e e kali e hāpai. ' A' ole hiki ke' ōlelo' ia ma mua o ka hānau' ana o ka pēpē' a' ole ia he kanaka, ua like mākou a pau a loa' a nā kuleana like.

Ho' okahi kino ko mākou, ho' okahi nui a' oi aku ka lī' ilī' i, he' uhane ko mākou a he' uhane ho' i ka pēpē. Ua like mākou a pau. Mai ha' i mai iā' u' a' ole like nā maka o ka pēpē me ko kāua, ' a' ole e pa' i kona pu' uwai e like me ko kāua... he aha ka pono e pepehi ai?' A' ole maika' i ka pepehi kanaka. E no' ono' o. Hiki iā' oe ke ho' opunipuni i nā kānaka akā' a' ole i ka lunamana' o. No ka mea e loa' a ana iā' oe ka moe' uhane, ' a' ole' oe e loa' a nā hoaaloha a' ohana paha. ' A' ole pono' oe e' ōlelo wahahe' e inā ho' opō' ino ka' oia' i' o iā' oe. Pono' oe e' oia' i' o no kou pono. ' O ka mua, pono' oe e ho' āla i kou po' o a' ōlelo me ka leo nui Ke ha' i mau nei au i ka' oia' i' o inā paha e hō' ino i ko' u mau pono. ' A' ole hiki iā' oe ke nalo i ka' oia' i' o. Pono' oe e' oia' i' o. ' A' ole hele lō' ihi ka wahahe' e.

Ke waiho nei' oe iā' oe iho i mua o nā mea a pau, hele kou ala i Gehena. I kēlā me kēia manawa hiki iā' oe ke make, no laila' oia' oe e ola ana e ho' ā' o e ha' alele i kēia ala o ka mana' o pono' ī.

' O ka' ao' ao' elua, ' o ia ka ho' omaopopo' ana' a' ole ia he mea nui. ' O ka ha' alele' ana i ka I. ' O kēia ala' elua e hana i ka' oko' a o ke ala mua. No kou maika' i, pono' oe e no' ono' o mua i ka mea' ē a' e ma mua o' oe iho, i kekahi mea. Ma kekahi kūlana.

E no' ono' o mau i ka makemake o kekahi. Inā' oe me ka lokomaika' i a me ke aloha i nā po' e' ē a' e, e mālama mai kekahi iā' oe me ka lokomaika' i a me ke aloha. Ua like ia me ke aniani. ' O kāu mea e hō' ike ai i ke aniani ka mea i hō' ike' ia i ke aniani a me ke kī' i e ho' i mai iā' oe.

Inā hana' ino kekahi iā' oe, inā e hana' ino' oe i kekahi, e hō' ike pū kekahi i ko lākou helehelena' ino.

Inā kōkua' oe i ka po' e i ka wā e pono ai lākou a' a' ole' oe e ho' ohalahala, e kōkua wale nō e like me kou hiki, e hā' awi pālua ka po' e i kāu hā' awi iā lākou. ' O ka' oia' i' o he mau hua' ōlelo ho' okahi tausani.

' O ka mea i helu' ia nā' oia' i' o.

Inā makemake' oe i ke ola maika' i, e hana mau me kou pu' uwai ma kou lima, no laila ke hō' oia' i' o nei au e loa' a iā' oe nā mea a pau āu e makemake ai.

E no'ono'o mau i ka mea 'ē a' e ma mua. ' O ka mea hana hewa, inā e mihi maoli lākou, a ' a' ole e hana hou, e loli ana ko lākou ola.

Inā hana pinepine kekahi kanaka i nā hewa like ' ole, ' a' ole minamina kēlā kanaka.

Mai ho'opunipuni i nā kānaka.

E ho'omana' o maika' i' o ke ala' elua, ' o ia ka ho'okō' ana i kāu mau hana me ka no'ono'o mua ' ana i nā mea ' ē a' e, me ka ' ole o ka ' ōlelo ' ana i kekahi mea, me kāu mau hana e kōkua ai ' oe me ke koi ' ole i kekahi mea.

Mahalo nui iā ' oe.



NUI HUI



16.- 10 NA MEA I KE OLA

' O nā kauoha 10, nā ' ōlelo a' oa' o 10 e kūle' a i kēia ola.

1. Ina maikai ole oe i kou makuakane a me kou makuwahine, mai noi aku i ke Akua no ka mea, aole hiki ke kokua mai ke Akua ia oe. No ka mea, inā ' a' ole' oe e no' ono' o i kou makuakāne a me kou makuahine i hā' awi nui iā' oe, e mālama iā' oe, e ho' ona' auao iā' oe, e mālama iā' oe a me nā mea āpau me ke aloha ma' ema' e me ka mana' o' ole i ka uku, inā ' a' ole' oe ' ike pehea e ho' iho' i ai i kēia. aloha a mālama' ole' oe i kou mau mākua ke ma' i lākou, ' oi aku ka ' ino ma mua o nā holoholona. Inā ' a' ole' oe maika' i i kou mau mākua, ' o ia ka mea ' ino loa āu e hana ai: ' a' ole' ike i ka mahalo

2. hakaka mau kou mau kaikunane, hoopaapaa mau, launa pu kekahi me kekahi, ina aole hiki ia oe ke launa pu me kou ohana pono, pehea la oe e launa pu ai me kou mau hoa? Inā ' a' ole hiki i ke koko ho' okahi ke noho like ' a' ole hiki iā' oe ke launa pū me nā po' e ' ē a' e. ' A' ole hiki. Inā makemake' oe e kūle' a pono' oe e ' ike pono' oe e hana mau no nā po' e ' ē a' e. Inā ' a' ole' oe e launa pū me ka ' ohana a' a' ohe aloha, pehea e loa' a ai ke aloha iā' oe.

A laila e lilo' oe i mea hā' ule.

3. Ina he wahahee kou manao, a me kou naau, a me kau olelo, he wahahee ia, ke hoopunipuni oe i kanaka, a me ka lawe waiwai i kanaka no kou pono iho. ' A' ole pili inā ha' alele kou ' ohana i ke kālā, he hale' olu' olu... ' a' ole lō' ihi kēia. Inā he wahahe' e' oe, ' a' ole e lō' ihi ka waiwai no ka mea ' a' ole lawe mai ka maika' i' ole. A' o ka maika' i ka pō' ino, ke olakino maika' i' ole, pau lākou i nā hemahema. ' O kēia nā hopena o kou mana' o maika' i' ole.

Inā lūlū' oe i nā hua waina, ' a' ole hiki ke ulu ka ' ōla' i. E noonoo naauao.

' A' ole lawe mai ka maika' i' ole. Inā maika' i kou mana' o, e loli kou ola i ka maika' i a loa' a iā' oe ka pōmaika' i a kōkua nā kānaka iā' oe a i kēlā me kēia lā hiki iā' oe ke ho' okō i kōu mau makemake a pau. ' A' ole hiki iā' oe ke ha' i wahahe' e, pono' oe e mālama mau i kōu ' ōlelo, no laila e aloha nā kānaka iā' oe. ' O ka maika' i e lawe mai i ka maika' i a me ka maika' i' ole.

4. Inā ho' opō' ino kōu hana i kekahi kanaka a mana' o wale' oe iā' oe iho.

Inā ho' ohana' oe i nā mea ' ē a' e i mea e loa' a ai ka waiwai, ' oiai inā ua a' o nui' oe, ' a' ohe pono iā' oe. No ke aha' oe e a' o ai i ka Baibala? ' A' ole ka Baibala no ka ho' opa' ana' au, no ka hana' ana a me ka ho' okō' ana i nā mea a pau āna e ha' i mai ai iā mākou, e hana e like me nā kauoha he' umi.

Ua hā'awi mai ke Akua iā mākou i nā kauoha he 10 e mālama, 'a'ole e ho'opa'a'au.

5. Inā mana' o' oe' o wau, ' o wau, ' o wau, ... mana' o' oe ua' oi aku' oe. Inā pēlā kou mana'o, inā 'oe e mana'o no ka nui o kāu mau ha'awina kulanui, 'oi aku 'oe ma mua o ka po'e 'a'ohe a'o, ha'aha'a a he na'aupō lākou a pau. Ua hewa' oe. No ka mea, ' o ke kanaka he nui nā ha'awina, he lokomaika' i mau i ka po' e, i ka po' e ' ike li' ili' i, kēlā kanaka nānā ha'aha' a i ka po' e, i kēlā hihia, no ke aha nā po' o inoa? e lawe mai i ka pōino i kou ola, no ka mea, ina oe e nana aku i ka poe haahaa, e akahele me ia poe, he pōino wale no ia.

6. Ina oe e hana i na mea ku ole, e ulu wikiwiki a loa na pomaikai koke, ina aole oe e hana e like me na lōina o ka ahahui, ke hoao wale nei oe i ka pono o hai, aole ia he naauao, ke lulu ino wale nei oe no kou. ' āpōpō. E hana mau i nā mea e like me ke kauoha a ke Akua i' ole e pō'ino. No laila, mai mana' o' oe he akamai loa' oe, e like me kā lākou e' ōlelo nei, akamai' oe. ' O ia ke kumu e ho' omana' o ai ' a'ole na' auao, ' o ka mea hele i kahi mamao loa e pō'ino.

7. Ke loa' a iā' oe ka pō'ino, inā e hana mau' oe i kekahi mea a maika' i' ole a hana nā po' e' ē a' e i kekahi mea a maika' i mau ia, e ho' omana' o maika' i, ua like ke ola me ka pō a me ke ao, ke hele hewa nā mea a pau e ho' ā' o e ho' omaha ho' ā' o e a' o. he mea pono e like me ke a' o' ana a i' ole ke a' o' ana i kahi ' oihana i kēia manawa no ka mea ke hiki mai ka pōmaika' i iā' oe e hiki ke kōkua iā' oe.

Ke loa' a iā' oe ka pō'ino, me he mea lā aia' oe i ka pō, pō' ele' ele ka pō, e ho' omanawanui no ka mea ma hope o ka pō, he aha ka mea e hiki mai? e hiki mai ana ke alaula e puka mai ana ka la, ao, malamalama, laki. A' o ka hope ke loa' a ka pōmaika' i i ka po' e, ua like ia me ka lā awakea akā mai hau' oli no ka mea hiki koke mai ka pō a me ka pō.

' O ia ke kumu a' u e ha' i aku nei iā' oe he laki maika' i ke ola, laki' ino, laki maika' i - pō'ino a pēlā ke hele a puni. No laila, e ho' omana' o maika' i: inā loa' a iā' oe ka pō'ino, mai kaumaha' oe, ' oi aku ka maika' i o ka pepehi' ana iā ia iho, no ka mea, i ka nalo' ana o ka pō o ka pō, hiki mai ke ao.

8.- Inā loa' a iā' oe ke kālā ma ke kōkua ma he kanaka pōā a me ke kōkua' ana i nā kōkua, makehewa ia. Inā ho' ohana' oe i nā kōkua, ho' opunipuni' oe iā lākou e loa' a kālā. ' O ia ke kumu inā makemake' oe e loa' a ka wā e hiki mai ana, pono ' oe e loa' a kālā me ka' oia' i' o. ' Ehia ka po' e i ho' opunipuni i ka hale pa' aha! pono ole.

9.- Ina aole oe e malama i kou ola, aole e hiki i na kauka a me na laau lapaau ke hoola ia oe. Inā i ka pō e hele' oe i ka disco a lawe i nā lā' au lapa' au e maka' ala i ka pō a pau, i ka hopena e uku' oe me kou olakino me kou ola. E nānā i kou olakino. E' ai pono inā ' a' ohe ou olakino ua pau kou ola. Inā hana' ino' oe i kou kino, a laila e pau koke kou kino. E mālama i ke olakino. I ka wā e hiamoe ai, e hiamoe.

I ka wā e ' ai ai: ' ai. Mai pā' ani i ka mea' ai, e' ai ma' alahi. Inā ' a' ole ' oe olakino, ' a' ohe āu mea. Inā ' a' ole ' oe e' ai i ka nani a me ka wiwi, i ka hopena e ma' i' oe. U'i loa 'oe, 'a'ole 'oe e ola kino. E ho' omana' o maika' i, mai pā' ani me kou olakino no ka mea ke' ole ke olakino ' a' ohe āu mea.

10.- Moe. Inā moe ' oe ma waho o ka male, hele ' oe i Gehena. Ho' opau make ke kāne a me ke kāne. ' O kēia mau pilina ka mea i ho' olaha nui i ka AIDS. ' O ka pili anal e kū' ē i ke' ano. E uku nui ' oe no ka mālama ' ana i kēia ' ano pilina. ' A' ole e loa' a iā ' oe ke olakino. Inā makemake ' oe i ke ola lō' ihi me ke olakino, mai hana i ka mea ' ino i kou olakino. ' A' ole hana ' ino kēia po' e i kekahi, akā kū' ē lākou i ko lākou ' ano iho. Inā he kāne kāne mākou a pau, ' a' ole mākou i hānau ' ia, i ka manawa pōkole, ua nalowale ka lāhui kanaka, no ka mea, ' a' ole hiki i ke kāne me ke kāne a me ka wahine me ka wahine ke hānau keiki. ' O ia ka makemake ma' ema' e a he pipi' i ka makemake. I ka hopena, pau kēlā mau kānaka i ka make. E like me ke kōnāwai o nā akua, hele kēia po' e a pau i Gehena. E ho'ā' o e ola maika' i, he ola ma' amau e like me ka mana' o o ke Akua. Aia i kou lima kou wā e hiki mai ana.

He ' ōlelo a' o wale nō.
Mahalo nui iā ' oe.



NUI HUI



17.- Owau no ke ao holookoa, o ke ao nei ia'u.

' O wau ke ao holo' oko' a, ' o wau ke ao holo' oko' a. Ua like ia me ka ' olelo
' ana' o wau ke ao holo' oko' a a ' o wau ke ao holo' oko' a. E like me inā
ka' awale au. He aha ke kū' oko' a? No ke kuokoa o ka uhane, o ka manao ole, o ka
manao ole ia'u, ke haawi aku nei au ia oe i kumu hoohalike i maopopo ai ia oe, ua like
kakou me ka rana i paa iloko o ka luawai. Nānā mākou i ka lani a ' ike wale mākou i
ka' āpana o ka lani i ' ike' ia e ka puka o ka luawai. ' O mākou iho i hā' ule i loko
o ka luawai a pa' a.

Inā makemake' oe e ka' awale, pono' oe e ho' omaopopo i ho' okahi mea: pau
kēia kino a make i kēlā me kēia manawa. No nā kumu he nui ua haki. Ua like ia me ka
mīkini' i' o a me ke koko e pono ai nā' āpana he nui e hana ai: ka pu' uwai, ka lolo,
ke akepa' a ... he nui nā mea a he miliona kona mau cell a i loko o kēlā me kēia cell,
aia nā miliona o nā cell ...

Ua like ke kino me ke ka' a. Pono ke ka' a i mau tausani' āpana e hana. ' A' ole
pono' oe i ka' enekini, pono' oe i nā mea he nui.

' A' ole pono ka hakakā' ana no kēlā kino, no ka mea, ma hope o kona make' ana,
' a' ohe ona mea. ' A' ole kūpono, ua hakakā mākou i ka hopena no ka mea' ole.
I mea e loa' a ai kekahi mea, ' a' ole pono' oe e hakakā no kēia mīkini' i' o a me
ke koko, no ka mea, i ka hopena, he aha kāu?' a' ohe mea. Ke make' oe' a' ole
' oe e lawe pū me' oe. Inā' a' ole' oe e lawe i kekahi mea, he aha kāu e hakakā nei?
No ke aha' oe e' eha ai, inā' a' ole' oe e lawe i kekahi mea. Hoeha oe i kanaka i
loaa ka pomaikai. ' O ia ke kumu o ka loa' a' ana o kekahi mea, ' o ka hakakā' ana
no kou' uhane.

I loko o ka Baibala' a' ole ia e kama' ilio e pili ana i ka reincarnation akā inā
makemake' oe hiki iā' oe ke hele i kahi hālāwai hypnosis a hiki iā' oe ke' ike i kou
mau ola i hala. ' O kēia kino e ho' ohana a ho' olei aku. Ua like ia me ke ka' a, i ka
wā kahiko, pau ka hana a ho' ololi mākou i kahi ka' a. Ua like ke kino, ho' okahi lā
pau ka hana a make mākou. Ha' alele ka' uhane i ke kino a ke hana' ia kēia, lilo ke
kino i kupapa' u, ' o' ole' a.

He aha ka' oko' a ma waena o ke kino ola a me ke kino make? E like me ka' ōpu' u
kukui i pio a' ā kekahi. Ua pio ka ipukukui no ka hiki ole o ke au ia ia, a eia no ia ke
hiki aku ke au uwila, e like me ko kakou kino, ola ia no ka mea aia ka uhane a make ke
haalele ka uhane i ke kino. ' O ia ke kumu e ho' ā' o ai e ho' omaopopo: ' a' ole
pono' oe e hakakā no ka mīkini o ke kino, he hewa nui ia, pono' oe e hakakā no kou
' uhane e kū' oko' a.

Oki i ka makemake i keia kino. Inā maopopo iā' oe he = 0 kou kino, a i kēlā me kēia
manawa hiki iā' oe ke make (' a' ole mākou' ike i ka wā e hiki mai ai ko mākou pō
hope, ua piha ka hale kupapa' u i nā mea ho' omaha akā

aia kekahi po' e o nā makahiki āpau) inā maopopo' oe' a' ole' oe ke kino e lilo' oe i ka' awale.

Mai hilina' i e hiki ana' oe i ka' elemakule, e ho' ā' o e ho' ohana i kēlā me kēia lā, kēlā me kēia hola, kēlā me kēia minuke, kēlā me kēia kekona e kū' oko' a e like me a' u. Ua maopopo loa ia' u, pono wau e paio no ko' u' uhane e kū' oko' a. ' O ia ke kumu e ha' i aku ai au iā' oe: ' O wau ke ao holo' oko' a a' o wau ke ao holo' oko' a. No ka ho' omaopopo' ana i kēia kumuhana, pono' oe e ho' omaopopo' a' ole wau kēia kino, ' o ia kāu e ho' ohana nei. E like me ka pu' upu' u. ' O' oe ka manawa. Inā haki ka' ōpu' u, lawe' oe i waho, ho' olei a ho' okomo i loko o kahi' ōpu' u hou, a laila e ho' ā hou ke kukui hou. Penei ka hana ana o ka uhane me keia kino. Hele mākou i kēia ao e ho' omaopopo e pili ana i ka' uhane, ' a' ole mākou e hele mai i kēia ao e waiwai a lilo i nā mea āpau i kēlā me kēia manawa ke make mākou. Pono' oe e ho' omaopopo pono' oe e hakakā no kou' uhane e kū' oko' a. ' O ka hapa nui o ka po' e mālama wale i ke kino, hā' awi lākou i nā' ano' ano like' ole e mā' ona ai kēia kino. Pono' oe e ho' oki' eki' e i ka pae o ka' ike' uhane. E nānā i loko o ka lehulehu, he nui nā' ano kanaka: aia kekahi po' e' a' ole hiki ke heluhelu a kākau paha, aia ka po' e i loa' a i ke kauka, nui nā pae, pono' oe e ho' oki' eki' e i ka pae o ka' ike o ka' uhane. Inā hiki iā' oe ke ha' alele iā' oe iho, e lilo' oe i ke ao holo' oko' a a hiki iā' oe ke hele i ke ao holo' oko' a. Inā mana' o' i' o' oe' o wau kēia kino, ' a' ole' oe e puka i waho o kēlā kino, ' a' ole loa' oe e puka i waho o ka luawai.

Me he mea lā ua komo' oe i kahi lumi a ua pani' oe i ka puka. Aia' oe i loko a inā makemake' oe e ka' awale, wehe i ka puka a hele i waho. He palena' ole ke ao holo' oko' a. Nui ka po' e e lawe i nā lā' au lapa' au a loa' a mai nā' ano mana' o like' ole. Inā makemake' oe i kahi mana' o maoli, inā makemake' oe e huaka' i ma waena o nā hōkū ma ka palena' ole a loa' a ke ola pau' ole, inā makemake' oe e ka' awale, he huaka' i manuahi ma waena o nā hōkū a ma waena o nā miliona o nā' ōnaehana solar a me nā universes, pono' oe waiho iho i ke kino. ' A' ole mākou wale nō nā mea ola ma ke ao holo' oko' a. Ua lohe mua mākou i ka hele' ana mai o nā malihini e kipa mai iā mākou, aia ke ola ma nā papa honua' ē a' e a mākou i' ike' ole ai. ' A' ole hiki iā mākou ke hana i nā moku e holo ana ma ke ao holo' oko' a i nā' ano honua' ē a' e, ' a' ole hiki iā mākou ke hana i kēia mau moku ākea.

Hiki iā mākou ke kūkulu wale i nā mokulele e holo ana mai kekahi wahi a i kekahi ma ka honua a i' ole nā moku i hiki i ka mahina a i' ole Mars. No ka mea? no ka mea, he mana' o nui mākou a mana' o wale mākou i ka loa' a kālā a pehea e ho' omaika' i ai i ke ola o kēia kino, e hā' awi i ke kino i nā makemake. Nui ka po' e e mālama wale i ko lākou pono a me ko lākou' ohana.

Eia kekahi la' ana, ' o ka pelekikena o Suria, nāna e mālama i kona mana a hā' awi i nā' ano waiwai a me ka hō' olu' olu i kona' ohana, me ke aloha' ole i kona po' e. Ke hookiekie na kanaka i ko lakou leo: make ia lakou. ' O ka po' e a pau e kū' ē i kona mau mana' o, pepehi' o ia. ' O ia ka mana' o pono' ī. Pepehi kanaka e mālama i ka mana. ' O ia ka mana' o pono' ī. Inā ho'ōki' oe i ka mana' o pono' ī hiki iā' oe ke kū' oko' a. Ma nā papa honua' ē a' e, ua' oi aku ka' enehana holomua ma mua o mākou, no ke aha? no ka mea, ma ka honua nei, he mana' o kū' oko' a mākou a he mau makahiki ka lō' ihi o ko mākou ola, ma kahi o 100 mau makahiki i ka nui loa, a no ka hana' ana i nā mea nui e pono ai nā makahiki he nui o ka noi' i a me ke a' o' ana. Ma nā honua' ē a' e, he 1,000 makahiki ka lō' ihi o ke ola, a' o ia ke kumu e hiki ai iā lākou ke noi' i lō' ihi. Inā mākou e noho ka' awale i ho' okahi kaukani makahiki, hiki iā mākou ke loa' a ka' enehana holomua. No ka mea

hiki iā lākou ke ola lō' ihi? no ka mea, he pu' uwai gula ko lākou a' o mākou ke aloha. Ua like ia me ke kukui uila, mālama mākou i ke kukui no 24 mau hola, ' a' ole mākou e pau ka no' ono' o

I ke ao a me ka pō, loa' a iā mākou he miliona mau mana' o i ke kekona a i ka wā e hiamoe ai mākou e no' ono' o nei i nā moe' uhane. ' O ia ke kumu i pau ai ko mākou ikehu, ' oi aku ka wikiwiki. Ma nā hōkūhele ' ē a' e, ho' ā wale lākou i ka ikehu i ka wā e pono ai lākou e lō' ihi. Ua like ia me ke ka' a, ' a' ole ' oe e ho' opau, e holo mau ana, e like me nā ka' a ka' a e holo mau ana, ' o ia ke kumu o ka emi' ana ma mua o ke ka' a pilikino. ' O ia ke kumu inā makemake ' oe e lō' ihi ke ola, hau' oli, kū' oko' a, ' o ka pau' ana o ka hakakā' ana no kēia kino.

' A' ole pono' oe e ho' oka' awale ma waena o' u, ' o' oe, ' o ia, ma waena o nā ' āina, ma waena o nā lāhui ...

' A' ohe mea ki' eki' e ma mua o kekahi, he kino ko kākou a pau, he kino ho' okahi. I kou mau ola i hala, he ' ele' ele paha' oe, ' Apelika... ' a' ohe mea pili i ke ' ano o ka pahu kukui, he mau ' ōpu' u kukui mākou a pau. No laila, ' a' ohe ' oko' a ma waena o nā kāne a me nā wahine. He ' uhane ko nā holoholona e like me mākou. Nui nā kāne i makemake e lilo i wahine a loa' a ke ' oki e like me nā wahine, e kau i ka umauma, e ' a' ahū e like me nā wahine ... Ke ha' i aku nei au iā ' oe ' a' ole pono e hana i kēia mau mea a pau, inā makemake ' oe e lilo i wahine nui. Ke hō' oia' i' o nei au i ka wā e hiki mai ana e hānau ' ia ' oe ma ke ' ano he wahine. ' A' ole pono' oe e ho' ololi i kou ' ano. Inā ' oe e ' ae he kino wale nō kēia, e kū' oko' a ' oe a hiki iā ' oe ke hele i waena o nā hōkū a aia nā mea a pau āu e makemake ai ma kou lima. ' O kēia wale nō. Inā ' a' ole ' oe e hoka i kēia kino hiki iā ' oe ke loa' a ke ola lō' ihi me ke olakino. I loko o 40 makahiki ' a' ole au i loa' a i ka ma' i, ' a' ole au i hele i ka haukapila, 40 mau makahiki maika' i loa, ' a' ohe o' u pō' ino, ' a' ole ho' i au i haki i kekahi iwi. No ka mea, ua maopopo ia' u ' a' ole na' u kēia kino. ' O ia ka' u e ho' ohana ai i kēia ola.

' O wau ko' u ' uhane. Me ka no' ono' o maika' i, ' a' ohe egoism a maika' i kou kino holo' oko' a a' a' ole ' oe e loa' a i kekahi ma' i e like me a' u.

No ke aha i loa' a ai i kekahi po' e ke kanesa? no ka mea he nui ia' u: makemake wau, makemake wau, makemake wau i kēia, ' a' ole wau makemake i kēia ... e no' ono' o mau ana pehea e mā' ona ai ke kino. Inā ' a' ole e loa' a ka mea āu e makemake ai, a laila, huhū ' oe a ma' i. ' O nā mea a pau āu e hana ai no ke kino, e ho' opau mālie ' oe i kou ola. E mālama pono i kou kino me ka maika' i, e no' ono' o mua i kekahi. Kāhea ' ia ka maika' i. Inā maika' i ' oe me nā kānaka, e ho' i maika' i nā kānaka iā ' oe.

Inā kōkua ' oe i nā kānaka, ho' iho' i ka po' e i ka lokomaika' i me ka pu' uwai. Me ka hō' ole ' a' ole ' oe e ho' opau maika' i, "he berena ia no kēia lā a me ka pōloli no ka lā ' apōpō" no ka mea ma hope a ma hope paha e uku nui ' oe no ia. Inā hana hewa ' oe i nā kānaka, uku nā kānaka iā ' oe i nā hewa he 10.

No laila ke makemake nei au inā ho' olohe ' oe ia' u, e ho' omaopopo ' oe me kou pu' uwai. ' O ' oe wale nō ka mea hiki ke ho' opakele iā ' oe, ' a' ole ke Akua. E ke Akua he aha kāu e hana ai? He nui ka po' e e a' o i ka Baibala no nā makahiki he nui, akā ' ehia ka po' e i ho' olohe i ka ' ōlelo a ka Baibala a me ka ' ōlelo a Iesu Kristo? Inā heluhelu ' oe a ho' omaopopo ' ole he mea ' ole. Ha' alele ' o Iesū iā ia iho, ' o ia ke kumu e hiki ai iā ia ke hana i nā hana mana: ho' āla i ka po' e make, ho' ōla i nā ma' i, hele ma luna o ka wai, ' ike i kona wā e hiki mai ana... inā hiki iā ' oe ke ho' omaopopo ' a' ole wau kēia kino, hiki iā ' oe ke hana i nā hana mana e like me Iesu Kristo. Mana' o wale ' o Iesū Kristo i nā kānaka, ' a' ole ia e no' ono' o iā ia iho.

' O ka Baibala no ' oe e ho' omaopopo a ' ike pehea ' oe e hana ai i ke ola.
' A' ole wale ka Baibala no ka ho' opa' ana' au. I mea e ho' omaopopo ai ' oe
pehea ' oe e hana ai i ke kũ' oko' a. Hana a hana e like me Iesu Kristo. Mai
ho' opa' ana' au a ' a' ohe mea ' ē a' e, pono ' oe e hana. Ho'ā' o nā kānaka
a pau e kũ' oko' a.

' O ia ke kumu e kũ' oko' a ai, pono ' oe e ho' omaopopo ' a' ole wau kēia
kino a ua like mākou a pau, ho' okahi mākou a pau. Nā holoholona, ke ' ano, nā
hōkū, ke Akua... Inā ' oe e no' ono' o a hana e like me ke Akua, e lilo ' oe i Akua.
Mai noi i ke Akua no kekahi mea, e ninau ia oe iho. Inā makemake ' oe i ke olakino,
hau' oli, ola lō' ihi... e nīnau iā ' oe iho. Pehea e nīnau ai? me nā mana' o
maika' i a pau o ka po' e i ho' okō ' ia kāu mau makemake. ' O nā mana' o
maika' i wale nō. Loa' a i nā makemake maika' i ' ole nā hopena maika' i ' ole.

Makemake au e ho' omaopopo ' oe aia nā mea a pau iā ' oe.

' A' ohe mea ' ē a' e.

Mahalo nui iā ' oe.



NUI HUI



18.- E malama ia oe iho.

Pehea e pale ai iā' oe iho? ' A' ole' ike ka po' e pehea e pale ai iā lākou iho. Inā' a' ole
' oe e ho' omalu, ' o wai ka mea e mālama iā' oe?

Mana' o ka po' e he mea maika' i ka ho' opunipuni' ana i nā kānaka no ka
loa' a kālā. Akā, ua hewa' oe. Ina e hoopunipuni oe i kanaka, a e uhai i kanaka,
e kue oe i ke kanawai o na akua a me na kanaka: he ino keia nou iho. No ka mea,
inā' oe e hō' eha, ho' opunipuni, lawe pono, e kali nā kānaka i ka manawa e
ho' opa' i ai.

E ho' opa' i' i' o' o ia. He ino ia oe. Inā makemake' oe e pale iā' oe iho, e
kōkua i ka po' e a mālama nā kānaka iā' oe. Inā hana hewa' oe i nā kānaka, e
uku nā kānaka iā' oe me ka ukupanee. I kēia hihia, ' a' ole' oe e pale iā' oe
iho, akā ke hō' eha nei' oe iā' oe iho. Me kāu mau hana, e ha' alele i ka
mana' o pono' ī, inā' oe e no' ono' o mua ia' u e hō' eha' oe iā' oe iho.
' A' ohe mea i pakele. He mea pili i ka manawa. ' A' ole mau loa kēlā kino. Ma
o ke kino mākou e hana ai i nā hana pono' ī, hiki iā' oe ke' ike ma ka nūhou e
pau nā mea a pau e hana i nā hana maika' i' ole. No ka pale' ana iā' oe iho,
pono' oe e mālama mua i kāu mau hana a me kou mau mana' o. ' Oi aku ka
ko' iko' i o ka mana' o maika' i' ole ma mua o nā hana maika' i' ole no ka
mea' o ka mana' o maika' i' ole ke kumu o ka mana' o maika' i' ole. Lilo
ka mana' o maika' i' ole i ka hana' ino.

Pono' oe e mālama i ka' ike i komo iā' oe; pono' oe e ho' ōki i ka mana' o
maika' i' ole. Ke no' ono' o' oe i kahi mea maika' i' ole, ke hō' eha nei
' oe iā' oe iho. Inā makemake' oe e maika' i, pono' oe e ho' ōki i nā' ano
mana' o like' ole o ke kaumaha, ka' eha, ka maika' i' ole, no ka mea, pili ia
i kou olakino. Ke ho' ouna nei kou no' ono' o i ka' ike i ke kino holo' oko' a,
ma o nā a' alolo e kama' ilio ana i ka lolo me ke kuamo' o i ke kino holo' oko' a
a ua ma' i. Kūkākūkā ka no' ono' o me ke kino ma o ke kuamo' o. Inā pa' a
ka no' ono' o, pa' a ka' ike a hiki' ole i ke koena o ke kino a hiki mai nā
ma' i. Aia nā mea a pau i kona kumu i loko o ka mana' o. E ho'ā' o e hopohopo,
' a' ole e ho' onāukiuki. ' A' ole' oe e huhū a kaumaha paha, no ka mea, e
uku' oe no kēia mau mea me kou olakino. ' O ka mea i komo i ka no' ono' o
e pili ana i ke kino.

Inā he hewa ka' ike āu e ho' okomo ai i loko o kou no' ono' o, hiki i ke koena
o ke kino a ma' i' oe.

' O kēlā me kēia hoaaloha, ' ohana, kama' āina ... inā' a' ole lākou e ho' ōki i ka "' ai' ana i ka
niu", ' a' ole lākou e pau i ka lawe' ana mai i nā pilikia a' a' ole lākou e pau i ka helu' ana i ko
lākou kaumaha; pono' oe e' ōlelo Stop! Inā ha' i nā mea a pau iā' oe i kou kaumaha a kau' oe iā lākou

ma kou manao, e hoopau ino oe. E nui a nui kou po' o. Loa' a ia' oe ke kaumaha, na a' alolo, na' ano kaumaha a pau... a' a' ole hiki ia' oe ke ku. Me he mea la aia kou' ohana, na hoaloha, a me na mea a pau i kahakai e pili ana i ka make a noi i ke kōkua.

Lele' oe e ho' opakele ia lakou aka' a' ole' oe' ike i ka' au' au,' oi aku ka li' ili' i e ho' opakele i na mea' e a' e. I keia hihia, ma kahi o ke kupapa' u, puka mai na kupapa' u' elua mai ka wai.' A' ole pono' oe e kaumaha ia' oe iho no na po' e' e a' e. Ina' ike' oe i ka' au' au a lele' oe e ho' opakele i kekahi: maika' i. Mai make no ka mea ole.' Oiai' o kou' ohana, ina' a' ole hiki ia' oe ke hana i kekahi mea. Ina ho' okomo' oe i na' eha a pau o kou' ohana, kou mau hoaloha, kou mau...

I kelā me keia manawa e loa' a ia' oe kahi ho' ouka kua a pili ia i kou ola a me kou olakino.' O ia ke kumu e kau ai' oe ia Stop.' O kelā me keia' ohana a i' ole hoaloha, nana e ho' opilikia maika' i ia' oe, pono' oe e ho' oka' awale ia ia, pono' oe e malama i kahi mamao palekana, me ka mahalo;' o ia ke pale aku ia' oe.' O kelā me keia kanaka e kama' ilio pu me' oe a ho' ouna i ka' ike e ho' opilikia maika' i' ole ia' oe, pono' oe e kapa. I kelā hihia, pono' oe e ha' i i kelā kanaka ' a' ole' oe makemake e ho' ouna lakou i keia' ano' ike ia' oe no ka mea e ho' eha' oe ia' oe a kaumaha. Malama kelā ia' oe. E like me ka puhi paka. Ua ' ike makou he mea' awa' awa ka puhi paka i kou kino a ho' omou' oe i ka puhi. He 5 mau minuke o ke ola o kela a me keia paka.' O kelā po' e i malama' ole ia lakou iho.

Ua ho' eha' o ia ia iho, ke pepehi malie nei' o ia ia iho. Eia kekahi, ho' olilo ' ia ke kalā no ka pepehi lohi' ana ia iho, kupo anei ia?' O ka' enemi wale no i loko ou.' Elua mau maka i loko o na kanaka a pau: ho' okahi maika' i a ho' okahi ' ino.

' O ke ola i loa' a i' elua ala: ho' okahi' ino a maika' i' e a' e:' o ke ala au e makemake ai e hahai ma muli o' oe. Ina loa' a i ke kanaka ke olakino, ke ola maika' i, ka hau' oli ... no ka mea ua koho lakou i ke ala maika' i.

Ina makemake' oe e loa' a na mea maika' i a pau; kou' ohana, kou olakino, kou ola, kau hana... pono' oe e no' ono' o a hana maika' i.' O ka hapa nui o na po' e e koho i ke ala maika' i' ole no ka mea pa' akiki lakou:' o wau, wau, wau. No kekahi mea,' o ka mana' o mua' o ME; e ho' ohana, no ka hoihoi,' o ka mea maika' i loa ia' u...' a' ole na' u na mea' e a' e.' O ia ke kumu e kukulu ai ka hapa nui i ko lakou pono ma mua o ka' eha a me ka' eha o na po' e' e a' e.' A' ole mana' o' o ia i ka' eha o kekahi,' o ia ka pilikia. Ke koho nei keia kanaka i ke ala ' ino.

' O ka mea au e lulu ai i keia la' o ia kau e' ohi ai i ka la' apopo: lulu' oe i ka maika' i' ole,' ohi' oe i ka maika' i / lulu' oe i ka maika' i / ' ohi' oe i ka maika' i. He manawa wale no.' A' ole kala ke kanawai o ka karma ina makemake' oe a ' a' ole paha. Ma hope a ma hope paha e loa' a na hopena maika' i' ole.

He hopena maika' i' ole kau hana hewa. No loko mai o ka mana' o pono' i keia a pau,

Ina hana' oe i kekahi mea ku' e i ke kanawai, e loa' a ia' oe na hopena maika' i ' ole.' O ke kumu wale no o keia mau mea,' o ka mana' o pono' i.

E like me ka wai' ona; ina inu' oe i ke ki' aha wai' ona he mea maika' i ia no kou kino, aka ina inu' oe i ka nui a hiki i kou' ona' ana, e po' ino ai kou ate, kou kino a me kou no' ono' o.

Ua ' ike mākou he ' ino a no ke aha i nui ai ka po' e ' ona ma ka honua? No ka pepehi ' ana o kēia po' e kekahi i kekahi, ua koho lākou i ke ala maika' i ' ole e ho' opa' i iā lākou iho. Me ka ' ike ' ole a ' ike ' ole paha, ke lawe nei ' oe i ka daimonio āu e lawe nei i loko. Me he mea lā e lawe ' oe i ka pōhaku a ho' okomo i loko o kou kāma' a. ' A' ole hiki i kekahi ke hō' eha iā ' oe inā ' a' ole ' oe makemake. ' O ia ke kumu e ho' omaopopo ai ' oe i nā mea āpau: e like me ka puhi paka, ' ike ' oe he mea ' eha ia iā ' oe a ua puhi ' oe, ' a' ole kūpono, ma luna o kēlā ua puhi ' oe me ke kālā mai ka hou o kou lae. ' O kēia ke koho ' ana i ke ala maika' i ' ole iā ' oe, ' a' ole maika' i ka hopena iā ' oe.

No laila, no ke aha ' oe e hana ai? no ka mea, he kanaka pono'i keia, he ino.

Mai hana ' ino i nā po' e ' ē a' e: mai hana i nā mea āu e makemake ' ole ai e hana mai lākou iā ' oe.

Ua noa i nā kānaka apau ke ola. I ka maluhia. Inā ' a' ohe mea e hana hewa iā ' oe, no ke aha ' oe e ' eha ai i nā po' e ' ē a' e? No ke aha ' oe e ho' ohana ai i ka mea nāwaliwali loa? Loa' a i nā mea a pau kona hopena.

' Ae ke kānāwai kanaka i ka ho' ohemo ' ana, akā ke ola nei mākou i kekahi mau makahiki, mālama ke kānāwai kanaka iā ' oe i kou wā e ola ana, akā i kou make ' ana, ' a' ole e kala mai ke kānāwai o ke Akua a me kou lunamana' o, pono ' oe e uku no kēlā pepehi kanaka. Ke pepehi nei na kauka hookahe i na kanaka hala ole, e hoopaiia no hoi lakou no ka pepehi ana i kela mau keiki. E ' eha lākou no ho' okahi miliona makahiki no kēlā me kēia pēpē a lākou e pepehi ai, a e make lākou e like me kā lākou pepehi ' ana.

' A' ole wale ' o Gehena ma hope o ka make, aia ma nā wahi āpau: e nānā a puni ' oe, pehea ka nui o ka ' eha! Ma nā halemai he nui ka po' e ' eha nei. E nānā i kōu hana! no ka mea, he hopena ko nā mea a pau.

Mai poina i nā mea a pau he hopena kona; ' O ka maika' i a me ka hewa.

Mai mana' o ' a' ole ia e ho' opā iā ' oe. Ke hō' oia' i' o nei au iā ' oe e ho' opā ia iā ' oe, he manawa wale nō ia. No laila pono ' oe e pale iā ' oe iho.

Ke pi' i a' e nei ka mana' o pilikino. Pepehi mākou i nā holoholona e ' ai iā lākou: me ke aloha ' ole. Loa' a i ka ' i' o kona mau protein akā lawe pū kekahi i nā ma' i ma' i.

Mai ka monkey mai ka ma'i ma'i AIDS. Ma ka makemake e ' ai i kāna ' i' o, i kēia manawa ua loa' a nā miliona o nā kānaka i ka ma' i. ' O nā la' ana ' ē a' e, ' o nā bipi hehena, ka ma' i manu... e akahēle me ka ' i' o!

E ho' ā' o e pale iā ' oe iho, mai ' ai nui i ka ' i' o a inā hiki ke ho' ōki i ka ' ai ' ana i ka ' i' o. ' Oi aku ka nui o ke ola ma mua o kahi ' āpana ' i' o, nui ka po' e i make no kahi ' āpana ' i' o. E pale i kou no' ono' o a me kou kino.

Inā ' a' ole ' oe e pale iā ' oe iho, ' o wai ka mea e pale aku iā ' oe?

I kēia lā ke kama' ilio nei mākou e pili ana i nā "ma' i laha ' ole" he aha ia? No ke aha i ' oi aku ka nui o nā ma' i kaka' ikahi i kēlā me kēia lā? No ka mea?

Loa' a nā mea a pau mai nā ma' i ma' i' i' o. E no' ono' o ma mua o kou' ai' ana i ka' i' o.

' Oiai inā' oe e noho maika' i me nā' olu' olu āpau inā' oe e' ai i kahi
' āpana' i' o a ua ma' i' ia, ua pau kou ola maika' i.

' O ia ke kumu' a' ole au i' ai i ka' i' o ma mua o 40 mau makahiki a hana
wau i ka no' ono' o yoga a' a' ohe o' u pilikia olakino. Inā' a' ohe ou olakino,
he aha kāu? He aha ka pono o ka loa' a' ana o kahi' ohana maika' i, kahi hana
maika' i, kahi' oihana maika' i ... inā he ma' i' oe?' A' ole pono. E no' ono' o.

' O ka mea ho' opilikia maika' i iā' oe, pono' oe e mālama i kahi mamao
palekana i' ole ia e ho' opilikia iā' oe. Mai hana i na mea lapuwale.

' O nā mana' o āpau e like me nā lā' au lapa' au e pepehi iā' oe. Ho' ohana
wale lākou e pepehi mālie iā' oe. Ua' ike ka po' e akā no ka loa' a' ana o nā
mana' o he mea lapuwale lākou. Inā makemake' oe e loa' a nā mana' o
maika' i, e hana i ka yoga-no' ono' o. Me ka yoga, ke ho' omaha' oe hiki iā
' oe ke hele ma waho o nā hōkū, ho' oka' awale kou' uhane mai kou kino a laila
ho' i mai, a me nā mea āpau me ka' ole o nā hopena' ao' ao.

Inā makemake' oe hiki ia' u ke a' o iā' oe i ka yoga-no' ono' o' ana a hiki iā
' oe ke loa' a i kēia mau mana' o āpau. Hiki iā' oe ke hele mai i Barcelona e a' o
e a' o aku wau iā' oe me ka uku' ole.

Inā makemake' oe e loa' a nā mana supernatural, e a' o i ka yoga-no' ono' o.
Mai ho' ohana i ka kilokilo, ' a' ole ia.

' O' oe wale nō ke kuleana o kāu mau hana. Mai hō' ino i nā mea' ē a' e.

E pale iā' oe iho, no kou pono iho, mai hō' eha' oe iā' oe iho. E mahalo i ke
kānāwai.

E nānā i ke ala maika' i a ha' alele i ka mana' o pono' i.

Mahalo nui iā' oe.



NUI HUI



19. NĀ HO' OPI' I PO' O NEGATI A ME NEGATIVE NEGATIVE.

Ho' opi' i maika' i ka maika' i a ho' opi' i maika' i' ole. Pehea e pale aku ai i ke kaumaha, nā a' alolo, ke kaumaha, ka huhū a hiki i ka' ao' ao o ka pepehi kanaka? Ma' alahi loa, ha' alele iā' oe iho. ' O nā pilikia a pau mai ia iho mai. A mana' o wau' a' ole wau mana' o, makemake wau, ' a' ole wau makemake, makemake wau, ' a' ole wau makemake. No ke aha ' oe e hana ai pēlā?

E no' ono' o, e no' ono' o, e no' ono' o ... mana' o e no' ono' o mau kēia I o ke kino i nā mea āpau ke ka' awale. Inā noho ka' awale a noho ka' awale paha nā kānaka, ' oi aku ka ' ino. Ma ke kama' ilio' ole' ana me kekahi, no' ono' o' o ia, no' ono' o a no' ono' o nui i ka wā i hala. Mana' o ka hapa nui o ka po' e i nā mea maika' i' ole a me nā mea kaumaha i loa' a iā lākou, kakaikahi ka po' e e no' ono' o i nā ho' omana' o maika' i a me nā manawa hau' oli. E no' ono' o ... inā' oe ho' okahi, he aha ka wā e hiki mai ana, me ka mehameha, ' ele' ele ia. Ke no' ono' o' oe i nā mana' o maika' i' ole, ho' ohui' oe i nā mana' o maika' i' ole 3: e pili ana i nā mea āpau i hewa iā' oe mai ka wā i hala āu i' ike ai, mai kēia manawa i kēia manawa, a mai ka wā e hiki mai ana e kali nei iā' oe. ' O kēia ka hiki ' ana mai o nā ma' i no' ono' o a laila' olelo' oe iā' oe iho a pane iā' oe iho. A laila ho' opau' oe i ka haukapila no' ono' o. No ke aha e ho' opau' ino ai kēia po' e? No ka mea, mana' o wale' o ia iā' u, iā' u, iā' u.

No ka pale' ana i nā' ano hopohopo, mai no' ono' o nui e pili ana iā' u. ' A' ole mākou ' ike i ka nui o nā makahiki e ola ai mākou, ma nā ilina' a' ole ka po' e kahiko wale nō, akā ' o nā' ōpio kekahi. Hiki i ka make ke hele mai iā' oe i kēlā me kēia manawa, ma muli o ka pō' ino, ka wai' ona, nā lā' au lapa' au... he nui nā kumu e make ai' ōpio. ' A' ole hiki i kēia po' e ke ho' omalu i ka no' ono' o: inā he ka' a ha' aha' a a wikiwiki ho' i' oe, i ka wā e haki ai' oe a huli i kahi pihī' a' ole hiki iā' oe ke ho' omalu iā' ia, ' a' ole hiki iā' oe ke kāohi i ka wikiwiki. E like me ka po' e' ōpio e lawe i ka lā' au a' ona ... ' a' ole hiki iā lākou ke no' ono' o no ko lākou pono pono' ī. Loa' a kēlā pilikia mai ka lawe' ana i nā mea pilikino, ke puka' ole ka mea āu e makemake ai, ka mea āu e makemake ai, hopohopo' oe a kaumaha. Inā hana hewa kekahi iā' oe, makemake' oe e ho' opa' i a' a' ole maika' i kēia no' oe. Inā mālama' oe i kēia mau mana' o ho' opa' i e pili ana i kou no' ono' o, ' a' ole' oe e ola maika' i, inā e ho' omau' oe i ka ho' opa' i ma mua e pili ana iā' oe iho no ka mea ' a' ole hiki iā' oe ke ola maika' i, ' a' ole hau' oli a mālie. No ka mea, pili ka lolo i ke koena o ke kino ma o ka iwi kuamo' o a ho' ouna i kēlā mana' o ho' opa' i a me ke kaumaha.

Ke loa' a iā' oe nā mana' o maika' i' ole, pili ia i ke kama' ilio' ana ma waena o ka lolo a me ke koena o ke kino, ua pāpā' ia ke kama' ilio' ana a' a' ole hiki i ka' ike i ke koena o ke kino. No laila ke loa' a i nā kānaka kēia' ano mana' o, ' eha lākou i ka

' O ka ' ōpū, ha' alulu nā wāwae, pilikia ka hanu' ana. ' A' ole ' ike kēia po' e pehea e ho' omalu ai. Mana' o nui' o ia i ke ola. ' A' ole hiki iā' oe ke ha' alele i nā mea. I ke ola ' a' ole ' oe e loa' a mau ka mea āu e makemake ai. ' O ka pilikia ' o ia iho. Ua hānau ' ia mākou me nā lima ' ole, ' a' ohe mea i lawe mai i ke ao nei, ke make mākou, ' a' ohe mea e lawe pū me mākou.

' A' ole pili i ke kālā, ka mana, ka waiwai... ke make ' oe pono ' oe e ha' alele i nā mea āpau. Eia kekahi, ' a' ole mākou ' ike i ka wā e ha' alele ai mākou i kēia ao. ' O kēlā me kēia pō hiki ke lilo i kāu pō hope loa. ' O ia ke kumu e ho' omaopopo ai inā loa' a iā' oe ke kālā a makemake ' oe e ho' omau i kou laki maika' i ma nā ' ano āpau o kou ola, pono ' oe e hana i ' ekolu mau mea:

1 Me ke kālā i loa' a e kōkua i nā po' e ' ē a' e.

2 E a' o i nā kānaka e hana pono

3 E lilo i mea manawale' a ma nā wahi āpau e pono ai lākou i kāu kōkua.

Inā waiwai ' oe, pono ' oe e ho' iho' i i kahi hapa o ia kālā i ka hui i kēlā me kēia lā e loa' a iā' oe ke kālā. Ke hana maika' i ' oe, e mana' o' oe i ka maika' i a me ka hau' oli, hau' oli ' oe i loko a ho' oili ' oe i kēia hau' oli i nā po' e ' ē a' e. Ho' oikaika kēia ikehu maika' i i kou mau pale, ho' oikaika i kou kahe koko, maika' i ia no kou olakino, hau' oli mau kou ola a holo nā mea iā' oe. Inā he maka kaumaha ke kanaka, ' a' ole loa e loa' a iā ia kahi hana a mau hoaloha paha.

' A' ohe mea makemake e ' ike iā' oe. Makemake nā kānaka a pau i ka ikehu maika' i a puni lākou. ' O ka maika' i e lawe mai i ka maika' i a me ka maika' i ' ole. Ke nānā nei ' oe i kēia hui: pili nā kānaka e like me ko lākou kūlana, nā ' aihue me nā ' aihue, nā mea ho' ohana i ka lā' au lapa' au me nā mea ho' ohui lā' au, nā po' e kālai'āina me nā po' e kālai'āina. ' O kēlā me kēia me kona ' ano.

Inā he kanaka maika' i ' oe, hui pū ' oe me nā po' e maika' i e like me ' oe.

Inā maika' i ' oe e hui pū me nā po' e ' ino e like me ' oe.

' O ka maika' i me ka maika' i a me ka maika' i ' ole me ka maika' i ' ole. E uku nui ana oe no kou mau makemake a pau, aole maanei wale no, aka, mahope o ka make. Ua like mākou a pau. Ua like ka peresidena me kekahi o na kamaaina o ka aina. Ma mua o ke kōnāwai, ua like kākou a pau i mua o ke akua. Ua like kakou a pau, na kane a me na wahine, aohe mea i oi aku mamua o kekahi. Inā komo ka ' uhane i loko o ke kino o ka wahine, lilo ia i wahine, inā komo i loko o ke kino o ke kāne, lilo ia i kāne, inā komo ka ' uhane i loko o ke kino holoholona, lilo ia i holoholona. Aka, ua like ka uhane. Ua like mākou a pau. ' A' ole hiki iā' oe ke ho' oka' awale, ua like mākou a pau. He poe keiki kakou a pau na ke Akua, aohe keiki a ke Akua i emi iho mamua o kekahi. ' O ia ke kaulike.

Ke uku nui nei mākou no ko mākou mana' o pono' ī: ke luku nei mākou i ka honua. I kēlā me kēia lā, nui nā pō' ino kūlohelohe, nā ' ino, nā kai e' e, nā malo' o, ... nā ' ōla' i. Ke luku nei mākou i ka honua a ke uku nei mākou. ' O ka pepehi ' ana i nā holoholona a i ' ole nā mea ola ' ē a' e he mea makemake. ' A' ole hiki i kekahi ke holo i ko lākou ola me ka ' eha o kekahi. ' A' ole hiki i kekahi ke ho' ohana i nā po' e ' ē a' e ma ke ' ano he nui. ' A' ole hiki iā' oe ke holo i kou ola me ka ' eha o kekahi. ' A' ole hiki kēlā. Aia kekahi po' e kālai'āina e ' ōlelo nei ma mua o ka hānau ' ana ' a' ole he kanaka a ' ae lākou i ka ho' ohemo' ana. As

' A' ole anei nā kānaka? He aha lākou? He po' e malihini lākou? ma mua o ka hānau ' ana a ma hope o ka hānau ' ana he po' e keiki kākou a pau na ke Akua. Ma mua o ka hānau ' ana, noho mākou i loko o ka ' ōpū o ko mākou makuahine, he po' e lī' ili' i mākou. He po' e mākou a pau. He pu' uwai ko ka pēpē e like me ' oe a me a' u. Ua like kona kino me ko kakou. E like me ka ilihune he kanaka, he kanaka waiwai kekahi. ' A' ole hiki iā ' oe ke ' ōlelo he holoholona ka mea ' ilihune. Hiki i ke kanaka ' ilihune ke ' ilihune i kēia lā, akā ' apōpō hiki iā ia ke waiwai. Hiki i ke kanaka waiwai ke waiwai i keia la a me ka ilihune i ka la apopo. No ka mea, ke huli mau nei ke ola.

Ke noho nei ke kanaka waiwai me he lā lā, akā hiki mai ka pō a maka' ala, hiki mai ka pō' ino. Ke wili nei ke ola. ' O ia ke kumu inā he miliona ' oe, e kōkua i nā po' e ' ē a' e no ka mea ke wili nei ke ola a ' a' ole ' oe ' ike i ka wā e ' ike ai ' oe i kou pō' ino. Ma hope o ke ao, hiki mai ka pō, e like me ka pouli ma hope o ka mālamalama. Inā makemake ' oe i ka pō a ' a' ole paha, pō' ino ... ho' opā kēlā me kēia i kona manawa. Inā loa' a iā ' oe ka pō' ino, e pa' a a mai kaumaha ' oe no ka mea e hiki koke mai ana kou pōmaika' i a inā loa' a iā ' oe ka pōmaika' i, mai hau' oli ' oe no ka mea e hiki mai ana ka pō' ino iā ' oe. ' O ka mea wale nō āu e hana ai inā loa' a iā ' oe ka pō' ino, ' o ia ka ho' āla ' ana i kou laki maika' i ma ke kōkua ' ana i nā po' e ' ē a' e. Mai no' ono' o ia' u, ia' u, ia' u a mai no' ono' o i ka wā i hala. No ka mea, inā ' a' ole ' oe e ho' ōki i ka no' ono' o ' ana ua pupule ka lolo a lilo ' oe i kahi psychiatrist a hiki i ka psychiatrist ke hā' awi wale iā ' oe i nā lā' au e ho' ohilahila ai iā ' oe.

E ' ae i ke ola e like me ia. ' A' ole pili ka maika' i a me ka ' ino. ' O ke ola, he aha kā mākou e hana ai? E ho'ā' o e kala i nā po' e ' ē a' e a pēlā ' oe e pōina ai i kēlā ho' omana' o maika' i ' ole i ' ole e ho' opilikia i kou lolo. Inā makemake ' oe e ola maika' i, pono ' oe e kala aku i kekahi i hiki iā ' oe ke noho maluhia. Pono ' oe e hō' ole i nā mana' o maika' i ' ole, i hiki iā ' oe ke ola maika' i. Pono ' oe e ho' ōki i ka no' ono' o. Inā ' a' ole i puka mai nā mea a pau āu e makemake ai, e puka koke ana ia, mai hopohopo.

' O ' oe wale nō ka mea hiki ke hō' eha iā ' oe. ' O nā mea a pau āu e no' ono' o ai a me nā mea āu e hana ai e hana mau ' oe ma muli o ka mana' o pono' ī.

E noonoo naauao.

Mahalo nui iā ' oe.



NUI HUI



20. NA AEIU

' O ka hō' ai' ē ka mea i loa' a iā mākou i kēia ola no ka hana maika' i' ana i nā po' e' ē a' e. Me kēlā mau hana maika' i e loa' a iā mākou ka hō' ai' ē. Eia kekahi la' ana: i ke ola inā kōkua' oe i nā kānaka a' ike' oe ua like nā kānaka a pau me kou' ohana, no ka mea, inā pilikia kekahi a i' ole pilikia, kōkua' oe me ka no' ono' o' ole' elua. Me kēia mau hana e loa' a iā' oe ka hō' ai' ē. Ma kēia ao he nui nā waiwai, mana, kaulana ... me ka nui o ke kālā a me ka kaulana. ' O ka po' e i loa' a nā mea a pau a lākou e makemake ai. No ke aha e make' ōpio pio ai kēia po' e? ma muli o ka lā' au lapa' au, ka wai' ona a me ke ola' ino. ' O ke kumu, ' a' ole' o ia e ho' oka' awale i ka maika' i a me ka hewa a lawe pono i kāna mau mea āpau e kū' ai i ka lā' au a me ka wai' ona. Hiki i kēlā po' e ke loa' a kālā, nani a kaulana no ka mea i ka wā kahiko ua hana lākou i nā hana maika' i loa a i kēia manawa hiki iā lākou ke hau' oli i ka hō' ai' ē o ko lākou ola i hala. No ke aha i nui ai ka po' e' ilihune a nele i kēia ao? No ke aha ka nui o nā' oko' a ma waena o kekahi a me kekahi? no ka mea, he aie ko kekahi e lilo ai, a o kekahi aole.

He' au' au' au' au i hana' ia me ke gula pa' a kekahi mea hīmeni. A ua ho' olilo' o ia i ke kālā he nui i ka makemake. E akahēle loa me keia! e akahēle, nui ka poe e make ana i ka pololi.

Pono' oe e ho' ohana i ke kālā no ke kōkua' ana i ka po' e pono maoli a' a' ole ho' olilo i ke kālā e like me kēia mea mele nāna i hana i ka' au' au gula pa' a no kona lumi' au' au. Ma kēia' ano e ho' olilo koke' oe i kāu hō' ai' ē a i ka pau' ana o ka hō' ai' ē, hiki i nā mea he nui ke hiki iā' oe ... make ma ka pō' ino, loa' a nā ma' i ko' iko' i ... Inā' oe e ho' opau i ke kālā a laila' a' ole' oe e hana e loa' a hou aku. , i kekahi manawa e noho' oe me ka' ole o kekahi mea. Inā hele' oe i ka casino, i ka pō ho' okahi hiki iā' oe ke nalowale i nā miliona a me nā miliona. Ho' oku' u' ia ke kālā mai ke kaiāulu a pono e ho' i i ke kaiāulu. Hiki i kēia kino ke make i kēlā me kēia manawa a pau nā mea a pau. Inā i kou ola' a' ole' oe i laki ma ke aloha, ka hana, ke olakino, ka' ohana... inā loa' a iā' oe nā pilikia o kēlā me kēia' ano, kōkua i ka po' e nele i kēlā me kēia lā.

Me kāu kālā, kōkua i ka po' e nele a' ōlelo aku i ka po' e e ho' ōki i ka hana' ino. No laila, loa' a iā' oe ka hō' ai' ē. Ke loa' a iā' oe ka hō' ai' ē, noi' oe i ke Akua no kāu mea e makemake ai a e kōkua mai ke Akua iā' oe. ' Oiai he mau mana' o maika' i lākou, mai noi i kekahi mea maika' i' ole. ' O ka noi' ana i ke Akua a ' a' ole kōkua i nā po' e' ē a' e' a' ole e loa' a iā' oe kekahi mea. No ka loa' a ' ana o kāu mea e noi ai, pono' oe e hana maika' i. Inā' ike' oe i ke kaiāulu me he mea lā' o kou' ohana, ma ke' ano kūpono e kōkua' oe. Inā' ike' oe he kanaka' ekolu' a' ole pili iā' oe, ' a' ole' oe e kōkua iā ia.

He ' ohana mākou a pau e like me kou makua kāne, makuahine, kaikunāne, wahine, keiki, mo' opuna... ' a' ole pili ka lāhui a me ka ' ili.

Inā ' ike ' oe i kekahi ma ke ' ano he ' ohana, e kōkua ' oe iā lākou a ' a' ole ' oe e ho' olilo i ke kālā e like me kēlā mele i hana iā ia iho i ipu ' au' au gula. He ' au' au gula pa' a, ' ehia mau ola e hiki ke ho' opakele? noonoo. No ka mālama ' ana i ke ola o kahi keiki pono ' oe i ka €40 wale nō. Hiki i nā mea a pau ke hana, he mea makemake a makemake ' ole paha. Inā ' ike ' oe i kēlā po' e i nele me he ' ohana pono' i lākou, he ' oia' i' o e kōkua ' oe iā lākou. Inā hiki iā ' oe ke hana, e hau' oli kou ola a e ho' okō ' ia kōu mau makemake. E maika' i nā mea a pau. Inā he pu' uwai gula kou e hemolele kou ola a pau. Hiki mai nā pilikia olakino mai nā mana' o maika' i' ole e like me ke kaumaha, ka ' eha, nā a' alolo, ka ho' opa' i... a māi ka ' i' o a mākou e ' ai ai. Loā' a i ka ' i' o nā protein maika' i no kou kino, akā he mau mā' i mā' i pū kekahi. Inā ' ai ' oe i kahi ' i' o i loa' a i ka mā' i mā' i hiki iā ' oe ke make. Nui ka po' e i make i nā mā' i mā' i holoholona e like me ka mā' i manu, ka mā' i pua' a, ka mā' i pipi pupule... Ma ka ' ai ' ana i kahi ' āpana ' i' o ke' a, ua lilo ka AIDS i ke kanaka a ua nui ka po' e i make i kēia mā' i a he mau miliona ka po' e. i mā' i i ka honua. He mea pono? ' A' ole. E like me ka ' ōlelo "whims are pipi' i".

' O kēlā me kēia mea ola āu e ho' ā' o ai e pepehi, e nānā iā ia e holo. ' A' ohe mea makemake e make! Mai ' ai i nā holoholona, he mea ola lākou e like me mākou, mahalo iā lākou. Inā ' a' ole ' oe makemake e pepehi kekahi iā ' oe, māi pepehi i kekahi. E nānā i nā ' anu' u, e ho' ā' o e pepehi i kekahi, e nānā iā ia e holo. ' A' ohe kanaka makemake e make. No laila, māi ' ai i ka ' i' o. Mai pepehi i kekahi mea ola. Mai hana i kekahi i ka mea āu e makemake ' ole ai e hana māi lākou iā ' oe. ' Oi aku ka ikaika o ke kāne ma mua o ka wahine, ' o ia ke kumu māi ka ho' omaka ' ana o ka mo' olelo e ' eha ke kāne i ka wahine. Mana' o ' oe he kūpono? Ua like kakou a pau imua o ke Akua. ' O ke kāne, ka wahine, ke keiki, ka holoholona... ua like mākou a pau a ' a' ohe mea i ' oi aku ma mua o kekahi. Inā mana' o ' oe he ki' eki' e' oe, e loa' a ana iā ' oe kahi manawa ' ino. Mana' o mākou ' oi aku mākou ma mua o nā holoholona, ' o ia ke kumu e pepehi ai mākou iā lākou e ' ai iā lākou a nānā i ka nui o nā mā' i i loa' a iā mākou i ka ' ai ' ana i ka ' i' o. ' Oi aku ka nui o nā mā' i kaka' ikahi. A ' o ka po' e i loa' a i kēia ' ano mā' i, ' o ia ka po' e e ' ai ' i' o.

Ke ola nei mākou i kekahi mau makahiki, e ho' ā' o e mālama i kou olakino e ola maika' i ai no ka manawa āu e noho ai ma kēia honua.

Mahalo nui iā ' oe.



NUI HUI



21. O'U, KA PILI A ME KONA HANA.

I kēia mau lā ma Sepania i kēlā me kēia lā e ' ike ' ia nā hō' ino o ka po' e kālai'āina. Aia mākou ma Malaki 12, 2013. ' O ka pilikia ka mana' o pono' ī. No ka mea, no' ono' o wale' oe iā "I" iā' oe iho. Mana' o ka po' e hiki iā lākou ke' aihue i ke kālā o ka lehulehu me ka' ike' ole o kekahi. ' Ane' ane pili ka po' e kālai'āina i nā hō' ino. He mau ha' awina ko kēia po' e a pau a ua ho' okumu maika' i' ia i ka na' auao. Hele akamai loa lākou. Mana' o lākou ' a' ole lākou e lawe i nā hopena. ' O nā mea a pau e' aihue, ' o ka politika a i' ole ka pilikino, ua' ike' ia' o ia? e noonoo iho. Ma kahi o 100%' ike' ia. He mea pili i ka manawa. E ho' āhewa lākou iā' oe a ho' okomo iā' oe i loko o ka hale pa' ahao a lawe aku i nā mea a pau āu e loa' a ai. Inā' ike lākou e pau ka' aihue, no ke aha lākou e' aihue ai? no ka mea, he manao kamalii ko lakou aole e ikeia. He manawa wale nō.

' O ka mea e ho' olohe mai ia' u a e hana hewa, e no' ono' o pono. Loa' a i kēlā me kēia kanaka ko lākou ho' opa' i ma hope a ma hope paha. Inā' aihue ' oe i ke kālā mai ke kūlanakauhale, ' ai' ē' oe i ke kūlanakauhale holo' oko' a. Inā' oi aku ka nui o Sepania ma mua o 40 miliona mau kānaka, ' ai' ē' oe i kēlā mau kānaka 40 miliona. A pehea' oe e uku ai? I nā ola e hiki mai ana e hānau' ia kēia po' e ma ke' ano he mau holoholona no nā miliona mau makahiki e uku i ka po' e a lākou i' aihue ai. Mai' aihue' oe, e li' ili' i ana kāu kālā akā e ola' oe i ka maika' i a me ka mālie. Loa' a nā kālā, nā mea nani a me nā mea waiwai i loko o nā pahu palekana no ka mea' a' ohe mea e' a' a e ho' okomo. No ke aha ia? e mālama iā lākou i kahi palekana? Inā makemake ' oe i nā mea nani, e hele i kahi hale kū' ai mea kū' ai aku e' ike iā lākou a ' a' ohe kumu kū' ai iā' oe. ' a' ohe. No laila, no ke aha' oe e ho' olilo ai i ke kālā nui i nā mea nani? E' ike wale iā lākou? He pōhaku ke daimana, ' a' ole ' ai' ia. No laila he aha ka pono o ka loa' a' ana? ' O nā hopena o ka' aihue ' ana i ke kālā he nui loa. ' A' ole hiki i nā kānaka ke ho' omaopopo. ' aihue ka po' e, ho' opunipuni, ho' opunipuni kekahi i kekahi, ma hea lā e pau ai kēia po' e? iloko o ka halepaahao.

' O kekahi la' ana' o nā panakō, ' aihue pū lākou i nā kānaka, ho' opunipuni a kū' ai aku i nā huahana me nā pa' i maika' i' ole a laila' a' ole hiki iā' oe ke ho' iho' i i ke kālā. He ho' opunipuni. Pili nā kānaka i nā panakō a laila mālama nā panakō i kā lākou kālā. Ma luna o kēlā, lilo lākou i ke kālā no ka mea ' a' ole lākou' ike i ka' oihana a laila uku mākou a pau no kā lākou ho' okele hewa. Kōkua nā kānaka i nā panakō a me nā panakō e ho' ohana pono i nā kānaka. Ma mua, i ka wā i hā' awi aku ai lākou iā' oe i kahi moraki e kū' ai ai i kahi ke' ena, ua mana' o ka panakō i ke ke' ena i ka nui x i ho' okomo' ia ' a' ole wale ke ke' ena, akā' o ke ka' a, nā hana, nā lako ...

I kekahi lā ' a' ole hiki iā ' oe ke uku i ka moraki, a laila ' ōlelo ka panakō ua emi ka waiwai o kāu ke' ena. ' A' ole hiki iā ' oe ke ho' iho' i mai no ka mea ' oi aku ka li' ili' i o kona waiwai ma mua o kāu ' ai' ē i ka panakō. A laila, waiho ' ia ' oe me ka ' ole o ka palahalaha a he ' ai' ē nō ho' i' oe me ka panakō. Hana ka panakō i kēia hana i mea e pono ai ka po' e ' ilihune. ' O kēlā me kēia scam he hana maika' i' ole. A' o nā mea' ino a pau e lawe mai i ka maika' i' ole. ' A' ohe mea hou. Hiki ke make kēia kino i kēlā me kēia manawa. Ke komo ' ole ka ea i loko o kou māmā, pau kou hanu a make ' oe. I ka lā ho' okahi, pala kēia kino, piha i nā ilo, pehu, puka ka wai... no ke aha ' oe i aloha ai i kēia kino? ' A' ole ' o' oe kēia kino. ' O ia ka mea āu e ho' ohana ai. No laila, mai noho kauā i kou kino. Pono ka no' ono' o e kauoha i ke kino, ' a' ole ke' ano' ē a' e.

' O ka po' e a pau e' aihue, ho' opunipuni, ' aihue, pepehi kanaka ... hana lākou a pau no ka pono o ko lākou kino. ' O nā mea a pau e pono ai ke kino. He li' ili' i ke kumukū' ai o kēia kino no ka mālama' ana. He aha kāu ' ai i kēlā me kēia lā? 2 a i' ole 3 kilo o ka mea' ai ka nui. He li' ili' i ke kumukū' ai o ka mea' ai. Hiki iā ' oe ke kū' ai aku i kahi steak ma ka mākeke he 5 euros a ma ka hale ' aina he 50 a i' ole 100 euros. Aia ' o Sepania ma mua o 6 miliona mau mea hana ' ole a ho' omau ka po' e kālai'āina i ka ' aihue a ho' opunipuni i ka po' e, e ho' opī' i ana i nā komisina no nā mea āpau. ' A' ohe o lākou aloha i ka po' e pilikia.

' A' ole mana' o ka po' e kālai'āina e kāko' o ana i ka ho' omake' ana i ko lākou makuahine i ho' ohemo' ole i ke ola. Ina ua like ko lakou mau makuahine me lakou, aole lakou i hanauia. Ua pepehi ko lākou mau makuahine iā lākou ma mua o ko lākou hānau ' ana. ' O ka po' e kālai'āina e' ae nei i ka ho' ohemo ' ana a me ka uku' ana i nā wahine no ka ho' opa' a' ana, e hele lākou i Gehena no nā piliona makahiki. ' O ka po' e a pau i makemake i ka ho' okahe keiki a pepehi i ko lākou po' e kama' āina pono' ī, he mau keiki lākou na ka diablo. Ke make lākou e hele lākou i Gehena no nā miliona makahiki. E ola a e ola.

I kēia lā, nui nā ma' i kaka' ikahi i ke kanaka. ' O ke kumu no kou ' ai' ana i ka ' i' o. Loa' a i kēlā me kēia ' ano nā ma' i' oko' a. Ke' ai' oe i ka ' i' o holoholona, ua hele ka ma' i virus a ka holoholona āu i' ai ai i loko o kou kino.

' A' ole pili inā ' oe e kuke i ka ' i' o, nui nā ma' i' a' ole e make a ke' ai ' oe i kēlā ' i' o haumia, lilo ' oe i haumia a ma' i. Inā makemake ' oe e olakino, e ho' ā' o e' ai' ole i ka ' i' o.

' O ke kumu o nā ma' i no' ono' o a pau ' o SELF. Pilikino. Aloha nui i ke kino. ' A' ohe pono o ka ' uhane; ' A' ole ' o ia e' ai, ' a' ole pono ' o ia e ' a' ahu a nona ke kālā a i' ole ka waiwai a i nā daimana a me nā mea nani. He aha ka mea e mau ai ke kino? 100 makahiki ki' eki' e. ' A' ole kahiko wale nō nā hale kupapa' u, he ' ōpio kekahi. Ua like kou kino me ke kupapa' u e ne' e ana no ka mea he ' uhane kona. Pono ke kino e lawelawe i ka ' uhane, ' a' ole na ka ' uhane e lawelawe i ke kino. ' A' ole pili ' oe i kou mau makahiki, i kēlā me kēia manawa hiki iā ' oe ke make, mai ho' opunipuni ' oe iā ' oe iho e ola ana ' oe i nā makahiki he nui, ' a' ole ' oe i' ike i kēlā. ' A' ohe mea ' ike. Ua like ke kino me ke ka' a nou, ' a' ole na' e' oe. Na ' oe e ho' okele akā ' a' ole ' oe. ' O ke kino kā mākou e ' a' ahu ai, e like me nā lole a mākou e ' a' ahu ai, akā ' a' ole wau.

' O ka pilikia o ke kanaka, ' o ka pilikia wale nō i loko o ke kanaka: ' o wau, wau, wau. He mana' o, mana' o' i' o, mana' o' i' o.

Mana' o ka po' e a pau iā ia iho a me nā po' e' ē a' e i ho' opilikia' ia. Hā' awi wale lākou i kou kino. Akā, he mea waiwai' ole kēia kino, ke make' oe' a' ohe makemake, ' a' ole' ai nā kānaka i ka' i' o kanaka. Ina he mea ole keia kino, no ke aha la oe e ola wale ai? E ho'ā' o me kēia kino e kōkua i nā kānaka. ' Oi aku ka maika' i o kou ho' oma' ama' a' ana i ke kino, ' oi aku ka maika' i no ka mea i kēlā me kēia lā e noi hou aku iā' oe a' oi aku' oe i ke kauā i kou kino. Loa' a i ka po' e kālāi'āina ka uku maika' i. Ma hope o 7 mau makahiki o ka hana, loa' a iā lākou ka penikala ki' eki' e. Inā hopohopo mau' oe i nā mea āpau, e ho' okau' ia' oe i kahi kūlana o ke a' alolo a me ke kaumaha' a' ole pono.

Inā loa' a iā' oe nā pilikia, e wehewehe wau pehea' oe e ho' omaha ai. He mea ma' alahi loa ia: hana yoga, ma ke kūlana āu e makemake ai a ma kahi āu e makemake ai. Ke hana nei' oe a ho' omaha paha. Pono' oe e no' ono' o i ka hanu' ana, i ka ea e komo i loko o kou mau māmā a laila ha' alele i kou waha. Mai ho' olohe i kekahi mana' o e hiki mai ana i ka na' au e no' ono' o wale i kou hanu. E ho' opa' a i kou mana' o ma ka no' ono' o' ana i kou hanu; Pehea ke komo' ana o ka ea a ha' alele i kou māmā. E' ike li' ili' i' oe iā' oe iho e ho' omaha. Pono' oe e ho' ā' o e lawe i ka ea ma lalo o ka piko. ' A' ole ma ka waha, ma ka ihu. Hanu mālie, maika' i, palupalu a lō' ihi. E ho' ā' o e ma' a i kēia' ano hanu a hiki iā' oe ke hana i 24 mau hola.

' O ka lō' ihi o ka hanu, ' oi aku ka lō' ihi o kou ola.
E ho' omana' o, pono e hele ka oxygen i kou kino holo' oko' a e' olu' olu.

Ke no' ono' o mau nei ka no' ono' o: makemake wau ia / ' a' ole wau makemake, ' eha wau / maika' i wau, makemake wau i kēia / ' a' ole wau makemake i kekahi ... no' ono' o mau ia' u. ' O kēia ka pilikia. Ha' alele i kēia mau mea a noho hau' oli. Mai no' ono' o nui ia' u.

I kēlā me kēia lā pono' oe e hana i 30 mau minuke o ka yoga, ' a' ole pili i ka manawa, maika' i kēlā me kēia manawa. Inā' a' ole hiki iā' oe ke ho' omalu i kou no' ono' o a ho' ōki paha i ka no' ono' o' ana, aia kekahi' ano' ano: e heluhelu i ka mantra. Ke a' o aku nei au iā' oe i kahi mantra ma' alahi: "A-mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo..." Ha' i' oe i kēia mantra, e ha' i me kou mana' o a pau. Ho' opau i kou mana' o holo' oko' a me kēia mantra. Pēlā' o ia e ho' ōla ai iā' oe, ho' opakele iā' oe a pale iā' oe mai ka ma' i no' ono' o. Eia hou, manuahi. Inā makemake' oe e noho hau' oli a ho' okō' ia kōu mau makemake a pau, pono' oe e heluhelu i kēia mantra.

Inā' oe e no' ono' o mua i kou' ono, kou makemake, kou makemake ma mua o ka pono o nā po' e' ē a' e, he mana' o pilikino ia. ' A' ohe kumu. ' O nā kumu e ho' opunipuni ai iā' oe iho. Mai kau i nā kūlana ke kōkua' oe i kekahi, no ka mea, e ho' omau' oe i ka mana' o pilikino. Inā kōkua' oe i kekahi, pono' oe e hana me ka' ole o ke kau' ana i nā kūlana. Nui nā miliona miliona i loa' a nā hōkele me nā kaukani moe. ' O kēlā kanaka, no ka nui o nā moena, hiki iā' oe ke hiamoe ma ka moena ho' okahi i ka pō. ' A' ole hiki iā' oe ke hiamoe i ho' okahi tausani moe i ka manawa ho' okahi. He aha ka pono o ka loa' a' ana o nā piliona, inā' a' ole pono' oe e ola e loa' a i ka panakō? Mai' imi i nā kumu no ka loa' a' ana o ke kālā hou a' e ma ka ho' opunipuni, ka ho' opunipuni. He li' ili' i ka pono o kou kino. Pono anei kou kino i na miliona? Ke make' oe, he aha ka hana a kou kino me ka nui o nā miliona? E lawe' oe iā lākou i ka lua kupapa' u a lilo' oe i kupapa' u waiwai loa ma ka ilina? He aha ka maika' i o ke kālā inā' a' ole i loa' a i kou kino

pono' oe. ' A' ole noi ke kino i kekahi mea, ' o ia ka no' ono' o me kona mana' o maika' i' ole e ho' opunipuni ia ia iho. ' A' ohe mea hou.

' O ka male male, no ke aha i nui ai ka hemo' ana inā ma mua o ka male' ana ua ho' ohiki nā mea a pau e aloha lākou i kekahi i ke ola? Ho' ohiki lākou e mālama kekahi i kekahi no ke ola. No laila, no ke aha i nui ai ka hemo? E no' ono' o ke kāne i ka pono o ka wahine, a e no' ono' o ka wahine i ka pono o ke kāne. Ke hā' awi' oe i kou pu' uwai i ka wahine, ho' iho' i ka wahine ia' oe me ka pu' uwai pālua. ' O kekahi a me kekahi, mana' o kēlā me kēia i kāna mau pono. Mana' o ke kāne i kāna mau makemake a no' ono' o ka wahine ia ia. No laila, inā' oko' a nā makemake, hui pū lākou a hā' ule ka male. ' O nā mea a pau no ka mana' o pono' ī. He mea ' eha kēia ia lāua' elua, akā' o ka mea ko' iko' i, ' o ia ho' i ka ' eha i nā keiki. I ka wā e mare ai kekahi, ho' ohiki lākou i mua o ke Akua e noho pū lākou me kā lākou wahine / kāne no ke ola. No laila, ho' opunipuni lākou i ke Akua. ' O kēia mau mea a pau no ka mana' o pono' ī, no ka no' ono' o wale' ana ia' u, ia' u, ia' u. Mai ho' opilikia i nā keiki hala' ole i pili' ole i kāu "mea" ma ke' ano he kanaka makua. Nui a' e ka mana' o pono' ī ma kēia ao.

' O ka ho' ohemo' ana. He mea ma' amau ka moe kolohe' ana o nā kāne, akā inā' a' ole lākou makemake e hānau keiki, pono lākou e mālama a inā' a' ole a hāpai ka wahine, ' a' ole hiki ia ia ke ho' opa' a keiki no ka mea he pepehi kanaka kēlā. ' Oiai ua' ae ke kēnāwai o kēia ao, ma ka hope aku e ho' opa' i' ia kēia hewa e nā pilliona makahiki o ka ' eha ma Gehena. Nui nā' ano contraceptive e pale aku ai i ka hāpai' ana, inā' a' ole' oe makemake e hānau keiki a makemake' oe e hana a hau' oli i ka moe kolohe, e mālama pono. Hiki ia' oe ke le' ale' a i ka moekolohe i kēlā me kēia lā i nā manawa āu e makemake ai me kāu hoa, he mea ma' amau ia, akā inā' a' ole' oe makemake e hānau keiki, e mālama pono no ka mea inā hāpai ka wahine, ' a' ole hiki ia ia ke ha' alele. Mahalo i ke ola: E ola a e ola.

Inā hāpai' oe a' a' ole makemake' oe i kāu keiki, e hā' awi ia ia no ka ho' okama' ana, he nui nā kāne e mana' o' i' o nei e hānai i ke keiki. Ma Sepania e hiki ai ke ho' ohana i kahi keiki pono' oe e kali ma kahi o 10 mau makahiki. Inā' a' ole' oe aloha i kāu keiki, mai pepehi ia ia. Hā' awi ia ia no ka ho' okama' ana, hiki i kāu keiki ke loa' a i kahi ola hau' oli loa me kahi kāne nāna e mālama ia ia a ho' ona' auao maika' i ia ia, ' oi aku ka maika' i o kona ola ma mua o ka mea āu e hā' awi aku ai ia ia.

E' olu' olu e ho' olohe: I kēia lā ua' ōlelo wau e pili ana i ka mana' o pono' ī ke kumu o nā hewa āpau. E ho' omana' o maika' i: no ka holo maika' i' ana o nā mea āpau i ke ola, pono' oe e hā' awi i kou pu' uwai i nā po' e' ē a' e i ho' iho' i mai kekahi ia' oe me ko lākou na' au āpau. E ho'ā' o e no' ono' o a e maika' i nā mea a pau ia' oe.

Pono kākou e kōkua i kekahi i kekahi mai ka pu' uwai, ' o ia wale nō ke ala e ola hau' oli ai nā mea a pau.

Mahalo nui ia' oe.



NUI HUI



22. NA MA'I. KA HIKI MAI A ME KA HOOLA ANA.

Aloha. No hea mai nā ma' i? Pehea lākou e ola ai? Hiki i nā kauka ke ho'ōla i ka 30% o nā ma' i āu e loa' a ai, 70% e pili ana iā' oe. ' O nā mea o ke ola āu e hana ai me ka no' ono' o maika' i. Inā lawe' oe i kekahi mea i ka pu' uwai, i kāu mea e makemake ai, e hoka' oe. ' O ka nui o ka na' au āu e lawe ai i nā mea, ' oi aku ka nui o ka hō' eha.

' Oi aku kou makemake i kekahi mea inā' a' ole loa' a iā' oe, ' oi aku ka nui o nā pō' ino, ' oi aku ka ho' oha' aha' a. He mea nui ka cell no ke olakino. He mea nui nā pūnaewehe i kēia kino. ' O ka mea āu e mana' o ai e ho' ouna i nā cell, mai poina. Inā mana' o' ino' oe; i ka ho' opa' i' ana, i ka ho' opunipuni' ana i ka po' e, no' ono' o' oe i ka hana' ino ... ' o kēia mau mana' o maika' i' ole, e ho' ouna iā lākou i kāu mau kelepona. Inā loa' a iā' oe nā mana' o maika' i' ole, nā mana' o maika' i' ole, i ka manawa like' oe e ho' ouna iā lākou i kāu mau kelepona. Inā he egoism ma' ema' e' oe, he egoists nō ho' i kāu mau cell a lilo nā' āpana āpau o kou kino i' enemi nou. e noonoo! no' ono' o' oe i ka ho' ohuli' ana i nā cell maika' i i nā cell maika' i' ole. Hana nā pūnaewehe i kou mana' o. ' O ia ke kumu i ka wā e hō' ino ai kekahi iā' oe a lele' oe, huhū' oe, ' a' ole hiki iā' oe ke ho' omalu iā' oe iho a lawe' oe i nā mea pilikino, e loa' a ana' oe i nā ma' i ma' i a me nā ma' i. Pili ke ola i ke kahe koko. Inā' a' ole kahe ke koko, inā huhū' oe, kaumaha' oe, lawe' oe i nā mea i loko o ka pu' uwai, nui a' e nā ma' i. ' O nā' ano no' ono' o maika' i' ole a pau, inā he pololei a i' ole he hewa paha, hiki ke ho' opilikia i kou holo. Inā pili ia i kou kahe koko, hiki iā' oe ke loa' a i ka pu' uwai o kēlā me kēia' ano. He mea' ino nā mana' o ikaika a pau, hiki iā lākou ke pani i kou pu' uwai i kēlā me kēia manawa. Inā hau' oli nui' oe. Pono' oe e ho' omalu i nā mana' o maika' i a maika' i' ole paha. ' O nā mea a pau i hala i ka palena he hewa. I ka hānau' ana o ka pēpē, he aha kāna mea e noi ai? ' O ka mea' ai a me nā lole wale nō e pumehana. ' A' ole ia e nīnau iā' oe i kekahi mea' ē a' e. Me ia mea ua lawa ia. ' A' ole' o ia e noi i nā lole kuni, a i ka' a, a i hale. E noi wale i nā kumu. No ka lī' ilī' i o kā lākou makemake, ma' amau lākou i ke olakino maika' i. Ke ulu a' e' o ia, ' oi aku ka nui o kona makemake, ' oi aku ka nui. ...

Inā loa' a iā' oe he 100 makemake e loa' a iā' oe nā pilikia 100 a me 100 makemake ' ole inā' a' ole hiki iā' oe ke ho' okō. Inā loa' a iā' oe he 1,000,000 makemake, e loa' a iā' oe he 1,000,000 makemake' ole a' oi loa ka loa' a' ana o ka pu' uwai pu' uwai. Ma mua o kou ho' opunipuni' ana i ka po' e a' ohi i nā kānaka, e a' o mai kāu mau cell mai iā' oe a e uha' i kekahi i kekahi. Pono' oe e' ike e lawe mai ka maika' i i ka maika' i a me ka maika' i. Inā makemake' oe i ke olakino maika' i, pono' oe e no' ono' o mua i nā mana' o maika' i a hana i nā hana maika' i.

Inā maika' i kōu mau mana' o a me kōu mau hana, e maika' i ana kōu mau cell a loa' a iā' oe ke kahe koko maika' i a maika' i nā mea a pau iā' oe. No laila hiki iā' oe ke loa' a ke olakino maika' i a me ke ola lō' ihi.

Inā hele' oe me ka mana' o maika' i i kou' ohana, i kou mau hoaaloha, i kōu 'oihana ... e maika' i nā mea āpau a puni' oe. Inā hele' oe me ka mana' o maika' i 'ole, e hiki mai ka' ao' ao iā' oe: e loa' a iā' oe nā mea maika' i 'ole. Inā' oe e hana pololei me kou pu' uwai, kou mau mana' o a me kōu mau hana, e holo pono nā mea a pau. Inā noi wale' oe, noi a noi a makemake hou a' e, 'oi aku ka nui a' e ... 'a' ole' oe e ola hau' oli no ka mea makemake mau' oe ma mua o kou loa' a a' o ia ke kuko. I ka wā e kū ai kou pu' uwai a make' oe, 'a' ole' oe e lawe i kekahi mea me' oe i ka lua kupapa' u. 'O nā mea a mākou e lawe pū ai me mākou i ka wā e make ai mākou, 'o kā mākou hana, ko mākou lunamana' o, e like me ka pahu' ele' ele o ka mokulele. Kaumaha ka' ike i nā mea a pau. Hā' awi kēia ola iā' oe i nā mea a pau. Inā hana nā kānaka i nā hana maika' i, e uku nā kānaka iā' oe me nā hana maika' i. Akā, inā hana' oe i nā hana' ino, e ho' iho' i' ia nā hana maika' i 'ole iā' oe. 'O ia ke kānāwai o ke kumu a me ka hopena.

E no' ono' o. Inā' oe e uku me ka hale pa' ahao, no ke aha' oe e hana hewa ai? 'O kēlā me kēia kanaka e hana hewa e uku koke a ma hope paha. 'A' ohe mea i pakele. E hele koke' oe i ka hale pa' ahao, no laila' a' ole' oe e hana. He inoa ino kou, he inoa ino kou i mua o ka lehulehu, noho ino oe no ka manawa loihi me ka lehulehu. He mea pono anei i ka hana hewa ke lealea i kekahi mau makahiki? ... a laila ke kali nei ka hale pa' ahao iā' oe. 'A' ole pono ia, 'oi aku ka maika' i o ka 'oia' i' o iā' oe iho a me nā kānaka. Ho' olilo' oe i kōu kālā e like me kou makemake, akā' a' ole hiki ke ho' opā' ia ke kālā o nā po' e' ē a' e. E like me ka po' e kālā'āina e ho' olilo a' aihue i ke kālā o ka po' e, e uku lākou no ia mea

caro.

'O i aku ka maika' i e ho' ohanohano' ia me' oe a me nā kānaka. 'O ke kālā a ka po' e no ka lehulehu, 'a' ole no' oe a me kou mau hoaaloha. I keia ola ana, ua hoopaiia oe e ke kanawai, aka, i kou make ana, e hoopaiia oe e ke kanawai o ke akua no na miliona makahiki. 'O nā hewa āu e hana ai ma kēia ao e uku' oe ma kēia ao a ma kēia hope aku. E mana' o' i' o a i' ole e hele' oe i Gehena. E like me nā mea ho' oweliweli i' ike' ole a mahalo' ole i nā kānāwai, e hele lākou i ka hale pa' ahao inā makemake lākou a' a' ole paha. 'A' ole lākou e ho' oku' u' ia. No laila, mai hoka i na mea o keia kino. Hana' ia ke kino i ka wai a me ka ea wela, no ke aha' oe e hakakā nei? Me ka lī' ilī' i hiki iā' oe ke hau' oli, 'a' ole pono' oe i nā hale nui, nā ka' a, nā lōle brand ... 'a' ole pono' oe i kēlā mau mea a pau. Me nā mea kumu hiki iā' oe ke hau' oli nui e like me nā pēpē.

Inā hana hewa' oe a ho' opunipuni i nā kānaka e ola maika' i ai, e uku nui' oe. 'O i aku ka maika' i e noho mālie a' olu' olu i kōu mea i loa' a. Me kōu kāne a i kōu wahine paha e pono ai' oe e ho' oponopono. Ua maopopo ia' u aia nā kāne maika' i a' e a me nā wahine' oi aku ka maika' i o ka honua, 'oia' i' o, 'a' ole' oe ke kanaka u' i waiwai loa ... ma ka honua. Akā inā makemake' oe e noho maluhia, pono' oe e ho' oholo i kōu mea i loa' a. Me ka mea i ho' opā' iā' oe.

Aia mau kekahi mea' oi aku ma mua o kēlā me kēia. Loa' a i kēlā me kēia kanaka ka mea i loa' a iā lākou. Inā he 100 euros' oe, pono' oe e' ike i ke kāne o 100 euros. Inā he 50 kōu kāne he 50. 'O kēlā me kēia me ko lākou pae. Inā loa' a iā' oe he 5 'a' ole hiki iā' oe ke kū' ai aku i kahi mea kūpono i ka 10.

A inā ' a' ole' oe hau' oli i kāu mea i loa' a, inā ' a' ole' oe e' ae i ka mea i hā' awi' ia iā' oe, a laila ' a' ole' oe e hau' oli i kēia ola. He nui ka po' e i hemo no ia kumu, ' imi lākou a pau i nā mea hou aku. ' Oi aku ka maika' i o ka manu ma kou lima ma mua o ka 100 lele, inā e ho' oku' u' oe i ka manu ma kou lima, a laila ' o' oe wale nō. A laila koe' ole' oe. ' O ka loneli ka' enemi nui o ke kāne/wahine a e pepehi li' ili' i iā' oe: ' o ia ka mea' ino loa. Pono ' oe e' olu' olu' i kāu mea i loa' a. No ka mea, inā ' oe e' imi' oi aku ka maika' i ma ka hopena hiki iā' oe ke waiho me ka' ole. No laila e noho hau' oli' oe. E ola me kāu hiki. ' O ka mea i loa' a iā' oe, ka mea āu e loa' a ai, me kēia e pono ai' oe e ola. Mai ho'ā' o e ola ma mua o kou hiki no ka mea' a' ole' oe e hau' oli.

E hana i nā mea a pau e loa' a ai ke kālā hou a' e i loko o ke kāmāwai. Inā ' a' ole' oe hau' oli i kāu mea, ' a' ole hiki iā' oe ke noho maluhia. No ke olakino e loa' a mau ka mana' o maika' i, ka ikehu maika' i. No ka loa' a' ana o ka ikehu maika' i, pono ' oe e hana i' ekolu mau mea: kōkua i ka po' e me ke kālā, lilo i mea manawale' a, a a' o i ka po' e me nā' ōlelo maika' i e hana pololei. E hau' oli loa' oe a li' ili' i li' ili' i kou' ano maika' i. Inā maika' i ' oe, e loli mālie kou ola.

' O ia wale nō ka mea hiki ke ho' oku' u iā' oe mai ka ma' i. E like me a' u, ' a' ole au i ma' i i nā makahiki he 40 a' a' ole au i hele i ka haukapila. ' A' ole pili, maika' i a maika' i' ole paha, ' o ia ka mea, ka mea e pā ai. Pono ' oe e hana me kāu mea i loa' a. He aha kāu e hana ai? ' Oiai inā pa' i kou po' o i ka pā, ' a' ole' oe e uha' i, no laila no ke aha e pa' i iā' oe iho? Inā kaumaha' oe' a' ole' oe e ho' oponopono i kekahi mea, e' oi aku ka hewa o nā mea āpau, e luku' oe i kou olakino pono' i. ' O ia ke kumu he mea' ole ka maika' i a i' ole nā mea' ino, no laila hiki iā' oe ke noho mālie a hau' oli loa. Mai no' ono' o' oe i ka' oko' a: ua like mākou a pau, he po' e keiki mākou a pau na ke Akua..... ' a' ohe' oko' a ma waena o nā kāne, nā wahine a me nā holoholona. Inā ' a' ohe' oko' a ... e no' ono' o e pili ana ... E lilo kēia honua i paradaiso.

Ma kēia ala e loa' a ai iā' oe ke olakino maika' i, ka wā e hiki mai ana a noho' oe e like me ka paradaiso.

HOOLA I NA MA'I O KE KINO AME KA MANAO

Inā loa' a iā' oe nā pilikia maka' u, nā pilikia no' ono' o, ke kaumaha, ka ' eha, ka huhū... hiki i nā' ano mana' o maika' i' ole ke ho' opilikia i kou olakino. ' Oi aku i nā pilikia psychological. ' O kēia mau pilikia o ka lolo, ' o ka mea wale nō e hiki ke ho' ōla iā' oe' o ka heluhelu' ana i kahi mantra. ' A' ole kōkua a ho' ōla iki nā lā' au. He mau lā' au wale nō lākou e ho' okuke aku iā' oe. Ke pau ka hopena o ka pilala, e ho' i ka mana' o like, no ka mea ' a' ole hiki iā' oe ke ho' omalu i ka mana' o. No laila nui nā a' alolo a me nā hopohopo e pili ana i kou olakino a' o ia ka manawa e hiki mai ai nā ma' i e like me ke kanesa. He mau kaukani ma' i e hiki mai ana iā' oe mai kēlā mau' ano a' alolo a me ke kaumaha. Ke a' o aku nei au iā' oe i kahi mantra i hiki iā' oe ke heluhelu i kēlā me kēia manawa i hiki mai kēia mau mana' o maika' i' ole i kou no' ono' o. E hana hou i kēia mantra me ka pau' ole a pau nā mana' o maika' i' ole a me nā kūlana o ke a' alolo, ke kaumaha a me ke kaumaha. Pono ' oe e hana hou a nalowale lākou; 1 hola, 2 hola, 3 hola ... 1 lā, ' elua lā, ' ekolu lā ... ho' okahi pule ... ho' okahi mahina ... e hana hou i ka mantra inā pono' oe e wehe i nā mana' o maika' i' ole.

Pela ka hoola ana. ' a' ohe hana mana' ē a' e. Hiki iā' oe ke ho' ōla iā' oe iho.
Na wai i ho' okomo i kēlā mau mana' o i loko o kou po' o?' o' oe a' o' oe wale nō. ' O
ia ke kumu hiki iā' oe ke wehe wale i kēlā mau mana' o maika' i' ole. ' A' ohe mea hiki ke
ho' ōla iā' oe: ' a' ohe kanaka. Hiki iā' oe ke ho' ōla iā' oe iho. Me nā lā' au lapa' au e
hele wale' oe i ka pu' uwai. ' A' ole pono' oe e no' ono' o nui i nā mea, ' a' ohe mea
nui. Inā hā' awi' oe i ka mea nui i nā mea e pilikia nui' oe. Inā hā' awi' oe i kahi mea nui o
10 e pilikia' oe i ka 10 inā hā' awi' oe i kahi mea nui o 100 e pilikia' oe i 100 inā hā' awi'
' oe i kahi mea nui o 1,000,000 e pilikia' oe i 1,000,000.

Inā' a' ole' oe e hā' awi ko' iko' i i nā mea, ' a' ole' oe e pilikia no ka mea ua like nā
mea a pau iā' oe. No laila' a' ole' oe e hā' awi i ka mea nui i nā mea. I ke ola ua like nā
mea a pau. E no' ono' o.

E hana hou' oe a ho' opa' a' au i kēia mantra:

"Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo,
Na-mo Ami -tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-
tuo-fo, Na-mo Ami-tuo-fo, Na -mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-
tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami- tuo- fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo
Ami-tuo-fo, Na-mo Ami-tuo fo, Na-mo Ami-tuo-fo, Na- mo Ami -tuo-fo, Na-mo Ami-tuo-fo, Na-mo
Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo fo , Na -mo Ami-tuo-fo, Na-
mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami -tuo -fo, Na-
mo Ami-tuo fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-
-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-
mo Ami-tuo -fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo,
Na-mo Ami-tuo-fo, Na- mo Ami-tuo -fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-
fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo fo , Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-
tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami -tuo-fo , Na-mo Ami-tuo-fo, Na-mo Ami-
tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami- tuo-fo, Na-mo
Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami- tuo-fo, Na- mo
Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami- tuo-fo, Na- mo
Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo, Na-mo Ami-tuo-fo.. "

Inā' a' ole' oe makemake, ' a' ole pono' oe e hana hou i ka leo nui. Ua lawa ka noonoo
ana a hana hou i ka noonoo 24 hora o ka la. Inā loa' a iā' oe kēia mantra i ka no' ono' o,
' a' ohe mana' o' ē a' e e hiki mai i kou mana' o. Pau nā mana' o maika' i' ole. No ka
mea? No ka mea, i ka wā e pa' a ai kou mana' o, ' a' ohe mea e hiki ke komo. Me he mea lā
e lawe' oe i kekahi mea me kou lima, ' oiai e pa' a ana kou lima' a' ole hiki iā' oe ke lawe
i kekahi mea' ē a' e.

No laila, pono e laina nā mana' o e komo i kou mana' o. Inā ho' oku' u' oe i kou mana' o,
a laila e komo hou kēlā mau mana' o' ino. ' O ia ke kumu e pono ai' oe e hana hou i ka
mantra a hiki i ka nalo' ana o kēlā mau mana' o e laina ana e komo i kou no' ono' o. Kakali
lō' ihi lākou a luhi a ha' alele. ' A' ohe ala' ē a' e.

Me nā pila ' a ' ole ' oe e ho' opono pono i kekahi mea. He aha nā mea a ke kauka e hana ai iā ' oe? E ho' opili ana ' o ia i nā uwea i kou po' o a hā' awi iā ' oe i kahi au uila? ' A' ole e like me kēia ' a' ole ' oe e wehe i nā mana' o maika' i' ole mai kou no' ono' o. ' O ka mea hiki ke ho' opakele iā ' oe, ' o ka heluhelu ' ana i ka mantra a' u i a' o aku ai iā ' oe. E hana hou i nā manawa he nui, nā lā, nā pule, nā mahina... a pau kēlā mau mana' o a pau. No laila e ola maika' i kou na' au a me kou kino pū kekahi. E ho' olohe mai ia' u. ' O ia wale nō ka mea hiki ke kōkua iā ' oe. He 1,000,000 ka maika' i ma mua o nā kauka a me nā lā' au lapa' au. ' O ' oe wale nō ka mea hiki ke ho' ōla iā ' oe. ' A' ohe mea ' ē a' e. ' A' ole hiki i kekahi ke holoi i kou lolo. ' A' ohe kanaka. ' o ' oe wale nō. Ua waiho ' oe i ka ' ike maika' i' ole i loko o kou no' ono' o a pono ' oe e lawe i waho.

Hiki i kēia mantra ke mālama i kou ola.

Ke ho' omaka ka mana' o e komo i loko o kou no' ono' o, e heluhelu koke i kēia mantra a e kipaku koke ' oe iā ia mai kou no' ono' o. Ma mua o ka ho' opa' i' ana, ka hana hewa, ka hō' eha' ana i nā kānaka..... E hana hou i kēia mantra a ho' opono pono i kou mana' o. Ha' alele ia iā ' oe e like me ka mea hou. No laila e mālama ' oe iā ' oe iho. Inā ' oe e kumakaia i kekahi ma ka no' ono' o, me nā hana a i' ole nā hua' ōlelo, ' o ka mea wale nō e ho' opakele iā ' oe ' o ka mantra. He mea kupanaha kēia mantra, pono ' oe e hō' oia' i' o e hana maika' i' oe. ' O kēia mantra ka inoa o ke Akua. ' O ia wale nō ka mea hiki ke ho' opakele iā ' oe a ho' oma' ema' e i kou mana' o.

KA POE MA'IAOLE.

Ma keia ao, ekolu ano kanaka i ma'i ole.

1.- Ka poe maikai

He aha ke kanaka maika' i? ' O ia ka mea i hana i nā hana maika' i 3 i kēlā me kēia lā:

' O ka hana maika' i mua: hana ' o ia i nā mea āpau e hiki ai ke kōkua i nā kānaka. Me kāna kālā i koe, kōkua ' o ia i ka po' e nele.

' O ka hana maika' i ' elua: ' O ka mea nāna e a' o i ka po' e me nā ' ōlelo maika' i e hana pololei. Hana maika' i.

' O ke kolu o ka hana maika' i: Ka po' e hā' awi manawale' a. Hā' awi lākou i ko lākou manawa kū' oko' a e kōkua i nā kānaka.

Pono e hana ' ia kēia mau hana ' ekolu i kēlā me kēia lā, ' a' ole i ho' okahi manawa.

I loko o ke kanaka maika' i, maika' i ka mana' o. Inā maika' i kou no' ono' o, hele ka ikehu maika' i mai kou no' ono' o ma ke kuamo' o a i ke koena o ke kino. A i ' ole, inā hewa ka mana' o, hele kēia ikehu maika' i i ke koena o ke kino a poloka i nā a' alolo, ' a' ole hiki ke kama' ilio ma waena o ka lolo a me ke koena o ke kino a ma' i ke kanaka.

No laila pono ' oe e hana e like me ke kanaka maika' i, pono ' oe e no' ono' o maika' i. Inā loa' a iā ' oe nā mana' o maika' i a pau, ho' ouna' oe i ka ' ike maika' i ma o ka spine i ke kino holo' oko' a a loa' a i ke kino holo' oko' a kēlā ikehu maika' i. Inā makemake ' oe i kēia po' e, e loa' a mau iā ' oe ke olakino maika' i.

Inā mana' o' ino' oe e loa' a iā' oe ke olakino maika' i' ole, no ka mea e loa' a i kou kino ka ikehu maika' i' ole. ' A' ole pili ka pono a me ka hewa. Inā ho' ohana nā kānaka iā' oe, inā e ho' opunipuni nā kānaka iā' oe, e hō' eha iā' oe, aia iā' oe ke kuleana āpau e ho' opa' i. Inā noho' oe me kēlā mana' o maika' i' ole, e uku' oe i nā hopena. No ka mea ua piha' oe i ka ikehu maika' i' ole a pili ia i kou olakino.

Loa' a i ka po' e i mana' o maika' i ke olakino maika' i, no ka mea, no' ono' o maika' i lākou.

2.- Ka poe emi ka manao.

Mai no' ono' o nui. Inā li' ili' i kou mau mana' o, li' ili' i kou mau makemake, a hiki i kēlā kanaka ke olakino.

3.- ' O ke kanaka i' ike i nā mea a pau āna i' ike ai a i ho' opā ai, he no' ono' o ma' ema' e.

' A' ohe mea maoli. Inā ' a' ohe mea maoli, ' a' ole' oe e lawe pono' i nā mea a' a' ole hiki ke ho' opilikia iā' oe. Inā hiki iā' oe ke maopopo i kēia, hiki iā' oe ke like me ke Akua. Hiki iā' oe ke hana i kou makemake, ' a' ohe mea e hō' eha iā' oe.

' O kēia mau' ano kanaka' ekolu ka po' e ma' i' ole.

' O kekahi mea: ka mea' ai. He holoholona mea' ai mākou, ' o ke' ano o nā niho i loa' a iā mākou e like me nā bipi a me nā lio. He' umikūmālua manawa ka lō' ihi o ko mākou' ōpū ma mua o nā holoholona kino. ' Ai lākou a lawe koke i waho, ' ai mākou a lawe i kekahi mau lā e lawe i waho i nā mea a mākou e' ai ai. Popopo ka' i' o i loko o ka' ōpū a pili ia i ko mākou olakino. E like me nā bipi hehena, ke ma' i nā bipi, lawe lākou i ko lākou mau ma' i iā mākou ke' ai mākou i kā lākou' i' o. Inā ' a' ole mākou e' ai i kā lākou' i' o, ' a' ole pili ka ma' i iā mākou. ' A' ole pepehi' ia nā ma' i ma' i inā' oe e kuke maika' i. Loa' a i kēlā me kēia holoholona kona mau ma' i, e like me ka monkey i lawe i ka ma' i AIDS a' a' ohe mea i loa' a iā ia, akā' oko' a ka hopena o ko mākou olakino. ' O ia ke kumu inā' a' ole mākou e' ai i kā lākou' i' o, e li' ili' i ka pilikia o ka ma' i.

Pono mākou e' ai i nā cereals, nā hua' ai, nā mea kanu ... me kēia mau mea a mākou i lawa ai.

No ka la' ana, ' o wau iho, he 40 mau makahiki ko' u mea' ai mea' ai a' a' ole loa au i ma' i, ' a' ole au e hele i ke kauka, no ka mea, ua maika' i ko' u mana' o. Inā ' a' ohe ou olakino, he aha kāu?

No laila, no ke olakino maika' i:

Pono' oe e lilo i kanaka maika' i a hana i nā hana maika' i' ekolu no nā kānaka.

Ho' opau' elua i ka mana' o maika' i' ole. E hoomalu i kou manao ino. E no' ono' o maika' i mau.

Ke kolu. E waiho i ka no'ono'o, mai hā'awi ko'iko' i i nā mea e hiki mai ana,
'a' ohe mea nui, mai ho'one' e i ka mana' o. 'Oiai' oe e ho'one' e i kou
mau mana' o, ho'one' e' oe i kou pu'uwai a pili kēia i kou olakino. 'O nā mea
a pau āu e' ike ai a pā paha, maika' i a maika' i' ole paha e ho'ā' o e ha'alele.
No laila e loa' a iā' oe ke olakino maika' i.

'O ke olakino maika' i, pono e loa' a iā' oe, 'a' ole hiki i nā kauka ke kōkua iā'
'oe.

He mea nui ho' i ka ne' e' ana, 'a' ole hiki iā' oe ke noho wale i mua o ka TV e
'oki ana i kou'ōpū. 'O ke kino, inā' a' ole ia e ne' e, haki koke. Ke hele wāwae,
hana' ana i nā ha'uki ha'aha' a...

'O ka mea maika' i' a' ole e ho'one' e i ka mana' o, 'a' ole maika' i a maika' i' ole.

Mahalo nui iā' oe.



[NUI HUI](#)



23. KA HUA O ka maikai a me ka ino.

Lawe mākou i loko o ko mākou ' ike, ' elua hua.

' O ka hua mua ka hua maika' i. Hāpai mau mākou i loko o ko mākou ' ike. Akā, lawe pū mākou i kahi hua ' ē a' e: ka hua o ka ' ino. O keia anoano o ka ino ka mea i ao a ulu ma keia ao.

' O ka hua o ka maika' i ' o ia ho' i: i loko o ko mākou ' ike he akua mākou, he ' uhane maika' i mākou. Akā, lawe mākou i ka hua o ka ' ino no ka mea aia mākou i loko o kēia ao no' ono' o. ' O ka mea a mākou e ' ike ai a ho' opā ai i kēia ao he mea no' ono' o a ho' ohuli mākou i mea maoli. Ho' ololi mākou i kēlā moemoeā i mea maoli. ' O ia ke kumu e a' o ai kākou e ho' oka' awale i ka maika' i a me ka hewa. Nui ka po' e i hana hewa no ka ' ike ' ole i ka ' oko' a o ka maika' i a me ka hewa a huikau lākou. Pono mākou e ho' ā' o e a' o, ma mua o ka ho' ohewa ' ana a kuhikuhi i nā manamana lima. O na kanaka a pau e hana ino ana ma keia ao, no ka mea, aohe mea nana lakou i ao mai i ka pono a me ka hewa, nolaila ua huikau lakou.

Ma keia hihia e ao kakou. Pono kākou e a' o mai kinohi mai, ma mua o ko kākou hānau ' ana. Pono ka makuahine e a' o i kāna keiki me ka no' ono' o maika' i. I ka hānau ' ana o ke pēpē, pono ' o ia e a' o me kāna mau hana, no ka mea, ' a' ole ' o ia i ' ike i ka ' ōlelo, ' ike a a' o. Ma muli o kāna ' ōlelo ' ole, ' a' ole ia he maopopo ' ole. A' o ke pēpē i nā mea a pau āna e ' ike ai a lohe ai. ' O ia ke kumu inā makemake ' oe e loa' a kahi wā e hiki mai ana no kāu keiki, pono ' oe e ho' okumu i kahi kumu ho' ohālike, ' o ka makua kāne a me ka makuahine. No laila e a' o ai ke keiki ma kāu hi' ohī' ona. ' O ia ke kumu inā hana hewa ka makua kāne a makuahine paha, a' o maika' i ke keiki no ka mea, hana like ke keiki me kāna i ' ike ai i kāna mau mākuā.

No laila, i mea e ulu ai ka hua o ka maika' i a hua mai i ka hua, pono ' oe e hana me he lā' au lā.

Pono ka lā' au: lepo, wai, lā, mea ho' omomona... e ulu ai. ' O ia ke kumu e ulu ai ka hua o ka maika' i, pono ia i kāu mau hana maika' i.

Inā makemake ' oe e lilo i kanaka maika' i, e no' ono' o mua i nā mea maika' i a pau, e ' ōlelo i nā ' ōlelo maika' i i kekahi. No ka mea he ' āpana maika' i a maika' i ' ole kēlā me kēia kanaka. Inā makemake ' oe e maika' i nā mea a pau iā ' oe a hau' oli, pono ' oe e kama' ilio me

'ōlelo maika' i, pono' oe e no' ono' o maika' i, pono' oe e hana maika' i.
Hana i nā mea maika' i no nā kānaka. Inā' oe e hana i nā mea maika' i no nā kānaka, inā
'oe e kaumaha iā' oe iho no kou mau hoaloha, no kou' ohana, no nā kānaka,
mahalo nā mea a pau iā' oe me ko lākou pu' uwai. Makemake nā kānaka a pau e lilo i
hoaloha a noho pū me' oe. E lilo' oe i makua kāne maika' i loa a he kama' āina
maika' i. 'O ia ke kumu e kaumaha ai' oe i kahi mea li' ili' i no ka nui.

Inā makemake' oe e loa' a kahi pōmaika' i li' ili' i mai ka po' e, e ho' olilo nā kānaka
iā' oe i' oi aku ka pipi' i. Inā ho' ohana' oe i kahi mea li' ili' i o nā kānaka, e
uku nui nā kānaka iā' oe. 'O ia ke kumu ho' okahi kapua' i i hope he' umi kapua' i i
mua.

I maopopo iā' oe: ma kēia ao, i kēia hui, pono' oe e mōhai aku i kahi mea āu i loa' a
ai no nā po' e' ē a' e me ka makemake' ole a noi' ole i kekahi mea, no laila e
ho' one' e' oe i ka na' au o nā kānaka. I kēlā hihia, hiki iā' oe ke loa' a i nā mea āu e
makemake ai a hiki iā' oe ke loa' a i nā mea āu e makemake ai i kēia ao. 'O
kēlā me kēia manawa maika' i e ha' i mua iā' oe. 'O ia ka hua o ka maika' i.

Inā kanu maika' i' oe, ulu maika' i ia.

Ka hua o ka ino Loa' a iā mākou ka hua o ka hewa i loko o ko mākou lunamana' o.
'O ia ke kumu ma mua o ka hana' ana i kekahi mea, 'ōlelo kekahi hapa o ko mākou
lunamana' o: 'ae, 'ae, hana! A'ōlelo kekahi' āpana o ko mākou
lunamana' o: 'a' ole, 'a' ole, mai hana' oe!' O kēia ka hakakā ma waena o ka
maika' i a me ka hewa.

Inā ho' ohāinu' oe, ho' omomona a mālama i ka hua o ka' ino, ulu ia. Nui nā' ano' ano
o ka' ino: no ka la' ana: he kanaka ma' amau i komo i ka honua o nā lā' au lapa' au, 'ai
i nā lā' au lapa' au.... Ke hō' oia' i' o nei au e make ana' o ia i ka overdose. 'O kou mua
kēia. Ma mua o kona make' ana, ho' opō' ino' o ia i kekahi e loa' a kālā a uku i ka lā' au
lapa' au, 'o ia ka hua o ka' ino. Inā' a' ole' oe e ho' okoko, 'a' ole ia e ulu. Inā
hana hewa' oe i nā kānaka, ma hope a ma hope paha e makemake kekahi e ho' opa' i a
hahai mai iā' oe. Inā' a' ole' oe e ho' oinu a ho' omomona i ka hua o ka' ino, 'a' ole
ia e ulu. Pili ia iā mākou iho, i ke' ano o ko mākou makemake e ola. Inā makemake mākou
e ola maika' i a i' ole e like me ka' iole e holo ana mai nā wahi a pau no ka mea' a' ohe
mea makemake a'ōlelo nā mea a pau: e pepehi iā ia, e pepehi!

'O kēia ka hua o ka maika' i a me ka hewa.

'A' ohe hana maika' i' ole e hele me ka hopena' ole.

'O nā mea a pau a mākou e hana hewa ai, ma kekahi ala a i' ole, ma hope koke a ho' i
mai, e uku' oe i' oi aku ka pipi' i. 'A' ole puka mau nā helu. E ho' opa' i mua' oe iā
'oe iho, inā e holo' oe iā ia ma ke alanui, 'o' oe iho e ho' oha' aha' a i kou maka me
ka hilahila, 'a' ole hiki iā' oe ke nānā aku i kona helehelena, 'o ia ke kumu e ho' opa' i
nei' oe iā' oe iho. Inā he kanaka maika' i' oe a hele' oe i kēlā me kēia wahi, aloha nā
kānaka a pau iā' oe, he ola maika' i kēlā.

No laila, inā' oe e hana lapuwale ma kēia ao a makemake' oe e ho' opōmaika' i i nā
kānaka, e ho' omana' o maika' i: 'o nā mea a pau āu e lawe ai mai nā kānaka e pōmaika' i
ai iā' oe iho, a i' ole e hana' ino' oe i nā kānaka, e ho' omana' o.

' Ae, ' a' ole wale kou lunamana' o e ho' opa' i iā' oe, ho' opa' i ka po' e iā' oe, loa' a iā' oe ka ho' opa' i koke a ma hope paha. Ke make' oe, ' o nā mea a pau āu i ho' okō ai i kēia ao, ' a' ole' oe e lawe i kekahi mea, ' a' ohe mea' ole. Ma luna o kēlā me kēia manawa hiki iā' oe ke make. ' A' ohe mea i' ike i ka manawa, ' a' ole ho' i i ka lā e make ai mākou. ' A' ohe mea' ike. Ke komo' ole ka ea, pau nā mea a pau. ' O ka pu' uwai pu' uwai, ka lolo ... i kēlā me kēia manawa hiki iā' oe ke make, me ka' olelo' ole.

No laila, mai mana' o' oe e ola ana' oe i nā makahiki he nui. ' A' ohe mea hō' oia' i' o iā' oe i kekahi mea. ' O ia ke kumu e ho' ā' o e ola maika' i, e ho' ā' o e aloha nā mea a pau iā' oe. I kēlā hihia, pono' oe e ho' ohui i ka wai, ka lepo a me ka mea momona i ka hua o ka maika' i. ' A' ohe ala' ē a' e e ola maika' i ai a loa' a kahi ola maika' i.

' O ia ke kumu inā makemake' oe e lilo i Saint ma hope o ke ola, ma' alahi loa ia: e hana e like me Iesu Kristo, e make no kekahi, e ola no kekahi. E like me Buddha nāna i ho' ola' a ma mua o 49 mau makahiki i ke a' o' ana i ka po' e me ka ho' omaha' ole, ' a' ole i ka Pō' aono a i ka lā Sābati. E hana mau ana no na kanaka no 49 makahiki. Mohai no hai. Pono kākou e a' o mai kēia po' e. Hā' awi wale lākou i ka wai a me ka momona i kēlā hua o ka maika' i, ' o ia ke kumu i lilo ai lākou i alaka' i honua. I ke ola, pili nā mea āpau i ke' ano āu e makemake ai: pili nā mea āpau iā' oe. Pela e malama ia ai ka hua o ka maikai. Poina e pili ana i ka hua o ka hewa e lawe wale mai i na mea ino. ' A' ole ia e lawe mai i kekahi mea maika' i: i ka wā mua, ' ike' ia' oe e pōmaika' i, akā i ka manawa e uku nui' oe i nā hopena, e hele mai lākou iā' oe a loa' a iā' oe nā pilikia. E ho' omana' o maika' i: mai ho' ā' o e ho' ohana i nā mea' ē a' e e ho' owaiwai iā' oe iho no ka mea e uku nui' oe, nui loa. He nui kāu mau hō' ike e kāko' o ana i ka' u' olelo. I ka wā mua, me he mea lā ua maika' i nā mea iā' oe, akā i ka manawa pōkole e hiki mai ana nā mea iā' oe. Inā hana hewa' oe, hele' oe me ka mana' o e kali ana' o Gehena iā' oe: ua wehe' ia nā puka o Gehena iā' oe a e' eha' oe i ka uku no kāu mea i hana ai.

Inā ho' oulu' oe i ka hua o ka maika' i, komo' oe i ka paradaiso: ke kali nei ka paradaiso iā' oe ' A' ole nui nā pilikia e like me kēia ao, me ka nui o nā pō' ino kūlohelohe, nui ka' eha ... ' O ia ke kumu e hiki ai iā' mākou ke ho' ohuli i kēia honua i paradaiso . Pono mākou e ho' omomona a hā' awi i ka wai i ka hua o ka maika' i, a e noho mākou a pau i ka paradaiso.

Ma mua o ka ho' omomona' ana a me ka ho' oinu' ana i ka hua o ka' ino, e no' ono' o pono. No ka mea, he hopena' ino ia no' oe, kou' ohana, kāu mau keiki, kāu mo' opuna... E no' ono' o.

I ke ola' a' ole pono' oe e hakakā a hakakā paha, ha' alele, ' a' ohe mea nui, maika' i, ' eha iki ka maika' i. Mai no' ono' o nui: "E' eha wau, ' eha wau... ' a' ohe mea nui. Inā hiki iā' oe ke kala i kekahi, ke uku nei' oe i ka hua o ka maika' i. Mai no' ono' o e pili ana i ka ho' opa' i' ana, no ka mea ma ka hopena e loa' a ka' eha no kēlā me kēia kanaka a' a' ohe mea lanakila. No laila mai no' ono' o i ka ho' opa' i. ' O ka ho' opa' i wale nō e hānai i ka hua o ka hewa. Mai hopohopo, e ke Akua, e ho' opa' i mai kona lunamana' o a me nā kānaka iā' oe. ' A' ole pono' oe e ho' opa' i. Poina! E pō' ino ka po' e' ē a' e, he pō' ino wale nō' oe. No laila ' a' ole pono' oe e nānā i hope. ' O wai ke nānā i hope ka po' e maka' u no ka hana hewa a maka' u i ka ho' opa' i' ana o ha' i. ' O ia ke kumu i noho maika' i' ole ai kēia po' e, me ka maka' u mau...

' O ia ke kumu e ho' ā' o ai' o ia e mālama i ka hua o ka maika' i. Penei kona ulu ana a nani kou ola, e haawi i ka malamalama, ka wai a me ka momona i ka hua o ka maikai au e lawe nei iloko. E' olu' olu e ho' olohe mai ia' u: ' a' ohe mea a mākou e lawe ai i ka honua' ē a' e, ' o ko mākou lunamana' o wale nō a me kā mākou mau hana maika' i. ' A' ole pono ka hana' ino i mea e pono ai. A laila e uku nui' oe no nā hopena: ke kali nei' o Gehena iā' oe. He po' e e' ōlelo nei' a' ohe Gehena, pono, a inā aia, pehea? He 50% ka manawa aia, no laila inā loa' a ia, he aha ka mea? Ke' ōlelo nei' o Buddha a me Iesū Kristo aia nō, no laila' oi aku ka maika' i o ka hānai' ana i ka hua o ka hewa. No laila, e ka makuahōnōwai, ' a' ole' oe e' eha a' a' ole' oe e loa' a i kahi pō' ino i Gehena.

No laila e ho' ā' o e noho i kēia ao maika' i. No ka mea, ' a' ohe mea makemake i ka maika' i' ole. Inā' a' ole' oe makemake i nā mea maika' i' ole, mai hana i nā mea maika' i' ole, no laila ma kēia ao ke ola hau' oli nei mākou.

No laila, ke makemake nei au e hiki iā' oukou a pau ke ho' omaopopo a hana maika' i no ' oukou iho a no kekahi.

Mahalo nui iā' oe.



NUI HUI



24. MIHI

Ke hana hewa mau nei kēia me kēia kanaka i ko lākou ola. Hana hewa mākou a pau i ke ola. Aia nā hewa ko' iko' i a' a' ole nui nā hewa. ' O ka mea nui, ' o ia ke mihi me kou pu' uwai a pau.

Inā ua hō' eha' oe i kekahi, no ka mea. Inā no ko lākou pono pono'ī a makemake paha, ua hō' eha' oe i kekahi, makemake kēia kanaka e kala' ia, ' o kā lākou hana wale nō ke noi aku i ke kala' ana me ko lākou pu' uwai a pau, pono lākou e kala' ia me ka pu' uwai a pau. Inā pono' oe e uku i nā hopena, pono' oe e uku i nā hopena. I kēia hihia, ke noi' ia ke kala' ana, pono' oe e uku i kāu aie i ka mea āu i hana' ino ai. Akā, pono ia me kou pu' uwai a pau. E wehe i kou pu' uwai a noi aku i ke kala me ka ha' aha' a a me ka' oia' i' o. Hana hewa mākou a pau: ' o mākou a pau, ' oi aku kekahi a emi iki kekahi. ' O ka mea nui, ' o ka noi' ana i ke kala' ana inā paha lākou e ho' opa' i, hō' ino a uē paha iā' oe a inā pono' oe e uku i nā hopena, pono e uku' ia. No laila, maika' i' oe iā' oe iho. No laila hiki iā' oe ke hele me kou po' o ki' eki' e. ' A' ole' oe e' aka' aka i kou po' o ke' ike ' oe i kekahi. E ho' oki' eki' e i kou po' o a noi aku i ke kala' ana. Ho' okoko' oe i ke kanaka āu i' eha ai a noi aku e kala mai. Inā ua hō' eha' oe i kou makuā kāne a makuahine paha, e noi me ka' oia' i' o e kala mai.

' O ka minamina maoli, ' oia' oe i' ike i kou mau hewa pono' ī a wehe i kou pu' uwai pono' ī e noi aku e kala' ia, ma kēia mua aku' a' ole' oe e hana hou i ka hewa like. He mihi maoli keia. Inā noi' oe i ke kala' ana i kēia lā a' apōpō e hana hou' oe i ka hewa like, a laila' a' ole' oe e kala.

Ke pā' ani nei' oe me nā kānaka, me nā mana' o o nā kānaka, ho' ā' o' oe e ho' opunipuni i nā kānaka, ho' opunipuni' oe i nā kānaka a no laila ho' opunipuni' oe iā' oe iho. E uku nui ana' oe no kēia: ' oia' i' o. E uku nui ana oe. Ke hiki mai kou manawa, ma hope a ma hope paha, he manawa wale nō ia. Inā' a' ole' oe makemake e loa' a kahi manawa' ino i kou wā e hiki mai ana, pono' oe e noi i kala' ia. ' O ka mea āu i hō' eha ai. ' O ka noi' ana i ke kala' ana hiki ke mālama i kou wā e hiki mai ana. Inā makemake' oe e' ālohilohi kou wā e hiki mai ana, e loa' a i kahi' ohana maika' i, e loa' a i nā mea maika' i he nui, pono' oe e noi me ka na' au holo' oko' a no ke kala' ana.

' O ia ke kumu i kou noi' ana i ke kala' ana, lilo' oe i kāne a wahine pono. Akā, e ho' omana' o maika' i, inā' oe e noi i ke kala' ana e emi loa nā hopena. Inā' a' ole' oe e kala mai, i ka wā e hiki mai ai kou manawa, e ho' opa' i' ia' oe e ka po' e' ilihune. Inā noi' oe i kala' ia, pono ia. I kēia hihia, ' oi aku ka wikiwiki o kou noi' ana i ke kala' ana, ' oi aku ka wikiwiki o kou ola i ka maika' i. E ho' omana' o maika' i.

' O ka mea wale nō e holo maika' i ai kou wā e hiki mai ana, e noi aku i ke kala' ana i ka mea āu i' eha ai, e noi aku i kala' ia a inā pono, e kukuli i mua o kāu mea i pepehi ' ia a noi aku i kā lākou kala' ana. Inā hiki iā lākou ke kala mai iā' oe, hiki iā' oe ke kala iā' oe iho. No ka mea, inā' a' ole' oe e noi i kala' ia, loa' a iā' oe kahi mana' o e ho' opa' a i nā mea a pau āu e hana ai. Inā' oe e hō' eha a' eha i kekahi, me kēia mana' o maika' i' ole o ka hō' eha' ana i nā kānaka, e ho' opilikia ia i kou no' ono' o a me kou olakino. I kēlā me kēia manawa āu e hana ai i kahi mea maika' i' ole, e hō' ili' ili' oe i ka ikehu maika' i' ole a e' ike' oe i nā mea maika' i' ole a puni' oe: ka pō' ino, ke olakino maika' i' ole, aloha' ole nā kānaka iā' oe, ka wā e hiki mai ana, ka hana maika' i' ole, e hā' ule kāu male ...

No ka mea, inā' ino ke kanaka, ' a' ole hiki ke loa' a iā ia ke ola nani.

Loa' a ka ho' opa' i ma mua o kekahi a ma hope o kekahi. Ho' opa' i' oe iā' oe iho, uku nui' oe, he manawa. Ma hope a ma hope paha e uku nui' oe. ' A' ohe mea e pakele i ko lākou ho' opa' i. A inā' a' ole' o ia e kala mai, ' oi aku ka nui o kou ho' opa' i. Inā noi' oe i kala i kekahi manawa' a' ole lākou e ho' ohewa iā' oe, ' a' ole' oe e uku i nā hopena. No ka mea, ke noi aku' oe i ke kala' ana me kou pu' uwai a pau, e kala mai ka nui o nā kānaka iā' oe. ' Ōlelo ka hapa nui o ka po' e: "' Ae, ' ae, inā' oe e noi mai ia' u no ke kala' ana ma kekahi' ano, me kou pu' uwai a pau, kala wau iā' oe" a ho' i i ka lilo' ana i hoaloha nou. Hiki ke lilo i' āpana o kou' ohana.

No laila e pale i ka hana hewa hou a' e:

Pono mua' oe e no' ono' o e pili ana i ke kanaka' ē a' e. Inā' oe e no' ono' o mua iā "a' u", no kou pono pono' ī, i kēlā me kēia lā e hana hou' oe hewa.

E ho' omana' o maika' i: pono' oe e noi i ke kala' ana no ka mea ua' eha' oe, ' o ka mua i ke akua, ka lua i nā kānaka a me ke kolu iā' oe iho. ' O kēlā me kēia hewa mai ka mana' o pono' ī, ' oi aku ka nui o' u, ' oi aku ka nui o nā hewa. Nui ka po' e i mihi ' ole a i kēlā me kēia manawa e' oi aku ka' ino o ko lākou ola, ' oi aku ka' elemakule a' oi aku ka nui o nā mea' ino iā lākou.

Pono' oe e ho' omaopopo i kēia ao, inā' a' ole' oe i mana' o' i' o, aia ka ho' opa' i o ke akua. Ke ' ōlelo nei kēlā po' e: ' A' ole au i' ike i ke Akua, no laila ' a' ole wau i mana' o' i' o. ' A' ole' o ia i mana' o' i' o i ka ho' opa' i no ka mea' a' ole' o ia i' ike a' ike paha. Akā ma ia ao he nui nā mea i' ike' ole' ia a ' ike' ole' ia, akā aia nō. No ka la' ana: kahi mana mamao no TV. Ke pa' i' oe i ke pihi e ho' āla a pio ka TV, ho' oki' eki' e a ho' oha' aha' a paha i ka leo.... ' A' ole ' oe e' ike i nā nalu, akā aia nō. Ua like ia me nā akua, e like me kou ikaika pono' ī, ' oia i inā' a' ole' oe e' ike, ' a' ole ia he mana' o' a' ole ia.

' O ia ke kumu i loa' a ai ka pōmaika' i a i' ole ka pō' ino. Inā makemake' oe e ola maika' i a loa' a ka wā e hiki mai ana, e ho' omana' o maika' i: e noi mau i ke kala ' ana, mihi i nā mea āu i hana hewa ai. A inā hō' eha kekahi iā' oe, pono' oe e kala aku, ' oia i inā loa' a iā' oe nā kumu āpau o ka honua.

Inā ua hō' eha kekahi iā' oe a ho' opa' a' oe i ka huhū a makemake' oe e ho' opa' i, i ka lā āpau ke no' ono' o nei' oe i kēlā mana' o ho' opa' i, a e hō' eha kēia iā' oe iho.

No ka mea, me kēlā mana' o maika' i' ole, ho' opa' a' oe i nā a' alolo e hele ana mai ke po' o a i ka iwi kuamo' o a mai laila a i ke kino holo' oko' a, i ke kino holo' oko' a. E nīnau i kekahi kauka, ' ae lākou a pau.

Ke pani' ia nā' auwa' a, ma' i' oe a pōkole ke ola. Inā' a' ohe ou olakino i kou ola, he aha kāu? No laila, no kou pono pono' ī: inā makemake' oe e loa' a ke ola lō' ihi, ka laki a me ke olakino maika' i, pono' oe e hana i' elua mau mea: e noi i kala' ia ke hō' eha' oe i kekahi a inā e hō' eha kekahi iā' oe, pono' oe e kala i kēlā kanaka me kou pu' uwai a pau. . Inā' a' ole' oe e kala aku, pehea' oe e ola ai inā no' ono' o' oe i ka lā a pau e pili ana i ka ho' opa' i, ho' opa' i, ho' opa' i ... pehea' oe e loa' a ai ke olakino maika' i?

' A' ole hiki kēlā.

' O ia ke kumu no kou pono pono' ī' oe e a' o i ke kala' ana i kekahi. Inā' a' ole' oe e a' o e kala aku i kekahi, e hō' eha' oe iā' oe iho. Pono' oe e kala a noi aku i ke kala' ana a mihi mai ka pu' uwai. ' O ka mihi maoli' a' ole ia e hana hou i ka hewa like i ka wā e hiki mai ana: ' o ia ka mihi maoli.

Inā mihi' oe i kēia lā a' apōpō ho' omau' oe i nā hewa like, a laila' a' ole' oe e mihi maoli.

E ho' omana' o maika' i:

' Elua mau mea nui i ke ola: ke noi' ana i ke kala' ana mai ka po' e āu i hō' eha ai a kala i ka po' e i hō' eha iā' oe.

I kēia hihia hiki iā' oe ke noho me ke olakino maika' i, kahi wā e hiki mai ana, kahi' ohana maika' i, nani nā mea āpau.

Ua hō' eha ka po' e iā mākou i nā manawa he nui, akā mai ho' opa' a i ka huhū, ' o ke kala' ana i nā po' e' ē a' e he pōmaika' i iā' oe: hiki iā' oe ke loa' a i kahi helehelena' ōpio, ' ōlinolino, aloha aloha me ka wā e hiki mai ana. Ke huhū' oe, e no' ono' o mau ua hana mua ia. A pōina.

E ho' omana' o maika' i: i mea e ola maika' i ai' ekolu mau mea:

1° pōina i ka wā i hala

Pōina ka lua, mai manao nui,

3° mai no' ono' o i ka wā e hiki mai ana.

Nui ka po' e e no' ono' o i ka wā e hiki mai ana; mana' o kekahi i ka wā e hiki mai ana, a i' ole,

A laila' a' ole hiki iā ia ke noho me ka maluhia. Ke no' ono' o' oe i ka wā i hala, i kēia manawa a i ka wā e hiki mai ana, ' a' ole hiki iā' oe ke ola maika' i: kekahi mea mai ka wā i hala, ' ino a maika' i paha.

' O ka lanakila' ana i ka hewa o kou wā i hala me ka mihi, me ka' ole o ka ho' opa' a' ana i ka inaina ka mea maika' i loa iā' oe.

Mai hopohopo, e mālama ke Akua, ka lehulehu a me nā kānaka e ho' opa' i i ka po' e hana hewa. E' ike nā kānaka a pau i ke' ano o kona' ano, ' o kona wā e hiki mai ana ka pō' ino loa. ' A' ole pono iā mākou ke hana i ka pono no ka pōina a lākou i hana mai ai iā mākou.

' O ke Akua, ke kāmāwai, ka hui, e ho' opa' i iā' oe. ' O ia ke kumu e ha' alele ai i kou ho' opa' i' ana a me kou huhū' oiai inā pololei' oe. No laila e loa' a iā' oe ke ola lō' ihi, ke olakino maika' i a me ka wā e hiki mai ana. Inā makemake' oe e olakino, pono' oe e no' ono' o maika' i, inā' a' ole, pehea' oe e ola ai inā he inaina' oe i kēlā me kēia lā, piha kou maka i ka inaina. ' Oiai inā pololei' oe, ' oiai' o' oe ka mea i hō' eha' ia, pōina iā ia no ka mea ma luna o ka mea' ē a' e e hō' eha iā' oe, e hō' eha' oe iā' oe iho.

' O ia ka' ino ma mua o ka' ino. ' O ka' enemi ikaika loa i loa' a iā mākou ' o ia iho, no laila e no' ono' o' oe no kou pono; Aia nā mea a pau iā' oe, ' a' ole ma luna o kekahi.

' O' oe wale nō ka mea nui.

Mahalo nui iā' oe.



NUI HUI



25. NA MAKA'U, NA MAKA'U, A ME NA MAHELE

I kēia ola, pono ' oe e a' o i ka maka' u a i' ole ka maka' u. No hea mai ka makau a me ka makau? Hele mai lākou no ka makemake. ' O kā mākou makemake e loa' a. Maka' u no kou ola, no kou wā e hiki mai ana, no kou makemake a pau; maka' u kēia. ' Oi aku ka nui o ka' u, ' oi aku ka nui o ka maka' u a me ka maka' u iā ia. ' Oi aku ka nui o ke aloha o kēia kino, ' oi aku ka' ino a' a' ole ' oe e noho maluhia. ' Oia' i' o. Hiki i kāu pō hope i kēlā me kēia lā. Nui nā kānaka o ka honua e make i kēlā me kēia lā. No nā kumu like ' ole. Nui nā ' ano ulia pōpilikia. ' A' ohe mea i' ike i ka wā e make ai lākou. Hiki ke hele mai ka make iā ' oe i kēlā me kēia manawa no nā kumu miliona. E make ana... e make ana kakou a pau. Make mākou a pau. ' O wai ka mea make ' ole? No'u keia kino, aole na'u. Inā ho' omaopopo ' oe i kēia, ua like ka' uhane me ka mea ho' olimalima, i kekahi lā e ha' alele mākou i kēia kino, a laila ... No ke aha mākou e hana ai i nā hana maika' i' ole e like me ka scamming, ho' opunipuni, e lawe pono i nā kānaka no ka pono o keia kino? E loa' a iā ' oe ' elua pilikia. ' O ka mea mua me kou lunamana' o, ' ike ' oe ' a' ole i hana maika' i' ia. He mau maka' u lākou a pau. ' O ka nui o nā hana maika' i' ole āu e hana ai, ' oi aku ka nui o ka maka' u a me ka maka' u. Inā hana ' oe i' umi hana maika' i' ole i nā kānaka, he ' umi kou ' enemi. E kali ana nā kānaka a pau i ka manawa e ho' opa' i ai. Inā he miliona kou mau ' enemi, e loa' a iā ' oe he miliona maka' u. E kali nā kānaka a pau iā ' oe e hiki mai kāu manawa pō' ino. Loa' a i kēlā me kēia kanaka ko lākou mau manawa maika' i a me kā lākou mau manawa pō' ino. Inā loa' a iā ' oe ka pōmaika' i, ma kahi o ke kōkua' ana, e uha' i' oe i ka po' e a ho' ohana pono iā lākou, inā loa' a ' oe i ka pō' ino e hahai mai lākou iā ' oe. ' O ia ke kumu, mai ho' ohana i kou kūlana o ka waiwai a me ka mana, no ka mea, ' a' ole e mau kou laki maika' i i ke ola a pau. ' O kou manawa kēia i kēia lā a ' apōpō ka manawa ' ē a' e. ' O ia ka pō' ai o ke ola. No keia iho ka makau a pau, ke kino o ke kino. E ho' omaopopo he mea ho' opau kēia kino. ' A' ohe mea ' ē a' e. He ' uhane mākou a' o ka mea a mākou e lawe mau nei me ko mākou ' uhane, ' o kā mākou hana a me ko mākou lunamana' o. ' A' ole hele kēia. ' O ia ke kumu e ho' ā' o ai e li' ili' i ia' u e like me ka hiki, i lilo ' oe i kanaka ' oko' a' ole ma waena o' u, ' o' oe, ' o ia a me ke kaiāulu.

Inā ' a' ole ' oe e hana i nā ' oko' a, ' a' ole ' oe e ho' opunipuni i kekahi, ' a' ole ho' i e hō' eha i kekahi, ' a' ole ho' i e ho' ohana i kekahi, no ka mea, ' o' oe kekahi a' a' ole ' oe e hō' eha iā ' oe iho. I kēia hihia, e lilo ana ' oe i' a i loko o ka wai. E ho' okipa' ia ' oe ma nā wahi āpau. Aloha a mahalo nā kānaka a pau iā ' oe. ' A' ole ' oe e maka' u a maka' u. Pono ' oe e ' ae i ke ola i ka wā e hiki mai ana, me kāna mau manawa o ka pōmaika' i a me kāna mau manawa pō' ino. ' O nā mea a pau iā ' oe ma kēia ao, ke make ' oe e ha' alele ' oe i nā mea āpau.

No ke aha e ho' ohana pono ai i nā mea ' ē a' e e loa' a ai kahi mea no ka manawa pōkole e ola ai' oe i kēia kino? Inā maika' i' ole' oe, e huki' oe i nā mea' ino: kēlā me kēia me kāna' ano: e like me ka' aihue me ka' aihue, ka mea' aihue me ka mea ho' ohui lā' au ... kēlā me kēia me kāna' ano. ' O ia ke kumu e hui pū ai ka ' ino me ka maika' i' ole. Pono' oe e ho' omaopopo i kēlā. I ke ola, pono' oe e ' ae i nā mea a pau i loa' a iā' oe me kou pu' uwai, inā he maika' i a maika' i' ole paha. Nui ka po' e e pepehi iā lākou iho ma muli o nā pilikia li' ili' i, akā' a' ole e ho' oponopono kēia i kekahi mea. Pono kēia po' e e ho' omaopopo i kēlā me kēia kanaka ko lākou la' a maika' i' ole. E kali iki ma hope o ka pō' ele' ele hiki mai ka wana' ao a hiki mai ka lā. Mai hau' oli i ka hiki' ana mai o kou pōmaika' i iā' oe, no ka mea, ma hope o ka pōmaika' i e hiki mai ana kou pō' ino.

Ke loli nei ke ola a pono nā mea a pau e ola i nā manawa maika' i a maika' i' ole. Mai mana nui i na mea o keia ao. Inā ha' alele kāu wahine iā' oe, ' a' ole pono' oe e pepehi iā' oe iho, ma kēia ao ka nui o nā wahine' oi aku ka maika' i a inā ha' alele kāu kāne iā' oe, ' oia' i' o e loa' a iā' oe nā kāne' oi aku ka maika' i ma mua o kāu kāne. He mau miliona kanaka ma ka honua. No laila, mai hopohopo, ma hope o kou pō' ino, hiki mai kou pōmaika' i a loa' a iā' oe kahi kāne/wahine' oi aku ka maika' i ma mua o ka mea i ha' alele iā' oe. maopopo iā' oe Inā hana mua' oe no nā po' e' ē a' e, e hā' awi mua i kou pu' uwai ... e pane like ka mea' ē a' e. E ho' iho' i iā' oe me ka pu' uwai hou aku.

Inā hā' awi maika' i' oe i kahi' ē a' e, e ho' iho' i hou ka' ē a' e. ' O kēia ke ola. ' O ia ke kēnāwai o ka karma. Inā hō' eha kekahi iā' oe, mai hopohopo, ' a' ole pono' oe e ho' opa' i. Nana no e hoopai ia iho, na ke kanawai o ke Akua ia e hoopai, na kona lunamano e hoopai ia ia. ' O nā hana maika' i' ole a mākou e hana nei he "berena no kēia lā a me ka pōloli no ka lā' apōpō", ' a' ole ia e hele ma kahi ' ē.

' O ia ke kumu e ho' ā' o ai e loa' a kēlā' ano li' ili' i no ka mea' oi aku ka li' ili' i, ' oi aku ka li' ili' i o ka maka' u a me ka maka' u. ' Oi aku ka nui o kāu kālā, ' oi aku ka nui o kou hopohopo. Inā loa' a iā' oe he 1,000,000 euros he 1,000,000 ka maka' u, inā loa' a iā' oe he 10 euros he 10 mau maka' u a inā' a' ohe ou keneta ' a' ole' oe maka' u, no ka mea' a' ohe āu mea, ' a' ohe mea hiki ke ho' opunipuni iā' oe a i' ole. eha oe. He nui nā maka' u hou a' e o kahi miliona miliona no ka mea hopohopo' o ia e ho' opunipuni kekahi iā ia, e' aihue' ia kona ' ohana ... pono lākou e pale' ia i ka wā e ha' alele ai lākou i ka home i' ole e powa a hele mau lākou i nā wahi āpau me ka maka' u. No ke aha i hana' ole ai ka po' e pōā me ka po' e' ilihune? no ka mea, ' a' ohe mea e lawe mai iā lākou. No laila, inā ' a' ohe āu mea, he aha kāu e maka' u ai? pela kou noho maikai ana.

' O kekahi maka' u he ma' i, inā maka' u' oe, mana' o kou mana' o: He pilikia ko' u olakino, pilikia ko' u olakino ... a' o kou no' ono' o pono' i ke kumu o ka ma' i. ' Ai' oe i ka niu. Inā hā' awi' oe i ke kauoha mai ka lolo i ke kino he pilikia kou olakino, e ma' i ke kino. Mālama ka no' ono' o i kou kino. Inā no' ono' o' ino kou lolo, e hana ana kou kino i nā hana' ino. Inā' ōlelo ka mana' o i ke kino: "lele ma luna o ka lā' au" lele ke kino ma luna o ka lā' au. Ho' olohe mau ke kino i ka mana' o. Inā hā' awi kou mana' o i ke kauoha i kou kino e hana i nā hana maika' i, e kōkua kou kino i nā kānaka.

Inā no' ono' o' oe i nā hana maika' i' ole, e hō' eha kou kino i nā kānaka.

' A' ole hana' ino i nā po' e' ē a' e. Ho' opau make lākou a pau. Inā hō' eha kekahi iā' oe, pono' oe e kala a pōina no ka mea he na' aupō kēlā kanaka, pono mākou e minamina i kēlā kanaka. Ma muli o ka hewa o kēia po' e i ka hana' ino, ho' opa' i ke kōnāwai iā lākou, ho' opa' i ke kaiāulu iā lākou a make ko lākou ola a make' oe e hele' oe i Gehena a ma Gehena e noho' oe i 1,000,000 mau makahiki a i kēlā me kēia lā e heluhelu' oe i ka make a hou a' e. a hiki i ka wā e ho' okō ai' oe i kōu' ōlelo ho' opa' i. O ka po' e e mana' o nei he pōmaika' i ka hana' ino' ana i kekahi, hewa kēia po' e. Mai hō' ike i kou manamana lima inā hewa kekahi, e ho' ā' o e ho' ona' auao me nā' ōlelo maika' i i ho' omaopopo a ho' ololi i kō lākou' ano. Ho' iho' i ka hana' ino i ka hana' ino a' a' ole pau ia. Nui ka po' e i hana hewa, no ka la' ana ka po' e ho' oweliweli i kau i nā pōkā ma ko lākou kino e ho' ouka i nā wahi ākea e like me nā mākeke.

' O kēlā po' e i pepehi i ka po' e hewa' ole ma ka inoa o ke Akua me ka mana' o' ole i kekahi mea, ' a' ole i' ōlelo' ia ma kekahi Baibala e pepehi' oe i ka po' e hewa' ole. ' A' ole hewa ka po' e hala' ole no kekahi mea. Inā he pilikia kōu, pono' oe e ho' oponopono me kēlā me kēia, me ke aupuni, nā po' e kōlai'āina... akā, mai pepehi i ka po' e hala' ole. ' A' ole' ike kēlā po' e; ina e pepehi oe i ke kanaka, e hele oe i Gehena no 1,000,000 makahiki. Inā pepehi' oe i 10 po' e e hele' oe i Gehena no 10,000,000 mau makahiki. Ma hope o ka ha' alele' ana i Gehena e hānau' ia lākou he holoholona a pēlā lākou e ola ai no 1,000,000 makahiki a laila e hānau' ia lākou he po' e ' ilihune loa. He wahahe' e ka po' e e' ōlelo ana' o ka mea pepehi kanaka e pale i nā mana' o ho' omana. ' O ia ka' ōlelo a ke diabolō.

Ua makemake nā akua a pau i ke ola. ' A' ohe ho' omana i makemake i ka pepehi kanaka a inā' ōlelo kekahi ma ka inoa o kekahi ho' omana e pono' oe e pepehi, ke ho' opunipuni nei lākou i ka po' e na' aupō' ilihune i' ike' ole i ka ho' oka' awale' ana i ka maika' i a me ka hewa. ' A' ole nau kou kino, na kou makua kōne a me kou makuahine ia i hā' awi mai iā' oe. Ua like' oe me ka mea ho' olimalima ho' ohana i kēia kino. ' A' ole pono' oe e pepehi i kou kino a' oi aku ho' i i ko kekahi. ' A' ole hiki ke ho' āpono' ia ka pepehi kanaka. ' A' ohe kumu kōpono no kekahi kumu. Ua kapu ka pepehi kanaka e ke kanawai o ke akua. ' A' ohe kala' ia. ' A' ole kōpono kekahi kumu. Pono' oe e ho' omaopopo i kēia. Hiki iā' oe ke hakakā no ka mea āu e makemake ai, akā mai ho' ohana i ka hana' ino. ' O ka ho' omāinoino e lawe mai i ka hana' ino.

Inā makemake' oe e ho' ololi i kahi' āina a kōko' o nā kōnaka iā' oe, hiki iā' oe ke ho' omaka i kahi pā' ina a lilo i pelekikena.

Inā makemake ka hapa nui pēlā, pēlā nō. Akā, mai hana' ino. ' Oia i nā maika' i kou mau mana' o, ' a' ole' oe e ho' olohe iā' oe ma o ka ho' oma' ama' a' ana i ka hana' ino a me ka pepehi kanaka, e ho' okō ai i kou mau mana' o. E ho' ā' o e hō' oia i ka po' e he maika' i kou mau mana' o a inā kōko' o lākou iā' oe, e ho' omaka i kahi pā' ina. Inā kōko' o ka hapa nui iā' oe, a laila hiki iā' oe ke ho' okō i kōu mau mana' o akā e ho' omana' o maika' i: ' a' ole pono' oe e pepehi no ka loa' a' ana o kekahi mea. Aole ma ka inoa o ke Akua. ' O ka po' e a pau e ho' ohana nei i ka pepehi kanaka no ka pale' ana i kekahi kumu, e uku nui lākou. ' A' ohe mea i pakele. Ke loa' a iā lākou ko lākou manawa pō' ino, e uku nui lākou a me ka uku.

Pono' oe e ho' omaopopo e lolli ana ke ola. Loa' a iā mākou nā manawa o ka pō' ino a me ka pōmaika' i. ' A' ole pono' oe e kaumaha, a' ona paha a pepehi iā' oe iho ... ' a' ole pono' oe i kēia mau mea a pau ke loa' a' oe i kahi manawa' ino. E holo ana na mea a pau.

Ke ho' omaopopo' oe e loli ana ke ola a loa' a iā mākou nā manawa maika' i a me nā manawa maika' i' ole, a laila e noho mālie' oe a' a' ohe hopohopo. Make ka makau.

Nui ka po' e i ka wā e hiamoe ai, loa' a nā moe' uhane e make ai i kekahi manawa. ' Oiai mākou e hiamoe nei, ' a' ole mākou i' ike he moe' uhane wale nō kā mākou moe' uhane. Mana' o mākou he' oia' i' o ka mea a mākou e moe' uhane nei a ' o ia ke kumu he nui ka po' e i make i ka pu' uwai pu' uwai no ka mea, mana' o lākou he' oia' i' o ka mea a lākou e moe ai. ' O nā makemake a me nā mana' o ho' opa' i i ho' okō' ole' ia ke kumu o ka moe' uhane. Hiki i kēia mau mana' o maika' i ke ho' ohuli i kāu moe' uhane i ki' i' oni' oni weliweli.

I kēia ola ke moe' uhane nei mākou, akā' a' ole mākou i' ike he moe' uhane mākou. Hānau' ia kēia kino a make, ' o nā mea a pau āu e loa' a ai i kēia ola ke make' oe e ha' alele' oe i nā mea a pau, ' a' ole' oe e lawe pū me' oe. He moe' uhane nā mea a pau. No laila, mai no' ono' o' oe he' oia' i' o ke ola, he moe' uhane ma' ema' e nā mea a pau. He moe' uhane wale nō. Inā maopopo iā ' oe kēia, ' a' ole' oe e lawe i ke ola pilikino a e ola' oe i ka' olu' olu, hau' oli a hau' oli. Mai hana' ino' oe i kekahi a ho' okō i kāu mau kuleana, i' ole' oe e maka' u a noho maluhia' oe. Me he mea lā' a' ole' oe e uku i kāu' auhau, ma hope a ma hope paha e uku' oe iā lākou a me ka uku panee.

E' oi aku ka maika' i no ka mea hiki iā' oe ke waiho me ka mea' ole. Ho' ohana ' ia nā' auhau no ka hana' ana i nā haukapila a kōkua i ka pono o ka po' e. Kōkua mākou kekahi i kekahi. Inā' oe e hana me kou pu' uwai, e hemolele kou ola. Ke uku ' oe i kāu' auhau, ma' ema' e ke kālā āu i waiho ai iā' oe, e ola maika' i ai. Inā ho' opunipuni' oe a hana kū' ē paha i ke kāmāwai, i kēia me kēia manawa e' ike lākou iā' oe a' oi aku ka hewa no ka mea e lawe lākou i nā mea āpau mai ou aku. Loa' a i nā mea a pau kona manawa. ' O ka nui o nā hana maika' i' ole āu e hana ai, ' oi aku ka nui o nā moe' uhane a me nā maka' u e loa' a iā' oe. ' A' ole i puka mai nā mo' olelo. Kōkua i nā kāmaka a ho' okō i kāu mau kuleana. Pēlā' oe e ola maika' i ai me ke olakino a me ka pōmaika' i a' a' ole' oe e maka' u i kekahi mea a i' ole kekahi.

MAHELE

' O nā moe' uhane a mākou e hiamoe nei. Nui nā po' e e moe' uhane nei, ' a' ole ala hou, no ka mea, make lākou. No ke aha mākou e hiamoe ai e loa' a iā mākou ka pu' uwai a make?' O ka hapa nui o nā hō' eha make, i loa' a i ka wā e hiamoe ai mākou, ' o ko lākou kumu i loko o kahi moe' uhane nui loa i ko lākou hiamoe' ana. ' O ia ke kumu he pilikia loa ka hiamoe no ke ola. ' O ka pilikia, ke moe' uhane mākou ' a' ole mākou i' ike he moe' uhane mākou, ke mana' o' i' o nei mākou ke ola maoli nei mākou, ' a' ole mākou e' ike inā he moe' uhane a he ola maoli paha. Ho' ololi mākou i ka moe' uhane i mea maoli. He mana' o no' ono' o wale kēia, akā no ka mea ' a' ole mākou e' oko' a ma waena o ka' oia' i' o a me ka moe' uhane, ke mana' o' i' o nei mākou ' o kā mākou moe' uhane ka mea a mākou e ola nei. No ka la' ana, inā moe' uhane' oe ua ho' ouka kekahi iā' oe me ka pahi, mana' o' i' o maoli' oe e hana nei. Hele ka no' ono' o i ke' ano ha' alulu a me ke kino hele make.

E like me ka hoouka kua ana i ka la 11 o Sepatemaba ma Nu Ioka, ua nui ka poe i lele mai luna mai o na hale i ka hakahaka. Ua make kēia po' e ma mua o ka hiki' ana i ka honua. I loko o kekahi mau kekona, inā' oe e mana' o i loko o kekahi mau kekona e pa' a ana' oe i ka honua a e like ana' oe me ka mush, ma mua o ka hiki' ana i ka honua, ua lawe mua ka no' ono' o i kou ola, ua hō' oia kēia e nā kauka. He mea kupanaha ka mana o ka noonoo. ' O ka mana o ka mana' o no ka maika' i

a no ka hewa. Pono ' oe e ho' omaopopo i ka ne' e' ana o kēia kino no ka mea he ikaika ka no' ono' o, he' uhane kona a he' ike.
He kino ke kino e like me ko kākou a no ke aha lā' a' ole ia e ne' e? no ka mea, nele i ka ikehu, ka uhane, ka lunamano. ' O ia ke kumu e hiki ai i kēia mana no' ono' o ke ho' opakele i kou ola akā hiki iā ia ke pepehi iā' oe. Ua like ia me ke keneta me na aoao elua. Pono ' oe e ho' omalu i kou no' ono' o a' a' ole e ' ae i kou mana' o e ho' omalu iā' oe. Pono ' oe e' ike pehea e' ike ai i ka ' oia' i' o. No ia mea, pono ' oe e ho' oma' ama' a yoga i loa' a iā' oe ka no' ono' o ikaika a mālama' oe i kou no' ono' o. Aia i loko ou' elua' ano mana' o, ' elua ikaika, ho' okahi maika' i a ho' okahi maika' i' ole. ' O nā mea a mākou e hana ai, mana' o mākou: hana wau, ' a' ole wau e hana, makemake wau, ' a' ole wau makemake, makemake wau, ' a' ole wau makemake ... no' ono' o e pepehi, ' a' ole pepehi, lawe ho' opa' i a' a' ole ho' opa' i ... ke no' ono' o mau nei' oe i' elua mana' o, ho' okahi maika' i a maika' i kekahi. ' O kēia mau mana' o' elua e ho' ā' o' oe e kāohi ma o ka no' ono' o yoga a me ka hana' ana i nā hana maika' i i ka po' e e loa' a ai ka no' ono' o maika' i no ka mea e hā' awi kēia mana' o maika' i iā' oe i ka ikehu maika' i.

Loa' a ka mana' o maika' i' ole o ka hapa nui o nā kānaka.
Ke' oi aku ka maika' i' ole, he mana' o pono' i kēlā kanaka, ' a' ole ia e no' ono' o iā ha' i, mana' o' o ia i nā mea' ē a' e e loa' a ai kona pono pono' i me ke aloha' ole a me ke kumu' ole. ' A' ole pono' oe e ho' ohana pono i kekahi ma lalo o nā kūlana. ' O nā' eha a pau āu e ho' okau ai i nā po' e ' ē a' e no kou pono pono' i e pau i ka make. ' O ke kānāwai o Karma e hana koke a ma hope paha a' o ka mea āu e' ohi ai' o ia kāu e' ohi ai, inā he maika' i a maika' i' ole paha. ' A' ohe mea i pakele. Pono ' oe e' ike. E nānā i ka TV, i kēlā me kēia lā ma ka nūhou aia nā hihia o ka po' e i hana hewa a ua hopu' ia e nā māka' i. Nui nā hihia i kēlā me kēia lā. Ina e hana ku e oe i kou mau kumu, a me kou lunamano i ke kanawai a me ke kanawai o ke Akua, aole oe e pakele i kou hoopaiia. ' O ka mua e pili ana i kou olakino a laila pono' oe e uku no kāu hewa.

I' ole e loa' a ka moe' uhane i loko o kāu mau moe' uhane, pono' oe e ho' omaopopo' o wau kēia kino, ' a' ole wau. E like me ko' u mau lole, ko' u ka' a, ko' u hale noho... na' u lākou, ' a' ole wau. ' O' oe kou lunamana' o, kou' uhane. Ho' ohana wale' ia ke kino e ka' uhane ma kēia ao. I' ole e make ma mua o kou manawa, pono' oe e lawe i ke ola me ka ho' omaha, mai lawe pilikino i nā mea. ' O ka nui o kāu lawe pilikino i nā mea, ' oi aku ka nui o kou pilikia. Inā' oe e pō' ino, ua like ia me ka pō a inā' oe e laki, ua like ia me ke ao. He aha ka mea e hiki mai ana ma hope o ka lā? hiki mai ka pō a ma hope o ka pō hiki mai ke ao. Pela ke ola, loli. Ke ho' opā mai ka pō' ino iā' oe, mai hō' ino' oe i kekahi, mai huhū ' oe i kekahi, kali ho' omanawanui i ka pōmaika' i, no ka puka' ana mai o ka lā.

Inā loa' a iā' oe nā pilikia i ke ola a' a' ole hiki iā' oe ke lawe a pepehi iā' oe iho, ' a' ole' oe e ho' oponopono i kekahi mea a pa' akikī' oe i nā mea ma luna o kēlā. ' A' ole' oe e ho' oponopono i kekahi mea a pa' akikī nā mea āpau no ka' ohana, nā hoaaloha a me nā po' e a puni' oe. ' A' ole wale kēia e like me ke kānāwai o ke akua, ma ka hope aku he nui ka' eha e kali nei iā' oe, e ho' opa' i' ia' oe ma ke koi' ana iā' oe iho e pepehi iā' oe iho e like me kāu i hana ai i kēia ola, i kēlā me kēia 7 lā no nā makahiki he nui. ' O ka' eha āu e mana' o ai ke ha' alele kou' uhane i kou kino, ' a' ole hiki ke wehewehe' ia ma nā hua' olelo. ' O kēia' ano' eha ke ha' alele ka' uhane i ke kino... ' a' ole hiki iā' oe ke no' ono' o i kēlā' eha. E no' ono' o. Ho' opilikia ' oe i nā mea ma kēia hope aku.

Mai hopohopo i kekahi pilikia, e ho' oponopono koke' oe a hiki mai kou manawa o ka pōmaika' i.

' O kēlā me kēia ke kuleana no kā lākou mau hana, inā he pilikia' oe e ho' ā' o e ho' oponopono iā lākou a' a' ole e pepehi iā lākou iho.' A' ole pololei, pono' oe e kuleana no kāu mau hana a' o' oe wale nō ka mea hiki ke ho' oponopono i kāu mau mea no ka mea ke kuleana o kēlā me kēia kanaka i kā lākou hana. Ke loa' a iā' oe ka pōmaika' i, mai hau' oli' oe no ka mea' a' ole mau loa kou pōmaika' i. Ke wili nei ke ola a loa' a i nā mea a pau ko lākou manawa. Inā makemake' oe i kou laki maika' i i ke ola a pau, pono' oe e hana i' ekolu mau mea: ' o ka mua, me ke kālā āu i koe ai, kōkua i nā kānaka.

' O ka lua, ' ōlelo' o ia i nā kānaka e hana maika' i, a' o ke kolu, kōkua' o ia i nā po' e' ē a' e. Mai mana' o e loa' a iā' oe kekahi mea i ho' iho' i' ia, pono' oe e kōkua me ka mana' o' ole i kekahi mea i ho' iho' i' ia, me kou pu' uwai āpau a me ka incognito me ka' ike' ole o kekahi e kōkua ana' oe. No laila e hau' oli mau kou lunamana' o a e hō' ili' ili' oe i ka ikehu maika' i.

He kumu ko kēlā me kēia' ano moe. Inā' a' ohe a' u, ' a' ohe moe' uhane. ' O ka moe' uhane ola wale nō. No hea mai nā moe' uhane? Hele mai lākou mai kou makemake' ole i ho' okō' ia. ' O ka' eha, ka huhū, kou hau' oli a hau' oli paha ... nā' ano makemake maika' i a maika' i' ole paha ke kumu o kāu mau moe' uhane. ' Oi aku ka capricious a me ka mana' o pilikino, ' oi aku ka nui o nā moe' uhane a me nā moe' uhane e loa' a iā' oe. ' Oi aku kou aloha i kou kino, ' oi aku ka nui o nā moe' uhane e loa' a iā' oe. ' Oi aku ka nui o ko' u mau moe' uhane. ' O ke kino no kekahi mau makahiki. Ke hānau' ia mākou' a' ole lawe mai, ' a' ole 1 keneta a make mākou' a' ole lawe. ' O nā mea a pau i loa' a iā' oe he no' ono' o ma' ema' e.

He mea pono anei ke paio nui no na mea o keia ao? E no' ono' o.

Mahalo nui iā' oe.



NUI HUI



26. I HALA, I keia wa, i keia mua aku.

E ola me ke olakino a me ke ola lō' ihi, me ka wā e hiki mai ana, ke aloha maika' i, ka' ohana maika' i a noho i ke ala o nā roses, e like me ke kauoha a ke Akua. Pono' oe e ho' omaopopo i nā mea 3: 1. Ka hala. Loa' a i kēlā me kēia kanaka kekahi manawa kaumaha i ko lākou wā i hala, kahi manawa makemake' ole, kahi manawa maika' i' ole, kēlā manawa i hō' eha' ia e nā kānaka iā' oe, a i' ole e hō' eha i ke kaiāulu, ka' ohana a i' ole nā hoaaloha. Pono' oe e poina i kēia. Inā ho' opa' a' oe i ka inaina ma kou no' ono' o, ua like' oe me ka waiho' ana i nā' ōpala āpau i loko o kou hale. Noho' oe i loko, a pala ka' ōpala, pala' oe me ka' ōpala. ' A' ole maopopo kēia po' e. ' Oia' i' o, ' eha nā kānaka iā' oe. Ke hō' eha nā kānaka iā' oe, aia iā' oe ke kuleana e ho' opa' i, e inaina. ' Ae, ' ae. Akā' oia' oe e ho' opa' a i ka inaina a me ka ho' opa' i' ana, ' o' oe ka mua e hō' eha iā' oe iho, ' a' ole kou' enemy, ' a' ole. Ua hō' eha' oe iā' oe iho. No ka mea ke loa' a iā' oe kēia' ano no' ono' o maika' i' ole, ho' opa' a ka lolo i nā a' alolo e kama' ilio ana i ka spine me ke koena o ke kino mai ka' ā' ī. Inā' oe mau, ho' omau, 24 mau hola i ka lā, i ka makahiki holo' oko' a, loa' a iā' oe kēia mana' o maika' i' ole a mālama i ka huhū me ka pono āpau, ' oia' i' o, e ho' opilikia kēia i kou kino holo' oko' a ... Ua hō' oia' ia e nā kauka' a' ole kēia. maika' i iā mākou. A no ka mea ' a' ole kūpono ia iā mākou, ' a' ohe koho akā ke kala aku. Pono kākou e kala aku i kekahi, me he mea lā e kala ana kākou iā kākou iho. No ke aha mākou e kala ai inā ua' eha nui mākou? no ko kakou pono iho. ' A' ole no ka mea nāna mākou e hō' eha. Inā pono e ho' opa' i kekahi, ke hō' oia' i' o nei au iā' oe, ke ' ōlelo nei ke kānāwai o ke ao holo' oko' a; Ua loa' a i kēlā me kēia kanaka kona lunamana' o a ho' opa' i kēlā me kēia iā ia iho. Ke ho' opa' i nei nō ho' i ke Akua, ' a' ole pono' oe e ho' opa' apa' a, ' a' ole pono' oe e lawe i ka pono ma kāu iho. Na kona lunamano e ho' opa' i iā ia, ' a' ole pono' oe e pilikia.

No laila, pono' oe e kala i kēia hala e loa' a ai kahi manawa maika' i a maika' i ho' i i ka wā e hiki mai ana. Inā piha' oe i ka inaina, ka ho' opa' i a me ka no' ono' o maika' i' ole, ' a' ole' oe e ola maika' i. E pupule ana' oe. Nui ka po' e i loa' a i kēia a ua' eha lākou no ka poina' ole. E like me kā Buddha i ' ōlelo ai: ' A' ole wale nā mea āpau. ' Elua kumu e wehewehe ai i ke kumu e hō' eha ai ka po' e iā' oe: ' O ka mea mua inā mākou e hō' eha i kēlā kanaka i ko mākou ola i hala, ' o ke kūpono ke kuleana o kēlā kanaka e ho' opa' i.

Inā hō' eha kekahi iā mākou, me he mea lā ua uku mākou i kā mākou aie i kēlā kanaka a' a' ole' ai' ē hou iā ia. Me he mea lā ua noi' oe i kahi hō' ai' ē mai ka panakō. Ma hope o ka loa' a' ana o ka hō' ai' ē, pono' oe e uku. He mea lapa' au. ' O kēia ka hiki mua.

' O ka lua, inā ' a' ole ' oe ' ai' ē a hō' eha lākou iā ' oe, mai hopohopo.

E loa' a iā ' oe ke kumu nui a me ka hoihoi i kēia ola a i ' ole ke ola e hiki mai ana.

Ke hō' oia' i' o nei au e uku ' oe, a e uku ' oe me ka uku uku nui. ' O ka' u e hō' oia' i' o nei.

Mai hopohopo no ia mea. Pa' e paha kēlā kanaka i kēia lā, ' a' ole e pakele i ka lā ' apōpō.

' O kēia ke kēnāwai o ke ao holo' oko' a, ' o ia ke kēnāwai o ka ' ike.

Makemake a ' a' ole paha, mana' o' i' o a ' a' ole paha, aia nā kēnāwai a pau ma lalo o kēia kēnāwai.

E like me ka po' e ho' oweliweli i mana' o' i' o ' ole i ke kēnāwai ke hana lākou i ka hana ho' oweliweli.

' O kēlā mea ho' oweliweli, inā mana' o' i' o ' o ia i ke kēnāwai a ' a' ole paha, ua ho' opa' i' ia a hele i ka hale pa' ahao.

Ua like ke ola. He nui ka po' e e ' ōlelo: "' A' ole wau i mana' o' i' o i ke Akua, ' a' ole wau i mana' o' i' o i kekahi mea" Akā ' o ka mea e hana i kahi hana maika' i' ole, ke kēnāwai o ke ao holo' oko' a, ke kēnāwai o ka lunamana' o e ho' opa' i iā ia.

' A' ohe mea ' ē a' e. ' O ia ke ' ano.

' O ia ke kumu i hiki ' ole ai i ka po' e ke pōina i ko lākou ' ino i hala, ke ola kino ' ole a ola i kekahi mau makahiki. ' O ka mea hiki ke hō' eha iā mākou iho, ' a' ole kekahi. Ua hō' eha mākou iā mākou iho. No laila, inā makemake ' oe e ola maika' i, pono ' oe e pōina i ka wā i hala.

Pono ' oe e pōina i ka hala.

Inā hiki iā ' oe ke ho' omaopopo i kēia, pōina i ka wā i hala, hiki iā ' oe ke ola i kēia manawa me ka maika' i a me ka mālie loa. I kou manawa, ' a' ole pono ' oe e nānā i hope ke hele ' oe ma ke alanui, e ' ike inā e hele mai ana kekahi no ' oe. Hiki iā ' oe ke hele mālie, he mea nui ia. Nānā mau ka po' e i ' eha i hope. E like me nā gangsters.

Loa' a iā lākou nā kia' i kino e pale ana iā lākou iho ma mua a ma hope.

No ka mea? no ka mea, ' ike lākou ua hewa lākou a i kēlā me kēia manawa, i kēlā me kēia lā hiki i kekahi ke hele mai nona. ' A' ole kēia ke ola. Nānā mau ma nā wahi a pau.

Ua pale ' ia ko lākou mau hale me nā ' ano palekana a pau, no ke aha? no ka mea, ' ike lākou e hō' eha nei lākou i nā kēnāwai. ' A' ole hiki i kēia po' e ke ola maika' i. Ho' opa' i mau ka lunamana' o.

' O ia ke kumu i mea e ola maika' i ai ' oe e pōina mua i kou hala.

' O kekahi mea ' ē a' e: inā i ka wā i hala aku nei ua hō' eha mākou i kekahi a ma kahi o nā mea i hō' eha ' ia, ua hana ' ino mākou a hana ' ino, i kēlā hihia

' O kā mākou e hana ai, ' o ia ke noi aku i ke kala ' ana, noi aku i ke kala ' ana, mai ka mea a mākou e hō ' eha ai a no ' ono ' o i ke ala e uku ai i kēlā pō ' ino. E ho ' ā ' o e noi hou aku no ke kala ' ana a hō ' ike i kou mihi ma kekahi ' ano. Pono ' oe e kala mai. I ka manawa e ' ike maoli ai kou lunamana ' o i ka hilahila o kāu mea i hana ai, hiki iā ' oe ke noho maluhia a noho me ke olakino maika ' i a me ka wā e hiki mai ana.

' O ka po ' e e like me mākou, ka po ' e i ' eha ma muli o ka mana ' o pono ' ī a i ' ole no kekahi kumu ' ē a ' e, pono lākou e noi i kala ' ia. ' A ' ole lawa ka hele ' ana i ka hale pule a noi aku i ke Akua no ke kala ' ana. No ka mea, inā ' oe e hele i waho e ' eha hou ' oe, ' o ia ho ' i, ' a ' ole ' oe i mihi maoli no ka hewa āu i hana ai.

Pono ka mihi i loko o kou pu ' uwai. I ka manawa a mākou e ' ae ai i kā mākou mau hewa a noi aku i ke kala ' ana a mai hana hou i kēia mau ' ano hana ' ino a me ka mana ' o pono ' ī, a laila e kala maoli mākou.

Inā ' oe i kēia lā e kala aku a ' apōpō e hana hou ' oe i kēlā mau hana ' ino, he ' aka ' aka ' oe i ke kāmāwai o ke akua. Inā minamina ' oe, ' a ' ole ' oe e hana hou i nā hana ' ino. Oia ka mihi oiaio.

I mea e ola maika ' i ai i kou wā a me ka ho ' omaha loa, pono ' oe e poina i kou hala.

' O kēlā me kēia kekona e hala i kēia manawa e lilo i hala. ' O ia ke kumu ' a ' ole hiki iā ' oe ke no ' ono ' o e pili ana i kēia manawa, koe wale nō ka wā i hala.

' A ' ole maopopo ka wā e hiki mai ana. ' O ka mea e hiki mai ana, inā maika ' i a maika ' i ' ole paha, ' a ' ole mākou i ' ike, no laila ' a ' ohe pono e hopohopo no ka wā e hiki mai ana. Inā hele hewa, hopohopo a hopohopo paha, e hele like ia.

Inā pono e hiki mai, pono, mai hau ' oli, mai hau ' oli.
Kali, kali... mai hopohopo inā hiki mai e hiki mai ana.

No laila, ' oia ' a ' ole mākou ' ike i ka mea e hiki mai ana no mākou, mai hopohopo, hiki mai ka mea e hiki mai ana. I kēlā me kēia pō, ke hele mākou e hiamoe, ' a ' ole mākou ' ike i ka wā e make ai mākou.

Loa ' a i kēlā me kēia kanaka ko lākou pō hope. Aia ma ka ilina ' a ' ole wale ka po ' e kahiko, he nui nō ho ' i ka po ' e ' ōpio. Mai no ' ono ' o "E ola ana au i nā makahiki he nui" ' a ' ohe mea i ' ike. No laila ke makemake nei au e ho ' ohana ' oe i kēlā me kēia minuke o kou ola e hana maika ' i no nā po ' e ' ē a ' e. Ho ' opa ' a ' ia kēia mau hana ma kou lunamana ' o a ke make ' oe, ' o ka mea wale nō a mākou e lawe ai i ke ola ma hope, ' o ia nā hana, inā maika ' i a ' ino paha, haki ke kino a lilo i kupapa ' u.

Inā piha ke kanaka i nā hana maika ' i ' ole, hele ' o ia i Gehena. Inā piha ke kanaka i nā hana maika ' i, aia kekahi ma waho a ' e, kahi huaka ' i ' ē a ' e ma waho o kēia ' ōnaehana solar.

Ma waho a ' e o ka ' ōnaehana solar he 28 pae.

Hiki iā mākou ke ho' onui e like me kā mākou mau hana a me nā mana' o.

Ua' olelo' o Buddha:

"Inā makemake' oe e ha' alele i kēia pō' ai o ke ola hou' ana, ka hānau' ana a me ka make, e poina i ka wā i hala, i kēia manawa a me ka wā e hiki mai ana."

' O ke kino ka mea a mākou e a' o ai. He nui ka po' e i kuhi hewa' o wau ke kino.

' A' ole wau ke kino. Inā hiki iā' oe ke ho' omaopopo i kēia, hiki iā' oe ke maika' i me kou' ohana, me kāu hoa pili, me kāu mau hoaaloha, me ke kaiāulu, a me ke ao holo' oko' a. I mea e ho' okō ai i kēia, pono' oe e poina i nā mana' o āpau o Past, Present and Future.

Mai ka wā ma mua, e ho' omana' o wale i nā manawa maika' i e loa' a ai kahi makana maika' i. I kēia manawa e no' ono' o mau a hana i nā hana maika' i a laila e loa' a iā' oe kahi hopena maika' i. Nui nā po' e ma ka Pūnaewehe e' olelo nei: i ka wā e hiki mai ana, pono' oe e no' ono' o maika' i.

' A' ole pololei kēlā. ' O ka no' ono' o maika' i he papahana wale nō. ' O ka mea nui e ho' okō i kēlā papahana. Ke hana' oe i kahi papahana a laila pono' oe e ho' okō. Inā no' ono' o wale' oe a hana' ole, ' a' ole loa' a' oe i kahi.

No laila, pono' oe e' ike:

1 E no' ono' o i nā hana maika' i.

2 E hana i kēlā papahana me nā hana maika' i e kōkua ana i nā kānaka.

He aha kou mana' o. Noho wale ia i loko o kahi papahana, he moe' uhane a' a' ole ia e pōmaika' i i kekahi.

Ma ka Pūnaewehe ua' ike au i nā' ao' ao me nā kipa he nui wale e kama' ilio e pili ana i ka no' ono' o maika' i akā' a' ole lawa ka no' ono' o wale' ana, ' a' ole ' oe e hele i kahi. Me he mea lā i loko o ka moe' uhane.

E ho' omana' o maika' i, ' o ka mea nui nā hana maika' i, nā mea e hiki mai ana i ka hua. Inā' a' ole i hana' ia, a laila ua like ka maika' i me 0.

No kēia kumu, makemake au i ko' u mau hoaaloha a pau o ka honua, ma ka Pūnaewehe, e ho' olohe mai ia' u.

Mahalo nui iā' oe.



NUI HUI



27. LOA KE OLA, KA WAIWAI, A ME KE ALOHA.

Inā makemake ' oe e loa' a ke olakino, ka waiwai a me ke aloha, ' o ka mea āu e hana ai e heluhelu i kahi mantra: Amitufo, Amitufo, Amitufo.... Pono ' oe e ho' opiha i ka mana' o o kēia mantra, i kēlā me kēia manawa, e no' ono' o mau iā AMITUOFO. Inā huhū ' oe, e no' ono' o iā Amitufo e hiki ke ho' opau i kēlā mana' o maika' i ' ole. Inā kaumaha ' oe e heluhelu pū i ka mantra.

Ke loa' a iā ' oe kahi mana' o maika' i ' ole o ka ho' opa' i, e no' ono' o iā Amitufo.

' O ka nui o kou mana' o, ' oi aku ka nui o nā pilikia e loa' a iā ' oe.

No laila, inā makemake ' oe i ke olakino maika' i, e heluhelu i ka Amitufo i nā manawa a pau, ma nā wahi a pau āu e noho ai; ka hana, ka hele wāwae ... e lawe mai i ka ikehu maika' i i nā mea a pau. E hau' oli loa' oe, e lō' ihi kou ola me kāu hoa. ' O kēlā me kēia mana' o no' ono' o, mana' o ' o Amitufo. Inā lili ' oe, mana' o ' o Amitufo, ' o ia wale nō ka mea hiki ke kōkua iā ' oe. ' A' ohe ala' ē a' e.

E no' ono' o wale iā Amitufo. Inā makemake ' oe e puka i waho o kekahi pilikia, e no' ono' o wale iā Amitufo.

I mea e ho' omaha ai, e no' ono' o iā Amitufo a laila ke ho' omaha ' oe, e no' ono' o i kahi hopena no kou wā e hiki mai ana. Inā loa' a iā ' oe nā pilikia ' oihana a i ' ole e hana i kahi ho' oholo ko' iko' i, pono ' oe e ho' omaha mua no ka mea ' a' ole hiki iā ' oe ke no' ono' o maika' i me nā a' alolo. No ka ho' omaha, pono ' oe e heluhelu i ka mantra Amitufo. He ' enehana kēia a' u e ho' ohana nei. ' O kēlā me kēia pilikia i ke ola, hana wau i ka yoga a heluhelu i ka mantra e ho' omaha ai a laila ke ho' omaha ' oe, no' ono' o wau i ka pilikia e hopohopo nei iā ' u a ' ike wau i ka hopena kūpono iā ' u iho e ho' oponopono i ka pilikia.

No laila, e hilina' i ia' u, i kekahi ' oihana, olakino, a i ' ole ke aloha ho' oholo, ma luna o nā mea a pau e pono ai ' oe e ho' omaha, e ho' omaha pono ' oe e no' ono' o e pili ana i nā mantras. ' O kēlā me kēia mea i loa' a nā pilikia no' ono' o, a i ' ole lilo i mea' ino, a i ' ole pupule ... no ka nui o ka mana' o o kēlā kanaka. No ka ho'ōla ' ana i kēia ' ano ma' i, pono ' oe e no' ono' o i kēia mantra a heluhelu iā ia: Amitufo, Amitufo, Amitufo.... E no' ono' o wale i kēia mantra a e ho' omaha iki ' oe. Pono ' oe e no' ono' o 24 mau hola ma kēia mantra. ' A' ole pono ' oe e no' ono' o ma mua o kēia mantra. No ka mea, ' o kēia mantra Amitufo, Amitufo... ua like ia me ka heluhelu ' ana i ka Makua, ' o ia ka inoa ' o Buddha.

Hele mai kēia Buddha e kōkua i ka po' e e ha' i i kona inoa.

Akā, pono ' oe e heluhelu me ka pu' uwai ma' ema' e, me ke aloha a me ka

mana' o nui loa. ' O ka mea noi i kāu kōkua e loa' a iā ia.
He olelo hoopomaikai mai keia Akua Amitufo. ' A' ole ia he ho' ohenehene.

Ma ka mo' olelo, ua kōkua nā mea a pau i noi i kēia Buddha no ke kōkua.

Ke hō' oia' i' o nei au iā' oe, e hele' oe i ka lani, me Iesū a i' ole me Buddha me ka mea āu e makemake ai. Akā, pono' oe e heluhelu me ke aloha a pau o kou pu' uwai a me ka mana' o' ole' ē a' e, ' o ka mana' o wale nō' o ia mantra.

Hiki i kēia ke ho' omaika' i i kou maika' i o ke ola, kou no' ono' o, a hiki ke ola maika' i.

' O ia ke kumu e loa' a ai ke ola maika' i, a hau' oli a me ka pu' uwai piha i ke aloha. Pono' oe e no' ono' o he po' e maika' i nā mea āu e' ike ai. ' A' ole hiki iā' oe ke ho' oka' awale iā' oe, ' o wau, ' o ia. ' O ia ke kumu e hiki ai i kēia mantra ke kōkua iā' oe, ' a' ohe mea' ē a' e e hiki ke kōkua iā' oe. E ho' omana' o maika' i. ' O kēia mantra ka mantra o ke ola. E hoao. ' O kēia me kēia' ano o ka ma' i, kēia me kēia' ano pilikia, inā hiki iā' oe ke heluhelu i kēia mantra 24 mau hola i ka lā, ho' opa' a' ia, ' oia' i' o e ho' omaika' i kou ola a me kou olakino, no ka mea, ho' oikaika ia i kāu pale pilikino.

' O ka no' ono' o maika' i ka mea e kōkua iā' oe i ke olakino. ' A' ole pili ke olakino i ka lā' au lapa' au. Ho' opau wale ia iā' oe no kahi manawa, akā me ka no' ono' o maika' i' ole e puka hou mai ka ma' i a i' ole e lilo i mea ko' iko' i. ' O ia ke kumu o ka mea hiki ke kōkua iā' oe' o kēia mantra, hilina' i i kēia mantra, ' a' ohe kumu kū' ai, manuahi. Pono' oe e no' ono' o a ho' onā i kou ola. Maika' i loa. Pono e ho' okō' ia kēia.

' O ka' olelo a' o maika' i loa e hiki ia' u ke hā' awi iā' oe e heluhelu i kēia mantra, ' o ia wale nō ka mea hiki ke kōkua iā' oe. Ma mua o ka heluhelu' ana i ka mantra, pono' oe e hilina' i. Ua helu' ia kēia mantra i mau tausani makahiki i hala, ' a' ole ia mai kēia manawa. He manawa lō' ihi, mau piliona makahiki, ua ola kēia mantra. A' o ka po' e a pau e heluhelu ana ua loa' a ka hau' oli a me ke ola lō' ihi me ke olakino. A ma hope o ka make e loa' a nō iā' oe ka hau' oli. Inā mana' o' i' o' oe i ka lani, hele' oe i ka lani, inā' a' ole' oe mana' o' i' o i kekahi mea a laila hānau hou' oe. Aia nā mea a pau i ko mākou mana' o. Ke make mākou, ' o ka mea wale nō a mākou e lawe pū ai, ' o ko mākou mau mana' o, ko mākou' ike, nā mea' ē a' e a pau e koe, popopo ko mākou kino. Make nā mea a pau koe wale kā mākou hana, ko mākou mana' o, ko mākou' ike.

No ka hele' ana i ka lani, pono' oe e heluhelu i ka mantra: Amitufo,
Amitufo ... a' a' ohe mea' ē a' e.

Mahalo nui iā' oe.



NUI HUI



28. KA MANTRA. Pehea e ho' oma' ama' a ai i ke ola kino, E OLA LOA A E LILO I BUDDHA E HIKI MAI.

NA MANAO O KA MANTRA

Hiki i ka heluhelu' ana i kahi mantra ke kōkua iā' oe. Nui nā hō' ike i ho' ōla' ia ma o ka heluhelu' ana i kahi mantra. E like me kā Buddha i' ōlelo ai, inā heluhelu' oe i kahi mantra 24 mau hola i ka lā, ke hō' oia' i' o nei au hiki iā' oe ke ho'ōla.' A' ole wahahe' e' o Buddha, ha' i mau' o ia i ka' oia' i' o. ' O kēlā me kēia me ka heluhelu' ana i ka mantra, Buddha a i' ole' o Iesu Kristo e like me kou makemake a inā' oe e no' ono' o wale i ka mantra ma ke' ano he mana' o ho' okahi,' oia' i' o hiki iā' oe ke ho' ōla i nā' ano ma' i no' ono' o a kino paha. Ho' oponopono ka mantra i nā' ano pilikia āpau. Aia nā mea a pau iā' oe, me ka mana' o wale nō i ka mantra a me ka' ole o ka mana' o' ē a' e. Hiki i kēia mana' o ho' okahi ke kōkua iā' oe e lanakila i kekahi pilikia no' ono' o a kino paha.

He mea nui loa ka mantra.

Inā hiki iā' oe ke no' ono' o i nā hola 24 ma ka mantra a loa' a ka mantra i kou mana' o i nā manawa āpau; Ma ka hana, moe' uhane, ma nā wahi a pau' oe, ke hō' oia' i' o nei au e ho' oponopono ka inoa o Buddha i nā' ano ma' i āpau no' oe. Mahalo nui iā' oe.

NA MANAO O KA MANTRA

' O Mantra ke ha' i hou nei i ka inoa o ke Akua ma muli o kou ho' omana; Inā he Katolika' oe a makemake' oe e' ōlelo i ko mākou Makua a i' ole' o Iesu Kristo a i' ole' o Maria Hemolele, e ha' i hou i kēia inoa, inā he Muslim' oe e ha' i hou aku iā Allah a i' ole Mohamed, inā he Buddhist Amitufo' oe ... hiki i kēia mau inoa akua ke kōkua iā' oe. nui i kou ola

Pehea e kōkua ai kēia mau mantra iā' oe?' Ae, ua' ike' oe hiki i kekahi mana' o ke ho' opilikia i kou' ano e pili ana i kou olakino. Ke kū mai kekahi mana' o maika' i' ole, e ha' i koke i kahi mantra me ka' ole o ka ho' ōki' ana i ka hana hou' ana i mea e noho ai ka mana' o o kēia mantra i kou mana' o holo' oko' a a' a' ohe mana' o' ē a' e e kūpono. Inā pa' a kou mana' o i kēia inoa o ke Akua,' a' ohe mana' o' ē a' e e hiki ke komo i loko o kou lolo, no laila e kali nā mana' o' ē a' e a pau e komo i kou po' o a nalowale. Ke nalowale, hiki iā' oe ke ho' ōki i ka hana hou' ana i kēlā mantra. Ke kaumaha' oe, māi ho' ōki i ka hana hou' ana i kahi mantra a nalowale ke kaumaha.

Inā loa' a iā' oe kahi ho' ouka hopohopo, e no' ono' o wale i kekahi inoa o ke Akua a li' ili' i e nalowale kēia hopohopo. hana hou ana

keia mau mantra, e nalo ana kou mau manao ino.

' O kēia me kēia ' ano mana' o maika' i' ole e like me ka makemake e hō' eha i kekahi a i' ole makemake e ho' opa' i e nalowale. Inā makemake' oe e ho' opa' i, a laila e loa' a iā' oe nā pilikia me ke kānāwai, e ho' okomo iā' oe i loko o ka hale pa' ahao a loa' a iā' oe nā pilikia like' ole. No ka hala' ana i kēia mau manawa o ka nāwaliwali a me ka pilikia, i ka wā e ala mai ai kēia mau mana' o, e heluhelu koke i kahi mantra mai kekahi o nā akua, ka mea āu e makemake ai a mai ho' ōki i ka hana hou ' ana a ha' alele lākou. No ka mea, inā' a' ole, inā hana' oe i kekahi hana maika' i ' ole, hiki iā lākou ke ho' okomo iā' oe i loko o ka hale pa' ahao a me kou' ohana, nā hoaaloha, e haki nā mea a pau. Nui ka po' e e kama' ilio iā lākou iho a pane iā lākou iho, ho' opau lākou i kahi haukapila psychiatric no ke koena o ko lākou ola. ' O kēia mau mea a pau mai ka Self ' Oi aku ka ikaika o kēia iho, ' oi aku ka nui o kona pilikia. ' Oi aku ka mālama' ana i kēia Pono, ' oi aku ka nui o nā pilikia e loa' a iā' oe. Inā loa' a iā' oe ka I nui e loa' a iā' oe nā pilikia nui, inā loa' a iā' oe ka lī' ilī' i I loa' a nā pilikia lī' ilī' i a inā' a' ohe ou pilikia. ' Oi aku ka nui o ka' u, ' oi aku ka ikaika o nā makemake a ke loa' a iā' oe nā makemake ikaika a' a' ole hiki iā' oe ke ho' okō iā lākou, e ' eha nui' oe. Pono nā kānaka a pau e hau' oli me nā mea i loa' a iā lākou i kēia manawa. Makemake nā kānaka a pau i ka waiwai, akā e no' ono' o' oe aia kekahi po' e i' oi aku ka hewa ma mua o' oe, ' oi aku ka nui o nā po' e! Aia kekahi po' e ' ilihune e noho hau' oli loa ana a aia kekahi po' e miliona miliona' a' ole hau' oli, no ke aha, no ka mea, ' ike ka po' e' ilihune' o ka mea i loa' a iā lākou ka mea i loa' a iā lākou a' a' ole lākou e noi hou aku no ka mea inā nīnau lākou, ' ike lākou i kā lākou mea. loa' a iā lākou.

Inā' olu' olu' oe i kāu mea i loa' a, e ola' oe me ka hau' oli a me ke olakino maika' i. Inā' a' ole' oe hau' oli i kāu mea i loa' a, e pilikia' oe. ' O ka nui a' e o kou hau' oli, ' oi aku ka nui o kou pilikia. ' O ka nui o kou makemake, ' oi aku ka nui o kou pilikia. Inā loa' a iā' oe ho' okahi makemake e' eha' oe no ho' okahi a inā loa' a iā' oe he 100 e' eha' oe i 100 a inā loa' a iā' oe 1,000,000 makemake e' eha' oe i 1,000,000. No laila' ike' oe, ' oi aku ka nui o nā makemake, ' oi aku ka nui o kou pilikia. Inā' eha' oe a' a' ole paha, e loa' a iā' oe nā mea maika' i a me nā mea' ino i kou ola, ' o ia ke' ano. A' a' ole pono' oe e pumehana i kou po' o iā' oe iho. Ke pilikia' oe, e heluhelu i ka mantra; Mai ho'ōki i ka ha' i hou ' ana i ka inoa o ke Akua e ho' opiha i kou mana' o me kēia mana' o wale nō, no laila e nalowale ka mana' o maika' i' ole mai kou po' o. ' A' ohe hopena' ē a' e. ' A' ole. No ka pale' ana iā' oe iho, hiki iā' oe ke hana i kahi mantra.

' O kēia wale nō ka mea hiki ke kōkua iā' oe. Ke hele mai kekahi mana' o maika' i' ole i kou no' ono' o, me nā hua' ōlelo a i' ole nā hana, ma mua o ka' ōlelo' ana i kekahi mea a i' ole ka hana' ana, e ha' i koke i ka mantra āu e makemake nui ai. No laila e nalo aku kēia makemake e' eha mai kou mana' o. Inā' ōlelo' oe a hana hewa paha i nā kānaka, e ho' i mai kēia hewa iā' oe. ' A' ohe mea kala. Inā hana' oe i nā po' e' ē a' e e like me' oe iho, e hana like ka po' e' ē a' e iā' oe. Inā' ino' oe i ke kanaka, hana' ino kēia kanaka iā' oe. Inā maika' i' oe, a mālama i nā po' e' ē a' e me ke aloha, e ho' iho' i kekahi i ka hana like. Inā makemake' oe e' ike i kahi helehelena maika' i a hau' oli i ke aniani, pono' oe e no' ono' o i kahi helehelena maika' i a hau' oli. Ho' iho' i mau ke aniani i ke ki' i o ka mea i kau' ia ma mua. No laila inā makemake' oe e ola hau' oli, e no' ono' o mau i kahi ki' i maika' i.

INA HE MANTRA E LILO OE I BUDDHA E HIKI MAI

I ka yoga, pono ' oe e ho' omaka ma ka heluhelu ' ana i kahi Mantra.

Inā makemake ' oe i ka wā e hiki mai ana, pono ' oe e ho' omaka ma ka heluhelu ' ana i ka Mantra.
Inā makemake ' oe e lilo i miliona, pono ' oe e ho' omaka ma ka heluhelu ' ana i ka Mantra.

Inā makemake ' oe e make ' ole, pono ' oe e ho' omaka ma ka heluhelu ' ana i ka Mantra. Inā makemake ' oe e lilo i ' uhanē manuahi, pono ' oe e ho' omaka ma ka heluhelu ' ana i ka Mantra.

He aha ka Mantra? ' O Mantra no Buddhism ka inoa o Buddha: "Amitoufo, Amitoufo, Amitoufo...." ' O kēia ka Buddhist Mantra. No nā Katolika, hiki ke ' ōlelo hou ' ia ka Mantra "' O ko mākou Akua a i ' ole ko mākou Makua, ko mākou Makua, ko mākou Makua...." Akā, makemake ' oe.

He Mantra kēia. I mea e wehe ai i ka 12,000,000 miliona mana' o i kēlā me kēia kekona e hele ana i loko o ko mākou lolo, pono ' oe e ho' oma' ema' e mua. No ka ho' oma' ema' e i nā mana' o maika' i ' ole, e ho' omaka mua ma ka heluhelu ' ana i ka Mantra; ' Oiai ' oe e hana, i kou hiamoe ' ana, i kou hele ' ana, ' oiai ' oe e hana i nā mea, pono mau kou mana' o i loko o ka Mantra: E ko mākou Makua, ko mākou Makua, ko mākou Makua.... a inā makemake ' oe i ka inoa ' o Buddha: hiki iā ' oe ke heluhelu me 4 mau hua' ōlelo "A-mi-tuo-fo A-mi-tuo-fo, Am-ituo-fo... a i ' ole me 6 syllables "Na-mo A-mi-tuo -fo "... ' O nā mea āu e makemake ai. Inā hiki iā ' oe ke no' ono' o mau i kēia.

A ke hō' oia' i' o nei au e nalowale nā a' alolo āpau, nā pilikia a pau, nā kaumaha ... a me nā ' ano mana' o maika' i ' ole. Me kēia, ho' opau ' ia nā mana' o maika' i ' ole a pau e pili ana i kou olakino, palekana, hau' oli, hana. Ho' ololi ' ia nā mea ' ino a pau i ka maika' i ma o ka ho' oma' ama' a' ana i ka Mantra. No ka mea, ke no' ono' o ' oe i ka maika' i ' ole, ho' opau ' oe i ka maika' i ' ole. ' O ia ka ' ōlelo a Buddha "e lilo nā mana' o a pau i mea maoli"

Ke maika' i kekahi mea, inā hewa kou mana' o, lilo ia i mea maika' i ' ole.

I ' ole e hiki mai kēia, pono ' oe e no' ono' o maika' i. A no ka loa' a' ana o ka no' ono' o maika' i, pono ' oe e ho' oma' ema' e mua. Me Mantra, ho' ololi ' oe i ka 12 miliona mau mana' o i kēlā me kēia kekona e hele i loko o kou no' ono' o, i ho' okahi wale nō. E heluhelu iā Buddha a i ' ole Iesu Kristo.

A kōkua kēia i kou ola a i kou make ' ana e lilo ' oe i akua kū' oko' a a hiki iā ' oe ke hele a puni ka honua a hānau ' ia ma kekahi honua. He mea nui kēia.

No kēia kumu, ke a' o nei au i nā mea a pau e ho' oma' ama' a i ka Mantra i ko lākou mau mana' o 24 mau hola i ka lā, e heluhelu ana iā Amitufofo a i ' ole Namō Amitufofo a i ' ole ko mākou Makua, ko mākou Makua...Inā makemake ' oe, hiki iā ' oe ke heluhelu iā Iesu Kristo a i ' ole Maria. Pono ' oe e hana hou i ka Mantra i kou mau mana' o no 24 mau hola, a hiki i kou moe' uhanē i ka Mantra (a i ' ole ka inoa o ke Akua).

No laila i loko o kou ola e maika' i nā mea āpau a hiki iā ' oe ke hō' ea i waho o ke ao holo' oko' a ma ka heluhelu ' ana i kēia Mantra.

Inā 'oe e hana ia me kou naau a pau, me kou ikaika a pau, unconditionally 24 hola i ka lā, e hiki ke lilo i akua i ka wā e hiki mai, e hiki ke hiki i ka ia wae' ano a me ka pae e like me Iesu Kristo.

He aha ka Iesu Kristo hana? Poina ia' u li' ili' i a ho' ohuli i ka' u li' ili' i i ka' u nui. No ka mea, ' o wau ke kino. A he mau makahiki wale no keia kino, aole oi. I kēlā me kēia manawa ' a' ole komo ka ea i ke kino a pau ke ola' ilihune. ' A' ole pili inā ' ilihune ' oe, waiwai, mana.... make koke kakou a pau. ' O ia ke kumu e pono ai ' oe e ho' omaopopo ' o kēlā wau li' ili' i he moemoeā ma' ema' e. ' A' ohe mea ' ē a' e ma mua o ka mana' o. ' A' ole maoli. ' O ka mea maoli wale nō ko mākou ' uhane, ko mākou lunamana' o, ' o ia ka mea maoli.

' O ka mea maoli wale nō ko mākou mana' o, ko mākou lunamana' o, ' o ia ' o wau maoli.

He mau loa ia me mākou, e mau ana i ka palena' ole. Ke ha' alele mākou i kēia kino, ' imi ka' uhane i kahi kino ' ē a' e e hānau' ia. Ua like mau ka' uhane. ' A' ole make ka' uhane.

Ma muli o kāu mau hana, inā maika' i' ole, ho' opa' i' ia ka' uhane a hele i Gehena a inā maika' i kāu mau hana e pi' i i ka lani. Aia ma luna o ka "I". ' O ka mea e kama' ilio pū me ' oe i kēia manawa, ' o ko' u kino ia, akā i loko o kēia kino he ' uhane. Ho' ohana wau i ko' u kino e kama' ilio me ' oe, akā ' o ka mea e kama' ilio nei iā ' oe ' o ko' u ' uhane. Inā ' a' ohe ou' uhane hiki iā ' oe ke kama' ilio. No laila, ' o ke kino ka mea a mākou e ho' ohana ai, akā ' a' ole ia "' o wau". Ua like ia me ke ka' a, ho' ohana mākou i ke ka' a akā ' a' ole mākou ke ka' a, ' a' ole "' o wau".

Mai ho' ā' o e hō' eha i nā po' e' ē a' e no kou pono pono' ī. I kekahi manawa hiki iā ' oe ke hō' eha i nā po' e' ē a' e, akā uku nui mākou no ia. Ua ' ike mākou a pau aia he pō. Ma o ka hypnosis hiki iā ' oe ke ' ike aia ka lani a me Gehena, aia kēlā reincarnation. Ua hō' oia nā mea a pau. Inā ' a' ole ' oe e mana' o' i' o, hiki iā ' oe ke hō' oia iā ia ma ka hana' ana i kahi kau hypnosis me kekahi kumu a ' ike ' oe pehea' oe e ho' i ai i ka wā i hala. No laila, e hō' oia' i' o ' oe iā ' oe iho i kou wā e make ai, ' a' ole i pau nā mea a pau, akā ua hānau hou ' oe, ho' omaka' oe i kahi mo' olelo hou. No ka maika' i a no ka hewa paha.

Inā makemake ' oe e puka i waho o ka pō' ai o ka hānau' ana a me ka make (make-born, make-born, make-born), e ho' omaka me ka heluhelu' ana i kahi Mantra e ho' oma' ema' e i kou mana' o maika' i' ole. Ke hiki iā ' oe ke hana hou i kēlā Mantra i kou mau mana' o (' a' ohe pono e ha' i hou i ka leo nui), 24 mau hola i ka lā, e lilo ' oe i Akua. Mahalo i keia, e hai hou ana i ka inoa o ke Akua, i kekahi la e make ai kakou, e hele mai ana ke Akua e imi ia kakou e lawe pu me ia, alaila, kaawale kakou. I nā manawa a pau āu e makemake ai, hiki iā ' oe ke iho hou i kēia honua, a hānau hou' ia. E kū' oko' a' oe a make ' ole. ' A' ole hiki i ka haku o ka make ke hana i kekahi mea me mākou. No laila, inā makemake ' oe e kū' oko' a, e no' ono' o mua iā Mantra: ' O Iesu Kristo, ko mākou Makua, Namu Amitufofo, Namu Amitufofo, nā mea āu e makemake ai. Ho' okahi ka' āina o nā akua, ' o ia nō nā ho' omana a pau.

Ke hiki ' oe i ka hopena o kou ala, e hō' ea' oe i kahi like me nā mea a pau. ' A' ohe wahi ' oko' a, hele nā alanui a pau i Roma, i ka

wahi hookahi. Inā mana' o' i' o' oe iā Buddha a i' ole iā Iesu Kristo, hele mai' oe i kahi ho' okahi. Ke alaka' i nei nā ho' omana a pau i kahi ho' okahi, ' a' ole' elua mau wahi' oko' a, ho' okahi wale nō a ua like ia no nā mea a pau. ' O ia ke kumu a' u e ha' i aku nei iā' oe, inā' a' ohe mana' o maika' i' ole, e alohilohi ko kākou wā e hiki mai ana, e like me kahi moena rose. Me ka no' ono' o maika' i, hiki iā' oe ke ho' okō i kāu mau makemake a pau. Akā i mea e ho' okō ai i kāu mau makemake, pono' oe e ho' omaka ma ka heluhelu' ana i kahi Mantra e ho' oma' ema' e i nā mana' o maika' i' ole, nā mana' o o ka ho' opa' i, inaina, a me ka huhū.

Pehea e ho' oma' ema' e ai? ka heluhelu' ana i kahi Mantra a noho i kou mana' o āpau me kēlā Mantra i hiki' ole i nā mana' o maika' i' ole ke komo i kou mana' o. No ka mea, inā pa' a kou no' ono' o me nā mana' o maika' i' ole, e pili ana ia i kou olakino, hiki iā' oe ke hele pupule, hiki iā' oe ke loa' a i nā a' alolo, loa' a nā' ano' ano like' ole, hiki iā' oe ke loa' a ka hopena maika' i' ole, nā pilina maika' i' ole me kāu hoa, me kou' ohana. . No kēia kumu, ho' omaka nā ala āpau e hiki ai i ka hau' oli ma ka ho' oma' ama' a' ana i ka Mantra a ho' oma' ema' e i kou mau mana' o. Ke hiki iā' oe ke no' ono' o i nā hola 24 o ka lā e pili ana i ka Mantra, no' ono' o, no' ono' o, no' ono' o e pili ana iā Amitufo a i' ole ko mākou Makua, hiki iā' oe ke ho' oma' ema' e i kou mana' o.

He ala pololei a ma' alahi loa ia i ka hau' oli, a mākou e' imi nei. Ma ka ho' oma' ama' a' ana i kēia Mantra hiki iā' oe ke hō' ea i kahi hopena hau' oli. ' A' ohe ala' ē a' e.

' O ka makemake e lilo i mea make' ole i loko o mākou iho.

' A' ole pono e hele i waho e nānā i nā mea o loko. ' O kēlā me kēia Haku Nui, nā mea a lākou e' ōlelo ai, aia i loko o mākou. Ke hai aku nei au ia oe. Mai nana i waho. Mai' ae i kekahi e ho' ohuli iā' oe, me ka' ōlelo' ana hiki iā lākou ke ho' ōla iā' oe, he mea ho' ōla lākou. Hiki iā' oe ke hana, ' a' ole hiki i kekahi ke hana iā' oe.

Pehea e ho' oma' ama' a ai i ka MANTRA e loa' a i ke ola olakino a hiki i ka PARADISE

"" A' ole maopopo ia' u ka mea e hana ai, ' a' ole wau maopopo i ka mea e hana ai"

A' o mai' o Guanyin iā mākou pehea lākou e ho' oma' ama' a ai i ka mantra ma ka paradiso. Ma mua o ko' u a' o' ana iā' oe pehea e ho' oma' ama' a ai i ka mantra, i kēia lā e a' o aku wau iā' oe pehea e ha' i mai ai' o Bodhisattva Guanyin iā mākou e ho' oma' ama' a' ia ka mantra.

Hiki iā' oe ke ho' oma' ama' a i ka hui, ' elua po' e a i' ole' oe iho. I ka ho' oma' ama' a' ana i ka hui a i' ole' elua mau kānaka wale nō, e ho' omaka kekahi hapa ma ka heluhelu' ana i ka "na mo a mi tuo fo, na mo a mi tuo fo" ' elua me ka mālie a maopopo i ka wā e ho' olohe ai ka hui' ē a' e, a pau ka po' e ho' olohe' ōlelo "na mo a mi tuo fo, na mo a mi tuo fo" a ho' olohe ka po' e heluhelu a pēlā aku. Inā ho' oma' ama' a ho' okahi' oe, e ha' i "na mo a mi tuo fo" i' elua manawa a' elua me kou mau mana' o a pēlā aku. 2 manawa me ka leo nui a' elua me ka mana' o. ' Ehia mau manawa āu e ho' oma' ama' a ai i kēia mantra?

Wahi a Bodhisattva Guanyin, pono' oe e ho' oma' ama' a i 2 mau hola i ka lā i māhele' ia i 4 mau manawa o ka hapalua hola.

Inā ' a' ole ' oe ma' a, hiki iā ' oe ke ho' omaka ma ka heluhelu ' ana i' elua manawa, ka hapalua hola i ke kakahiaka a me ka hapalua hola i ka pō. ' Oī aku ka maika' i o ka nui o kou manawa. Inā pilikia kekahi me ke ko' iko' i, ke a' alolo, ka' eha, ke po' o a i' ole kekahi ' ano ma' i, e no' ono' o i kahi āu i loa' a ai ka pilikia a i' ole ka ma' i a heluhelu i ka mantra, no ka mea ma o ka mantra hiki iā ' oe ke ho'ōla a ' o ka mea nui loa' o ia' oe ' t loa' a nā hopena' ao' ao. Pili ia i kou noonoo. ' A' ole hiki iā ' oe ke no' ono' o, ' a' ole maika' i a maika' i' ole ho' i, i hiki ke ho' okau i kou leo ma kahi āu e pilikia ai. He mea nui no hoi ka noonoo. ' A' ohe kūlana āu e hana ai, ' o ka mea nui ka' olu' olu. No ka la' ana, inā ma' i' oe ma kahi moe a' a' ole hiki iā ' oe ke ala a' e, hiki iā ' oe ke lawe i ka manawa kūpono e ho' oma' ama' a i ka mantra, pono' oe e ' ōlelo "na mo a mi tuo fo" me ka mālie a mālie. No ka mea, ke ' ōlelo mai nei ke Akua, ' o ka mea e noi aku iā ia, hele mai ' o ia e kōkua. ' O ia ke kumu inā heluhelu ' oe i kona inoa me ka no' ono' o, hele mai ' o ia e kōkua iā ' oe. E hoao.

E ho' oma' ama' a a' ike' oe.

Pono' oe e heluhelu i ka mantra i ka wā e no' ono' o ai, ' elua i ka manawa like: na mo a mi tuo fo na mo a mi tuo fo... me ka leo nui a laila mai ka mana' o. No ka wehe' ana i nā' ano a' alolo a i' ole nā mana' o maika' i' ole mai kou no' ono' o, pono' oe e no' ono' o i ka heluhelu ' ana i kēia mantra a' ike ' oe pehea e hele ai nā a' alolo, i loko o kekahi mau minuke e pau nā a' alolo a me ke kaumaha. Inā ' a' ole ' oe e ho' olohe i kēia mau mana' o maika' i' ole, e pau ana kēia mau mana' o, ' oī aku ka nui o kou ho' olohe' ana iā lākou, ' oī aku ka nui o nā a' alolo a me ke kaumaha. ' O ka lī' ilī' i o kou nānā' ana i kēia mau mana' o, ' oī aku ka wikiwiki o ka hele' ana. ' O ke ko' iko' i, nā a' alolo, ka huhū, nā mana' o kaumaha ... pili pono kēia mau mea i kou olakino. Hiki e nīnau i kekahi kauka, inā ' a' ole hiki iā ' oe ke wehe i kēlā mau mana' o maika' i' ole mai kou po' o i kēlā me kēia lā e loa' a iā ' oe ka' eha, ma mua ma kahi wahi, a laila ma kahi ' ē a' e, i kekahi lā a' e ma kahi ' āpana o kou kino ... a inā ' oe e hele e kipa i ke kauka i kēlā me kēia lā no kahi ' eha ' ē a' e i ka hopena' a' ole ' oe e ho' oponopono i kekahi mea. Inā ' a' ole pau kou po' o i ka no' ono' o' ana, ' a' ole ' oe e maika' i. Inā ' a' ole pau kou mana' o i ka ho' opuka' ana i nā mana' o maika' i' ole, ' a' ole olakino kou kino no ka mea ' a' ole ' oe e ho' ōki i ka ho' ouna' ana i nā mana' o maika' i' ole a e ma' i kou kino. Inā makemake ' oe i ke olakino, pono' oe e ho' omalu i ka mana' o maika' i' ole i loko o kou no' ono' o, a inā ' a' ole hiki iā ' oe ke ho' omalu iā ia, ' a' ole ' oe e olakino a pono' oe e hele pinepine i ke kauka. Inā ' a' ole hiki iā ' oe ke ho' ōla iā ' oe iho, pono' oe e kōkua ke Akua iā ' oe, ' o ia ke kumu e heluhelu ai ' oe i kēia mantra.

No ka hiki ' ole iā ' oe ke ho' omalu i kou no' ono' o, ' a' ole ' oe olakino, a i ka pō, loa' a iā ' oe nā moe' uhane, ' a' ole hiki iā ' oe ke hiamoe, ' a' ole ' oe makemake e ' ai... hoomaha. Akā, he mau lā' au ka lā' au a he mea make ia no kou kino, no ka mea, i kēlā me kēia manawa e pono ai ' oe i nā mea hou a' e a pili ia i kou olakino no ka mea he mau hopena' ao' ao nā mea āpau.

E nīnau i kekahi kauka. ' O ia ke kumu a' u e ha' i aku nei iā ' oe, e ho' ā' o i kēia mantra e kipaku aku i nā mana' o maika' i' ole a ho' ōla i kou mau ma' i no ka mea ' a' ohe hopena' ao' ao o kēia mantra e like me nā lā' au. Ho'ōla ka lā' au i ho' okahi mea akā ho' opau i nā mea ' ē a' e a laila ho' omaka ke kino holo' oko' a i nā pilikia. Ua ha' i mai kekahi hoaaloha ia' u ua kuhikuhi ke kauka i kahi pila a i kēia manawa ua like kona hale me kahi lā' au lapa' au. He ino no ke kino. ' Oī aku ka nui o ke kemika āu e lawe ai, ' oī aku ka' ino o kou kino.

E ho'ā' o e hana e like me a' u. Ua ho' oma' ama' a au no 40 mau makahiki, a i loko o kēia mau makahiki inā loa' a ia' u kahi pilikia olakino, ma o ka no' ono' o yoga ua ola au.

Me ka yoga-no' ono' o a me ka heluhelu' ana i ka mantra ke nānā aku nei au ma kahi o ka' u pilikia a hā' awi wau i ke kauoha i ko' u lolo e ho' ōla i kēlā wahi. Kapa' ia kēia he ho'ōla pono' ī, me ke kōkua o ke Akua ke hō' oia' i' o aku nei au iā' oe e ho' ōla.' A' ole pili inā he ma' i kanesa, inā he' ōpū a i' ole kekahi ma' i. No ka ho'ōla' ana i kekahi' ano pilikia olakino, pono' oe e hilina' i iā' ' oe iho,' o ka lua pono' oe e hilina' i i ka mantra āu e heluhelu ai, a me ke Akua.' O ke kolu, pono' oe e hilina' i 100% me kēia mau mea' elua e ho' ōla' ' oe 100%. Inā' a' ole' oe 100% maopopo a kānalua' oe he hiki kēia, a laila' a' ole ia e hana. Pono' oe e hilina' i 100%. E ho' omana' o maika' i, pili nā mea a pau i kou mana' o. He mana loa ka mana o ka noonoo.

Ho' ohana mākou i ka 3% wale nō o ko mākou no' ono' o, nā mana' o pono,' o ke koena 97% e no' ono' o i nā mea lapuwale, nā kuhi hewa a me nā no' ono' o pono' ole. E like me nā polokalamu' ino kamepiula.

Ho' ohana wale mākou i 3% o nā polokalamu pono,' o ke koena he' ōpala. No laila' ike' oe inā loa' a iā' oe nā pilikia olakino,' a' ohe mea' ē a' e, pono' ' oe e hilina' i iā' oe iho a hilina' i i ka mantra e hiki ke ho'ōla a laila e no' ono' o' ' oe i kahi āu i pilikia ai a heluhelu i ka mantra me ka 100% kūpa' a.' A' ole hiki iā' oe ke kānalua. Inā' oe e hana i kēia ke hō' oia' i' o nei au e ola' oe.' O kēia ka mea a Guanyin Bodhisattva i a' o mai ia' u a ke a' o aku nei au iā' oe. Ke hilina' i nei au iā' Bodhisattva Guanyin a ma mua o 40 mau makahiki ua ho' oponopono wau i ko' u mau pilikia olakino ma kēia ala. No laila,' ike' oe i kēia manawa, aia i loko o kou lolo ke kumu o ka' ino a ua a' o aku au iā' oe pehea e ho' ōla ai i kou mau ma' i mai ke kumu o ka' ino.

E ho'ā' o a ho' oma' ama' a, e' ike koke' oe e nalowale ana kou mau ma' i āpau a piha' oe i ke olakino a me ka ikaika. E hilina' i i ke Akua Guanyin e like me ka' u i hana ai a e hele maika' i nā mea āpau iā' oe. Inā' oe e ho' olohe mai ia' u, ke hō' oia' i' o nei au' a' ole' oe e loa' a nā pilikia olakino. E heluhelu i ka mantra 2 mau hola i ka lā i nā hola 1/2 a loa' a iā' oe ke olakino a me ka ikaika maika' i. No laila hiki iā' oe ke hau' oli i ke ola me ke olakino. No ka mea,' o ke olakino ka mea nui loa o ke ola, inā' a' ohe ou olakino' a' ohe āu mea. I kēia manawa hiki iā' oe ke lilo i miliona a loa' a kahi' ohana maika' i a hau' oli, inā' a' ohe ou olakino' a' ole hiki iā' oe ke hau' oli i ke ola.

E no' ono' o mau i ka maika' i, mai no' ono' o maika' i' ole.' Oia i nā hewa nā mea iā' oe, no' ono' o mau' oe i ka maika' i a' ike' oe i ka loli' ana o nā mea āpau a puni' oe i ka maika' i. Mai lawe i ka' ōpala a kekahi e ho' olei iā' ' oe a mālama i loko o' oe. Inā' ōlelo kekahi iā' oe i nā' ōlelo' ino a hō' ino iā' oe, e no' ono' o' a' ole lākou e' ōlelo mai iā' oe, e no' ono' o' ilihune, pupule kēia", mai' ae i nā mea maika' i' ole a kekahi e ho' olei aku iā' oe. Inā' ' oe e' ae a moni i nā mea maika' i' ole a nā po' e' ē a' e e ho' olei iā' oe, a laila e ma' i ana' oe.

Inā ho' ouna kekahi iā' oe i ka' ōpala, ho' ouna' o ia iā' oe i ka' ōpala ... e ale anei' oe?' A' ole. Inā' oe e ale, ua ho' okō kekahi i kāna pahuhopu, e hō' eha iā' oe. ' O ia ke kumu mai' ai' oe i nā mea' ino mai kekahi no ka mea a laila e ma' i mau' oe a pono' oe e hele i ka haukapila i kēlā me kēia' elua no' ekolu.' O ia ka makemake o ka mea nāna e ho' olei' ōpala iā' oe, e ma' i' oe. No laila, mai ale i kekahi mea. ke' ōlelo mai nā kānaka

E heluhelu koke i ka mantra na mo a mi tuo fo, na mo a mi tuo fo" malie, palupalu a maopopo, "na mo a mi tuo fo, na mo a mi tuo fo". Mai hoi mai me na olelo ino a me na olelo ino. ho' opa' i.

E heluhelu wale i ka mantra a' u e a' o aku ai iā' oe a ho' ā' o e a' o i nā po' e' ē a' e e hana like. Inā ho' olohe' ole kekahi iā' oe, a laila e mālama i kahi mamao i' ole e hana' ino hou mai kēlā kanaka iā' oe.

Mana' o wau e ho' olohe mai' oe ia' u a hahai i ka' u' olelo a' o.

Mahalo nui iā' oe.



NUI HUI



29.- ALOHA

He aha ke aloha?

' O ke aloha ' oia' i' o he aloha maika' i maika' i. ' A' ole ia he aloha ' ino. He aha ke aloha maika' i?' O ka hā' awi' ana, ' a' ole noi, ' a' ole koi, ' o ia ke aloha, kou ' uhane, kou mana' o i kekahi kanaka ' ole. ' A' ohe koi o kēlā me kēia ' ano. He Aloha maemae keia. Inā ho' okomo ke Aloha i nā kūlana a i ' ole kekahi koi, he aloha ia, ' a' ole ia he Aloha ma' ema' e, ' o ia ka waiwai.

E like me ke aloha o ka makuahine i kāna keiki, he Aloha ma' ema' e kēlā aloha ' ole. E mālama i ke ao a me ka pō. I ka pō, kia' i mau ' o ia ' oia i ua luhi ' o ia a ' a' ole noi i kekahi mea a koi ' ole i kekahi mea, ' o ia ke Aloha

Hana hewa nā kānaka me ke Aloha No ka la' ana, ma Sepania a hiki i kēia lā, Kepakemapa 23, 2010, 50 mau wahine i pepehi ' ia. ' O ka hua' ōlelo ho' okahi e puka mau ana: "Inā ' a' ole no' u, ' a' ole ia no kekahi" ' O ia ka mea e ' ōlelo mau ai ke kanaka. Hana hewa nui ke kanaka. ' a' ole nona ' a' ole ho' i he kauā na kekahi. ' A' ohe kuleana o ke kāne e pā' ani me ia: inā makemake ' o ia, lawe ' o ia, inā makemake ' o ia, ha' alele ' o ia. ' A' ohe kāne a wahine ho' okahi ' uhane. Ua like ka ' uhane me ka ' auwai uila. Inā ' ula' ula ke kukui, puka mai ka ' ula' ula. Inā ke' oke' o ke kukui, ke' oke' o nō ho' i ke kukui.

' O ia ho' i, inā i kēia ola i hānau ' ia ke kāne i ka wā ma mua, ' oia' i' o ua hānau ' ia ka wahine a me ka holoholona. Inā hānau ' ia he kāne a he wahine paha, ' a' ohe ' oko' a, ' a' ohe mea ' oi aku. Ua like ka uhane. He ' uhane like ko lāua. Inā like ka ' uhane no nā mea a pau, ' a' ohe mea i ' oi aku ma mua o kekahi. ' A' ole ' oi aku ke alii' i ma mua o ke kanaka ' ilihune. Inā hānau ' ia ' o ia ma ke ' ano he alii' i, ' o ia ho' i, ua hana maika' i ' o ia i ka wā ma mua a i kēia manawa ua hau' oli ' o ia i kēia mau pono. Inā hānau ' ia ' o ia he ' ilihune, ' o ia ho' i, ua hana hewa ' o ia i ka wā ma mua a ' o ia ke kumu o kēia ola ' a' ole hiki iā ia ke le' ale' a iā ia iho.

Panina: Ke ho' opa' apa' a nā kānaka ' elua, ' o wai ka pololei?' o lāua ka hewa no ka mea makemake kēlā me kēia e pakele. Makemake nā kānaka a pau e pololei. Ke aloha maoli nā kānaka ' elua i kekahi i kekahi, ho' okahi lāua. Inā no' ono' o nā mea a pau no ko lākou pono, e loa' a iā lākou kahi paio o ka makemake.

'Ōlelo nā kānaka a pau ua male lākou no ke aloha, mai kuhi hewa. ' A' ole aloha ke aloha possessive, egotistical. Inā ' ōlelo ' oe na' u' oe, a laila ua loa' a ia' u iā ' oe a ua loa' a ia' u' oe. e like me keia I kēia hihia e mau ana nā pilikia, nā paio ma nā ' ao' ao' elua. ' O ka mea e pono ai ' oe e ho' ohui i ' elua ' uhane i ho' okahi. Inā he kanaka like ' olua, ' a' ole ' oe e ho' opa' apa' a iā ' oe iho. hiki ole. Inā ho' okomo' oe i kekahi mea ma kou lima a ho' one' e i kou lima, ' a' ohe kani. ' elua inā kani lākou

' O ia ke kumu i ka wā e kanu ai lākou i ka lā' au me ka mea nona nā mea a pau, pono lāua e mālama. No ka mea, ina e akahēle kekahi a hana ino ia kekahi, aole e ulu ka laua. Inā ' ōlelo ' oe na' u wale nō, huli hewa ka mea. No laila e ho' omana' o maika' i, ' A' ole hiki i ke aloha ke koi. Inā ' oe e koi i kēia aloha he mea ' ino ia, ' o ka loa' a ' ana, ' a' ohe mea e pili ana i ke Aloha ' oia' i' o. ' o kahi la' ana

e like me Iesu Kristo i make no na kanaka no ke aloha maemae i kona hoalauna.

Me ka ' ike e hele mai ana lākou e ' imi e pepehi, ' oia' i' o ua holo' o ia, ' a' ohe kanaka na' aupō! Akā, ' a' ole pau' o Iesū Kristo i ke aloha i ko kākou hoalauna. Aloha maika' i ma' ema' e.

He aha ka maika' i? ' o ke Aloha' a' ole ia e ho' oka' awale i ka I-oe-he. Inā' a' ohe aloha i loko o ka' ohana, haki ka' ohana, inā' a' ohe aloha i ke kaiāulu, ' eha ka' aha kanaka iā ia iho, inā' a' ohe aloha ma waena o nā' āina, a laila hiki mai ke kaua. Inā' a' ohe aloha o ka honua i ke ao holo' oko' a, hiki iā ia ke ho' ohaumia i ke ao holo' oko' a a i ka wā e hiki mai ana hiki ke ho' oulu i nā kaua ma waena o nā hōkū. Pono nā mea a pau i ke aloha. Inā' a' ohe Aloha e loa' a iā mākou nā pō' ino kūlohelohe, ma nā' ohana, nā pō' ino pilikino. ' O nā mea' ino a pau e lilo i mea' ino.

' Oia' oe e hā' awi i ke aloha i nā mea a pau āu e hālāwai ai, lilo ka honua holo' oko' a i ke aloha Guaranteed! Hā' awi ke kanaka i ke aloha i nā mea a pau, ho' olaha i kēia aloha i nā mea a pau a lilo nā mea a pau i ke aloha iā' oe, ua like ia me ke alo o ke aniani. Ina oe e minoaka, e akaaka ke aniani, Guaranteed! Ua like ke aniani me ke kanaka' ē a' e. ' O ia ke kumu inā makemake' oe i ka hau' oli, ka laki, ke ola lō' ihi... ' o ka mea wale nō kāu e hana ai, ' o ka pu' unau' ana i ke Aloha. ' Oia' i' o! ' a' ole ho' ōki kekahi i ka pa' i' ana a me ke ku' i ' ana, ' a' ole e ho' iho' i mai ka' aka' aka. Inā makemake' oe i kekahi e aloha iā' oe, e aloha mua' oe i kekahi. ' ike a' a' ole paha

maopopo iā' oe.

No laila hiki iā' oe ke loa' a kahi hau' oli, kahi kaiāulu hau' oli, kahi kūlana hau' oli, honua hau' oli ... Mai no' ono' o' oe i kēlā me kēia. He ma' ema' e ke aloha inā' a' ohe "I" i loko o kēia aloha. Inā loa' a iā' u, aia kahi paio o ka makemake. Mahalo nui iā' oe.

Inā hā' awi' oe i ke aloha i ke ao holo' oko' a, aia' oe ma nā wahi āpau a aloha ke ao holo' oko' a iā' oe. Aloha nā kānaka a pau iā' oe. E like me ko mākou aloha iā Iesu Kristo a me Maria. I Buddha. Hā' awi lākou i ko lākou ola a me ko lākou aloha i nā kānaka. A ho' omana' o mau mākou iā lākou. He poe haipule lakou, haawi lakou i ko lakou aloha i na kanaka a pau, aole inaina. ' Oia' ua pepehi' ia' o Iesū Kristo me ka hala' ole, ho' omau' o ia i ke aloha. ' A' ohe ona inaina a' a' ole makemake e ho' opa' i. ' A' ohe mea. ' O ia ke kumu e pōina ai ke kāne a me ka wahine iā ia iho e ho' ohui i' elua i ho' okahi a noho hau' oli loa.

E ho' omana' o maika' i. ' A' ole ka wahine ka waiwai o ke kāne, ' a' ole ho' i ka waiwai o ke kāne i ka wahine. ' O lāua ho' okahi. ' O lāua nā mea nona. Inā pēlā, e ola hau' oli loa' oe. ' O kēlā me kēia kūkākūkā i loa' a i kekahi, ' o ia ka hewa o ka egoism, ka hewa o ka "I": makemake wau, mana' o wau ...

Ke aloha' oe me kou pu' uwai, ' a' ole' oe e no' ono' o i ka "I". Inā aloha' o "I" iā' oe, e loa' a ana iā' oe nā pilikia, no ka mea' a' ole pono' oe e ho' oka' awale ma waena o wau' oe-ia. ' O ia ke kumu' a' ole' o "I" ke aloha. E ho'ā' o e ho' ohui i' elua' uhane i ho' okahi. Inā ho' okahi wale nō, ' a' ole lākou e koi i kekahi mea mai kekahi i kekahi. ' A' ohe kūkākūkā. Me he lā' au lā. ' A' ohe paio o ka lā' au ho' okahi. Inā' elua kumulā' au, aia nā' oko' a: ' oi aku ka lō' ihi o kekahi, ' oi aku ka pōkole o kekahi, ' oi aku ka nui o nā pua ma kekahi, ' oi aku ka li' ili' i o nā pua ma kekahi ...

No laila pono' oe e ho' ohui i' elua a ho' okahi. Ma mua o ka no' ono' o' ana iā' oe iho, e no' ono' o i kekahi. Mai kou hoa pili, mai kou' ohana, mai kou mau hoaaloha, mai ka hui, mai ka moku' āina.

E no' ono' o mua iā lākou. Inā' oe e no' ono' o mua iā lākou, ' a' ole' oe e hakakā hou. E ho' omana' o maika' i iā ia. Inā' oe e no' ono' o e pili ana i ka "I" makemake wau i kēlā, mana' o wau, makemake wau i kēlā.... Inā hana' ole kekahi i ka' u e' ōlelo ai, huhū' oe, ' o ko' u hewa kēia.

Inā makemake' oe e noho hau' oli, e' olu' olu e ho' olohe mai ia' u: ma mua o ka hana' ana i kekahi mea, e no' ono' o mua i kāu hoa. Mai no' ono' o mua iā' oe iho. Inā' oe e no' ono' o mua iā' oe iho, he mana' o' i' o' oe, maika' i' ole. ' A' ole loa e hana pēlā.

He moe' uhane kā mākou a pau: e noho hau' oli me kāu hoa, me ka' ohana, me ke kaiāulu, me ka moku' āina, me ka' āina. pilikia me kekahi.

E ho' omana' o pono i ke kumu o nā pilikia i loko o ka "I". ' A' ohe

kekahi mea. E hilina' i ia' u, e no' ono' o mau i ka' ao' ao' ē a' e ma mua i nā mea āpau. ' A' ole i loko ou, no ka mea, ' oi aku ka nui o ka "I" i loa' a iā' oe, e' oi aku ka maika' i o kou ola a loa' a iā' oe nā pilikia. Inā makemake' oe e ola maika' i a hau' oli, e ola lō' ihi me ke aloha a me ke olakino, pono' oe e ho' oemi a li' ili' i i ka "I" a hiki i ka nalo' ana.

Inā' oe e hana i kēia hiki iā' oe ke loa' a nā mea maika' i loa no kou ola a e ho' okō' ia kōu mau makemake maika' i. ' O nā mea maika' i' ole, i ka wā lō' ihi e uku nui' oe a me ka uku. Ke kuhi hewa nei ka po' e: "e nānā i ka ho' opunipuni' ana i ka po' e e loa' a ia' u nā pōmaika' i". Ua' oki' ia nā alanui āpau a laila' oi aku ka' ilihune ma mua o ka wā ma mua. maika' i' ole: ' o kēia ka egoistic "I". Ke ho' omau' oe pēlā e waiho wale' ia' oe. E like me ke alo o ke aniani inā' oe e ho' okomo i kahi helehelena maika' i' ole, i loko o ke aniani e huli a maika' i' ole ka maka. ' A' ole e lilo i mea maika' i. ' O ia ke kumu inā makemake' oe i kahi ola maika' i, maika' i me kōu hoa pili, maika' i me ka' ohana, maika' i me kou mau hoalauna, maika' i me ke kaiāulu ... kōkua i nā mea āpau. No ka mea, hookahi kakou.

ALOHA MAKUAHINE

He aha ke aloha o ka makuahine?

Ke hāpai ka wahine, he mea nui i ka wā hāpai' a' ole' o ia e no' ono' o i kekahi mea maika' i' ole. Inā' oe e no' ono' o maika' i' ole, pili kēia mana' o i kōu keiki e hiki mai ana.

' O ia ho' i: inā makemake' oe e lilo kōu keiki i kanaka maika' i i kou wā hāpai, pono' oe e heluhelu i nā puke e pili ana i nā' ōlelo a' o maika' i a me nā hana maika' i. Pēlā' oe e a' o ai i kōu keiki e hiki mai ana e lilo i kanaka maika' i. Inā he kanaka maika' i kōu keiki i ka wā e hiki mai ana, e loa' a ana i kou' ohana a me nā mea' ē a' e o kōu mau keiki i ka wā e hiki mai ana. Inā' oe e hāpai ana, no' ono' o mau' oe i ka mana' o pono' i, hopohopo' oe, kaumaha' oe a i' ole he' ano mana' o maika' i' ole paha' oe, i ka hānau' ana o kōu keiki e kaumaha' o ia, maika' i' ole a i ka wā e hiki mai ana he kanaka' ino. Me ke akahelu loa, no ka mea, ua a' o' oe i kōu keiki māi ka wā hāpai. ' O ia ke kumu i kou hāpai' ana' a' ole pono' oe e puhi, no ka mea, ke puhi' oe i ka nicotine pili pū kekahi i kōu keiki. Pela no ka inu ana, komo ka waiona i ke koko o kou keiki e hiki mai ana. Inā lawe' o ia i ka wai' ona i kona wā' elemakule, he mea inu' ona' o ia a inā' oe e puhi i ka' ona, he puhi paka kōu keiki. No laila' oe e nānā pono ai.

Inā he makuahine maika' i' ole, pono' oe e hana i nā mea āpau āu e hiki ai no kōu keiki e hiki mai ana i mea e hānau maika' i ai ka no' ono' o a me ke kino. ' O ke aloha o ka makuahine ka mea nui ma ka honua. No kōu keiki pono' oe e hana i nā mea a pau me ka no' ono' o maika' i. No ka la' ana, inā makemake' oe e lilo kōu keiki i mea ho' okani pila, e ho' olohe i ke mele i kēlā me kēia lā a no laila e ho' ouna i kōu keiki i kēlā mau mana' o mele. Inā makemake' oe e lilo wau i kauka, pono' oe e heluhelu i nā puke e pili ana i kēlā kumuhana i kēlā me kēia lā. Ua hō' oia' ia kēia ma ka' epekema. Mana' o ka po' e " A' ole' ike kēlā pēpē i kekahi mea, ' a' ole' o ia i hānau' ia a' a' ole' ike i kekahi mea. Ua hewa' oe. ' Ike' o ia i nā mea a pau āu e ho' ouna aku ai iā ia, ka mea āu e' ai ai, ka mea āu e inu ai, nā mea āpau. ' O ia ka mea e' ike ai kēlā me kēia makuahine. E ho' ā' o e ho' omalu i nā mana' o maika' i' ole a pau e loa' a ai kahi keiki olakino. ' O ka mua kēlā.

' O ka lua, ke hānau' ia kōu keiki, mai no' ono' o: ' Ā, ' a' ohe' ike o kēlā pēpē i hānau' ia nei! ' A' ole' o ia' ike i ka' ōlelo, ' a' ole' o ia' i' ike i nā' ōlelo, a ho' omaka' o ia e hana i nā mea maika' i' ole i mua o ka pēpē, e a' o' o ia i nā mea āpau āna e' ike ai a lohe ai. ' O ka pēpē e like me kahi' āpana pepa, e pili ana i ke' ano o kōu kākau' ana ma kēlā' āpana pepa, e kākau inoa ia. E ho' olohe mai ke keiki, inā' oe e uē, e uē a uē... ' a' ole' ike ' o pēpē inā maika' i a maika' i' ole paha a a' o' o ia a nui a' e' o ia makemake pū kekahi. nā mea a pau āu e' ōlelo ai a i' ole

hana' oe i mua o ka pēpē, ho' opa' a ka pēpē i nā mea a pau. Me he mea lā he wikiō, ho' opa' a i nā mea maika' i a me nā mea' ino.

' O ia ke kumu i kuhihewa ai ka po' e he nui' a' ole' ike ka pēpē, akā ke ha' i aku nei au iā ' oe ua' ike ka pēpē i nā mea āpau, ' o nā mea a pau e ola ana i kona wā kamali' i e hō' ailona iā ia i ka wā o ka ulu' ana o kona ola, i kona wā e hiki mai ana. Inā' a' ole' oe e mahalo i kou makua kāne a makuahine paha, ' ike, ho' olohe a a' o mai kāu keiki, a i kona wā e nui ai, ' a' ole' o ia e mahalo iā' oe. No ka mea, ua a' o' o ia i nā mea a pau mai iā' oe. No laila, inā makemake' oe e mahalo kāu keiki iā' oe, e ho' omaika' i iā' oe, e mālama iā' oe, pono' oe e hana like me kou mau mākuā. I mua o kāu keiki pono' oe e mahalo i kou makuahine, kou makuakāne, kou' ohana, kāu kāne. No laila e a' o mai kāu keiki iā' oe a i kou wā' elemakule, e hana kāu keiki i ka mea āna i' ike ai me kāu mau mākuā, ' ohana a me kāu kāne. A' o kāu keiki i ka 100% o kāu hana. Pono' oe e ho' omaopopo. Ho' omaopopo ka pēpē i nā mea a pau. Inā' aka' aka' oe i mua o kahi pēpē hānau hou, pane ka pēpē me ka mino' aka.

Inā huhū loa ke kanaka, ho' omaka ka pēpē e uē. Inā' a' ole' oe e ho' ā' o, e kū i mua o kahi pēpē a hana i kēia mau maka' elua e' ike i kona' ano. ' O ia ke kumu a' u i' ōlelo ai ' a' ole maopopo i ka pēpē ke kama' ilio, akā' a' ole ia he mana' o' a' ole' o ia i' ike i kekahi mea. Ke a' o nei ke pēpē i ka maika' i a me nā mea' ino a pau. ' O nā mea a pau e hiki mai ana ma mua. E akahele!

' O ia ke kumu inā makemake' oe i kahi' ohana hau' oli a loa' a nā keiki maika' i, maika' i me ka' ohana, maika' i me' oe i ke kaiāulu, pono' oe e a' o iā lākou mai ka hāpai' ana, mai ka hānau' ana a mai ka wā kamali' i.

Inā' a' ole' oe e a' o maika' i i kāu keiki, e like me kā mākou e' ike nei i kēlā me kēia lā he nui nā mea pepehi kanaka a me nā mea ho' oweliweli e pepehi kanaka. No ke aha i ho' ola' a ai kēia po' e i ka pepehi kanaka? no ka mea, mai kona wā kamali' i mai, ua ho' oili ka makua kāne a i' ole ka makuahine i mea' ino iā ia. Ua ulu ka pēpē ma kahi' ano' ino a ho' opa' i. Mana' o nā kānaka a pau iā' u, iā' u, iā' u a' a' ole lākou e no' ono' o i nā po' e' ē a' e. I kēlā hihia, ' a' ole kūpono iā' oe a i kou' ohana. ' A' ole ho' i e hele maika' i me ka lehulehu. Inā' a' ole' oe e ho' ona' auao pololei i kāu keiki, ' a' ole ia e ho' opilikia wale iā' oe akā i ke kaiāulu a me ke ao holo' oko' a. No laila, e' olu' olu, he mea nui loa ia, ' a' ole ia e pili ana i kāu keiki. Ke hilina' i nei kāu keiki i ka ho' ona' auao, hiki iā ia ke lilo i haipule a i' ole diabolō. Aia iā' oe ma ke' ano he makuahine. ' O ia ke kumu i loa' a ai iā' oe he misionari ko' iko' i.

E ho' ona' auao maika' i i ka loa' a' ana o kahi keiki maika' i iā' oe iho a i pōmaika' i no ka lehulehu. ' O ia ke kumu e ho' olohe maika' i ai' o ia: ' a' ole pono' o ia e ho' ouna pololei i ka mana' o maika' i' ole. ' A' ole ia e pili ana iā' oe wale nō, pili pū kekahi i ke kaiāulu, ka moku' āina a me ke ao holo' oko' a.

Ma nā' āina he nui i ho' ona' auao' ia nā kaikamahine me ka ha' i' ana iā lākou he akua ke kanaka, pono lākou e ho' olohe iā ia ma nā mea a pau, a mai kona wā li' ili' i e ale ke kaikamahine i kēlā mo' olelo, ' a' ole pono a' a' ole maoli. I kona wā nui, hana' o ia i ka mea i a' o' ia iā ia i kona wā kamali' i. Ma' Eulopa, ua a' o' ia ke kū' oko' a a me ke kaulike. ' A' ole e mana' o ke kaikamahine he mea lapuwale ke kāne he akua a pono' o ia e ho' olohe iā ia i nā mea āpau. Hiki i ke kane ke mare i na wahine ana i makemake ai, a o ka wahine wale no ke mare i ke kane hookahi, oia ke kumu o ka naauao, mamua o ke kanawai o ke akua, ua like ke kane me ka wahine, aohe oi. ' A' ole hiki iā' oe ke pa' i i ka mea nāwaliwali. ' Oi aku ka nāwaliwali o ka wahine ma mua o ke kāne. Akā, no ka nāwaliwali' ana, ' a' ole ia he ha' aha' a.

He' ano li' ili' i ia. Aia nā mea a pau i ka ho' ona' auao, mai ka hāpai' ana, mai ka hānau hou a hiki i kona ulu' ana.

E' olu' olu, inā' a' ole' oe i mākaukau maika' i, hiki iā' oe ke kali, i kekahi lā e mākaukau maika' i' oe e hānau keiki, a' a' ole me kahi kūlana ko' iko' i, me nā pilikia i ka nohona' ohana no ka mea e pili ana i kāu keiki. ' O ia ke kumu nui o ka ho' ona' auao' ana i kāu keiki i kanaka maika' i. E no' ono' o mau no kekahi, he keiki maika' i kēlā

no' oe a he kama' āina maika' i no ka lehulehu. Ke a' o nei' oe i kahi haipule a i' ole daimonio a i mea ho' oweliweli; nau wale no.

Ma ke kula, a' o wale lākou i ke akamai, ' a' ole lākou a' o pehea e lilo ai i kanaka maika' i. E ho' omana' o maika' i, inā he maika' i a maika' i' ole paha kāu keiki e hiki mai ana i loko o kou lima. ' O ia ke kumu he mea nui ka misionari a ka makuahine. Pono ' oe e' ike i ke ko' iko' i o kēia. Mai ho'ā' o e ha' alele no ka mea e pepehi ana i kāu keiki: kāu keiki e hiki mai ana. ' O ka tiger, liona... he ' ai lākou i nā' ano holoholona like ' ole akā' a' ole lākou e' ai i kā lākou keiki, ' a' ole pepehi i kā lākou keiki. ' O mākou nā kānaka, ' oi aku ka na' auao, maika' i loa ka na' au ... a pepehi mākou i kā mākou mau keiki? He hopena ko' iko' i loa kēlā, no' ono' o a me ke kino. Ma hope o 2 a i' ole 3 mau keiki ' a' ole hiki iā' oe ke loa' a hou nā keiki. Ke o' o' oe, loa' a kahi ' ohana hau' oli a makemake e hānau keiki, ' a' ole hiki iā' oe. Mai ho' olohe i ka po' e makemake i ka hāpai keiki.

E loa' a ana iā' oe nā hopena, ' a' ole he kanaka ' ē a' e, e loa' a ana iā' oe nā pilikia no' ono' o, nā pilikia kino i loko o kou ' ōpū, nā pilikia i loko o kou lunamana' o ... ' a' ole e loa' a nā hopena e like me' oe. E hilina' i ia' u, he mea nui ia iā' oe ma ke ' ano he makuahine. ' O ke aloha makuahine ke aloha nui loa o ka honua. A inā makemake nui' oe i kāu keiki e hiki mai ana, pono' oe e a' o iā ia mai ka wā hāpai. ' O ia ke kumu e pono ai' oe e wehe i kāu mau hewa a pau, nā hana no' ono' o, ka puhi' ana, ka inu ' ana, nā a' alolo, ke kaumaha, ka huhū ... pono e ho' opau' ia kēia mau hana maika' i ' ole. Inā makemake ' oe i keiki maika' i kāu keiki i kēia mua aku, pono' oe e hana i ka' u e' ōlelo aku nei iā' oe a loa' a iā' oe kahi keiki maika' i loa. ' A' ole pili inā he waiwai a' ilihune paha' oe. ' Oiai he miliona' oe inā' a' ole' oe e ho' ona' auao maika' i i kāu keiki, i loko o kekahi mau lā e ho' olilo' o ia i kou waiwai, e hā' ule kāu kālā a me ka' ohana holo' oko' a i ka' ilihune. E hoomanao pono i ka'u mau olelo. Mahalo nui iā' oe.

ALOHA KO LUKO

Aloha oe. Pono mua' oe e aloha iā' oe iho.

He aha ka mana' o? Inā aloha maoli' oe iā' oe iho, ' o kāu mea e hana mua ai e kau i ka "I" li' ilī' i a hiki i ka loa' a' ole o "I".

Inā' u' uku kēia, hiki iā' oe ke hana i kekahi mea no ka pono o nā mea' ē a' e. Inā ' oe e no' ono' o wale i nā mea' ē a' e, no' ono' o makemake nā mea a pau e lilo i hoaaloha nou, mahalo nā mea a pau iā' oe, i kēlā me kēia manawa maika' i, mana' o mua lākou iā' oe no ka mea he kanaka maika' i' oe, he kama' āina maika' i. No ka maika' i, ma mua o nā mea a pau e no' ono' o mua' oe i nā mea' ē a' e. Ma muli o kou no' ono' o mua' ana i nā mea' ē a' e, a' a' ole' oe e no' ono' o i kāu mau pono pono' ī, aloha nā mea a pau iā' oe: ' o wai ka makemake' ole e lilo i hoaaloha nou? No ka mea, he kanaka mālama maika' i' oe, me ka pu' uwai gula. Aloha nā kānaka a pau iā' oe, nani kou ola. E loa' a iā' oe nā manawa āpau i kēia ao, makemake nā mea a pau e kōkua iā' oe, aloha nā mea a pau iā' oe. No ka ho' okō' ana i kēia, pono' oe e li' ilī' i a li' ilī' i a hiki i ka lilo' ana i 0. Inā hiki iā' oe ke ho' ololi iā ia iho i 0, e lilo ' oe i akua ma kēia ao. E lilo' oe i mea ho' okipa maika' i loa ma kēia honua. E like me Iesu Kristo. I loko o Iesu Kristo aohe "I" make o Iesu Kristo no na kanaka. Ina ua loa ika Iesu Kristo "a'u", me ka ike i ka la a me ka hora i hele mai ai ko Roma e imi ia ia e pepehi ia ia, ina ua holo ia. ' A' ole ia e holo. ' O ia ho' i, mana' o wale' o Iesū Kristo i nā mea ' ē a' e, no' ono' o wale i ka pono o nā mea' ē a' e. E make no kakou. ' O ia ho' i, hele mai' o Iesū Kristo e hō' emi i ka "I" i 0.

No laila hiki iā ia ke hana pēlā. Ina i ike makou i ka la a me ka hora e hele mai ai lakou e pepehi ia makou, ina ua holo makou. ' o ia

' oia' i' o.' O kēia ka' oko' a ma waena o nā kānaka me a' u a me nā kānaka me a' u' ole.' O kēia wale nō ka' oko' a. E like me ka hiki ana o J ia ia iho O a lilo i akua. Inā hana' o Iesū Kristo, hiki iā mākou ke hana pū me nā keiki a ke Akua. Pili wale ia inā makemake' oe e hana.

Hiki iā mākou ke lilo i akua' o ka nīnau inā makemake' oe a' a' ole paha. Inā ' a' ole' oe makemake e ha' alele iā ia iho, i kekahi lā e koi aku ka haku o ka make iā' oe e make, ' oia' a' ole' oe makemake e ha' alele iā ia iho ua lilo' oe i ' uhane mai Gehena. Inā ha' alele' oe iā' oe iho, e lilo' oe i kanaka hau' oli loa ma ka honua a i kou make' ana e lilo' oe i akua. Inā pili' oe iā' oe iho i kēia ao e lilo' oe i mea pa' akikī, e ho' ohana i nā kānaka, he kanaka' ino, ' a' ohe mea e aloha iā' oe, ua pani' ia nā puka āpau, ua pa' a nā alanui āpau, e loa' a iā' oe ke olakino maika' i' ole, pō' ino.' O ka nui a' e o ko' u nui, ' oi aku ka nui o nā pilikia e loa' a iā' oe ma kēia ola a ma hope o kou make' ana. E lilo ana' oe i daimonio, e hele ana' oe i Gehena a' a' ohe mea e ho' okō iā' oe. No laila, inā aloha' oe iā' oe iho, pono' oe e hana iā' oe iho. A' o ka hana maika' i' ana iā' oe iho, ' o ia ho' i, ma mua o ka mana' o pono' i a no' ono' o i kāu mau makemake, pono' oe e hā' awi i ke aloha i nā kānaka.

He mea kue ia i ka mana o kanaka.' Ike paha' oe i ka po' e a' a' ole paha, pono' oe e hana like iā lākou no ka mea he po' e keiki lākou a pau na ke Akua, aia mākou a pau i ka' āpana like.' A' ole hiki iā' oe ke ho' oka' awale ma waena o ka waiwai, ka' ilihune, ka hanohano, ka noi' i, ka u' i, ka' ino ... i mua o ko kākou Akua he' ano like kā mākou āpau, ka pae like.' A' ohe mea i' oi aku ma mua o kekahi: ua like mākou a pau. E ho' omana' o maika' i: i mua o ke Akua, ' o ka mea noi' i a i' ole ke alī' i o ka' āpana like, he' uhane ho' okahi ko lākou.' O ka ' oko' a wale nō, ' o nā mō' ī, nā alī' i a i' ole nā miliona i ko lākou mau ola i hala i hana maika' i i nā kānaka. No laila i kēia ola hiki iā' oe ke hau' oli. He kanaka ilihune, i kona ola i hala, he kanaka pono' loa, no laila, i keia ola ana, aohe ona mea. ' Oko' a wale lākou i kēia. He' ano like kona' uhane.

' O ia ke kumu e hiki ai i nā mea a pau ke lilo i haipule, ' o ka nīnau inā makemake ' oe a' a' ole paha.

He aha kāu i loko?

Ho' opiha' ia kou loko i nā miliona o nā cell.' O kēia mau pūnaeweale a pau i loko o ko mākou kino. Pela no na kane wahine. Hana hewa nā kānaka: hewa nui. Inā ma' i kekahi, makemake wale lākou e pepehi a pepehi: eia kahi e hana hewa ai nā kānaka. ' O nā pūnaeweale kahi' āpana iā ia iho. Inā makemake' oe e pepehi iā' oe iho, ua hewa' oe no ka mea' o kēia mau cell ma mua o ka ma' i' ana he mau cell maika' i. No ke aha i lilo ai lākou i nā cell maika' i' ole, nā ma' i ma' i, nā ma' i kanesa a i' ole nā' ano ma' i' ē a' e? No ka mea? Ke ha' i aku nei au iā' oe i ke kumu: loa' a nā' ikepili mai ko mākou lolo. Inā mana' o maika' i' ole kou lolo, hiki i ka' ike maika' i' ole i kāu mau cell. He aha ka hewa? He nui nā mea maika' i' ole: ke kaumaha, ka ho' opa' i, ka lawe' ana i nā kānaka no ka pono pono' ī, ka hō' eha' ana i nā kānaka.

' O kēlā me kēia mea e ho' ohana i nā mea' ē a' e. Kapa' ia kēia mana' o' ino. Me kēia' ano no' ono' o, ' o' oe ka mea mua e uku i ka bila. No ka mea me kēia ' ano o ka no' ono' o, no' ono' o nā cell i kou mana' o: inā mana' o' oe i ka maika' i' ole, mana' o maika' i kāu mau cell.

A lilo kou mau pūnaeweale i mea' ino.' O ka mea mua, e ho' ouka lākou iā' oe iho a me ka no' ono' o e loa' a iā' oe ke kua honua i loko ou: maika' i a maika' i ' ole paha nā mea a pau a e uku' oe me kou olakino. Ho' opilikia kēlā me kēia mana' o maika' i' ole i kāu mau cell a lilo lākou i mea maika' i' ole. I mea e ho'ōki ai i kēlā me kēia' ano ma' i, pono' oe e ho' ololi i kou mana' o. Pono' oe e aloha: aloha i kāu mau cell, inā hā' awi' oe i ke aloha i kāu mau cell e a' o lākou e aloha iā lākou iho a inā aloha lākou iā lākou iho aloha lākou iā' oe a' a' ole ma' i. No laila e ho' omana' o maika' i: nā cell

ma mua ' a' ole lākou i hewa. No ke aha lākou i hewa ai i kēia manawa? No ka mea, ua ho' ohuli' oe i nā cell me kou no' ono' o' ino. No ka mea, inā' oe e a' o iā lākou i ka maika' i' ole, a' o lākou i ka maika' i' ole: a' o mai kāu mau cell mai iā' oe.

No ka ho'ōla' ana i kekahi ma' i, kōkua nā kauka iā' oe i 30%, ' o ke koena 70% , pono' oe e kau me kou mana' o maika' i.

Aia iā' oe, inā' a' ole makemake ka mea ma' i e ola, ' a' ole hiki i ke Akua ke ho' opakele iā ia.

Hā' awi ka no' ono' o i ke' ano o ke kino holo' oko' a a ho' opau koke ke kino holo' oko' a. Inā hā' awi ia i ke kauoha i ke kino e ola ai, loa' a iā' oe ka mana' olana. Akā, pono' oe e aloha i kou loko, kēlā mau ma' i ma' i no lākou e ho' ōla.

E ho' ā' o e a' o i kāu mau cell e lilo i mau cell hemolele i mau cell maika' i. No laila, kōkua kāu mau pūnaeweale iā' oe ma mua o ka ho' onāukiuki a hō' eha iā' oe. ' O ia ke kumu e aloha ai i kāu mau sela' ino e ho' ōla iā lākou a loa' a ka nui o ke olakino. Inā hā' awi' oe i ke aloha nui i kāu mau kelepona, aloha lākou iā' oe. Inā makemake' oe i ka nani, hā' awi nā cell i ka nani a me ka' ōpio. Ho' olohe kāu mau pūnaeweale iā' oe. Akā, pili ia iā' oe. Loa' a i nā pūnae nā kauoha, ' a' ole lākou e hana me ko lākou mana' o pono' i, ' a' ole. ' A' ole lākou mana' o, lawe wale lākou i nā kauoha.

Hiki i nā mea he nui ke ho' ololi i kāu mau kelepona, ' o ka mea mua a me ka mea nui akā' o kou mana' o nui.

' O ka lua ka mea' ai. E ho' omana' o maika' i: ' a' ole pono' oe e' ai i nā preservatives. ' A' ole pono' oe e' ai i kekahi huahana kemika, pono' oe e' ai i nā huahana kūlohelohe me ka' ole o nā kemika.

Inā' a' ole' oe e ho' ōki i ka' ai' ana i nā kemika, nā lā' au, nā lā' au lapa' au, nā preservatives.... Pehea e maika' i ai nā cell? E ho'ā' o e' ai i ka lā' au lapa' au maoli a e ho' emi i ka lā' au kemika. Ua' ike nā kānaka a pau i ka lā' au lapa' au e ho' ōla i kekahi mea a ho' opau i kekahi.

He mea nui kēia.

' O ke kolu: ka hanu: he lō' ihi, maika' i a palupalu, a hiki i ka piko. Pono nā pūnaeweale i ka oxygen. Inā' oe e hanu i ka māmā, pōkole loa ka hanu. Pono' oe e hanu a hiki i ka piko, me ka hanu lō' ihi. Pono kou koko i ka oxygen, a' o e hanu maika' i, lohi, palupalu a lō' ihi. Pono' oe e ho' oma' ama' a i kou kino i ka hanu ' ana i nā hola 24 e like me kēia. No laila e ho' omaika' i aku kāu mau kelepona iā' oe a loa' a iā' oe ke olakino maika' i.

' O ia ke kumu inā makemake' oe i kou loko, aloha mua i kāu mau cell, inā aloha' oe i kāu mau cell e aloha lākou iā' oe. Pela ka maikai o na kino ino.

Ke ho' okele' oe e aloha i kou loko, pono' oe e aloha i kou waho e ho' opili i kēlā aloha me nā po' e' ē a' e. Inā aloha' oe i nā po' e' ē a' e, i kou' ohana, i kou mau hoaloha... e aloha' oe i ke kaiāulu, kou' āina a me ke ao holo' oko' a, no laila e lilo kēia honua i paradiso.

Pono mua' oe e aloha iā' oe iho a inā he aloha i loko ou, a laila pono' oe e ho' ouna i kēlā aloha i waho ma ke aloha' ana i nā po' e' ē a' e.

Mahalo nui iā' oe.



NUI HUI



30. I. IKE I KA OKE. ME OE

He hewa ka po' e e no' ono' o mau ana iā ME. ' O kēia ka' u e hana hewa ai iā mākou. ' O nā mea a pau e ho' omaka me ME hele hewa: ka honua, nā pilina pilikino. ' A' ole wau' o wau' oia' i' o. ' O I, ka hua o ka hui' ana o ka spermatozoon a me ka ovum, he' i' o a me ke koko I.

Ua hānau' ia wau a make. Ke hānau' ia mākou, ' a' ole mākou e lawe mai i kekahi mea, ' a' ole waiwai, ' a' ole kekahi mea a mākou e' ike ai a ho' opā ai. Ke make mākou, ' a' ole mākou e lawe pū me mākou. ' O ka po' e e no' ono' o a hakakā wale no kēia a hiki wau i ka hopena o ke ola a lilo nā mea āpau i mea' ole a' a' ohe mea O. Inā he O, he aha kā mākou e hakakā nei no kēia no' ono' o I, no kēia wahahe' e I?

Ehia makahiki o ko kakou ola ana? aole makou i ike. I kēlā me kēia pō, ke hele mākou e hiamoe, hemo mākou i ka honua, kapa' ia' o ia he make li' ili' i.

Ke hiamoe' oe, me he mea lā ua make' oe. ' A' ole maopopo iā mākou inā e ala mākou i ka lā a' e. He aha kā mākou pō hope? aole makou i ike. Inā makemake' oe e ola maika' i, pono e ho' emi i kēia I, no ka mea' oi aku ka nui o kēia, ' oi aku ka nui o nā pilikia e loa' a iā mākou. Inā li' ili' i wau, li' ili' i ka pilikia. ' O ka nui a' e o kēia pono' i' o ia ka mea' oi aku ka mana' o pilikino. ' Oi aku ka pa' akikī o ka noho' ana me nā mea a pau. ' O wai ka mea makemake i ka hoa aloha a i' ole ka' ohana? ' A' ole' oe e hui pū me kekahi, ' a' ole me kou' ohana, ' a' ole me kou mau hoaloha, ' a' ole me ke kaiāulu, ' a' ole me ka moku' āina. ' O ka mana' o pono' i e alaka' i hewa iā mākou, alaka' i i ka noho' ino. Inā' u' uku kēia, mana' o mau ia i nā mea' ē a' e. No laila makemake' oe i nā mea ola a pau; kou' ohana, kou mau hoaloha a me ka lehulehu holo' oko' a. Inā aloha' oe i nā po' e' ē a' e e like me kou aloha iā' oe iho, makemake nā mea a pau e noho ma kou' ao' ao a kōkua iā' oe. Inā' oe e hana i ke kanaka me he mea lā' o' oe' oe iho, inā aloha' oe i nā po' e' ē a' e e me ke aloha, ' oia' i' o e aloha kekahi iā' oe. Me he mea lā aia' oe i mua o ke aniani. Inā nānā' oe me ke aloha i ke aniani, ' o ke ki' i i' ike' ia i ke aniani e ho' iho' i mai i ke aloha iā' oe. Inā' oe e nānā pono' i i ke aniani, e hō' ike pū ana ke aniani i ka mana' o pono' i. Ho' i ke aloha i ke aloha. Ho' iho' i ka mana' o pono' i i ka mana' o pono' i a' a' ole loa e holo nā mea iā' oe. Inā makemake' oe e hele maika' i nā mea iā' oe, e hau' oli, e loa' a i ka wā e hiki mai ana, a me ke ola piha i nā mea maika' i, ' o kōu mea wale nō e no' ono' o ai i nā mea' ē a' e. Mai no' ono' o e pili ana i ka I.

' Oi aku ka nui o kou no' ono' o' ana iā' oe iho, ' oi aku ka pa' akikī o kou ola, inā ' oe pa' akikī, e inaina mai nā mea a pau iā' oe, a' a' ohe ou hoaloha. ' A' ohe kanaka e aloha iā' oe he kanaka mana' o wale iā ia iho. ' O ia ke kumu e no' ono' o mau ai i nā po' e' ē a' e e a makemake nā mea a pau e noho pū me' oe a kōkua iā' oe. ' Oia' i' o. Inā' a' ole' oe e ho' ōki i ka ho' onāukiuki' ana i nā po' e' ē a' e, ' o wai ka makemake e ho' okoko iā' oe? Inā lulu lima' oe me nā po' e' ē a' e, maika' i' oe, hā' awi' oe i ka hau' oli, ' aka' aka' oe me ka pu' uwai piha i ke aloha, ke hō' oia' i' o nei au e ho' iho' i nā mea a pau iā' oe me ke kālā ho' okahi. Inā hā' awi' oe i ke aloha, aloha nā kōkua a pau iā' oe. Inā makemake' oe e hā' awi i ka mana' o i kou ola, loa' a ka waiwai maoli a me ke ola kupaianaha, ua' ike mua' oe, aia nā mea āpau iā' oe, i kōu mea e hā' awi ai. Inā makemake' oe i ka maika' i o ke kaiapuni a puni' oe, pono mua ' oe e maika' i me nā po' e' ē a' e.

Inā makemake' oe e loa' a ka paradiso ma' ane' i, pono' oe e loa' a mua ka pu' uwai piha i ke aloha. A laila, ' o kou puni, kou po' e, kou puni, he' ānela lākou a pau me' oe, he po' e haipule pū me' oe. ' O ka mua pono' oe e lilo i' ānela, he haipule a ' o nā mea āpau a puni' oe e lilo i' ānela nou.

No laila hiki iā ' oe ke ola i kahi ola hau' oli piha a hiki iā ' oe ke ho' okō i kāu mau makemake a pau. ' A' ole mālama ka hapa nui i nā po' e ' ē a' e. Hele lākou ma luna o kekahi no ko lākou pono iho. Hiki iā ' oe ke hehi i kekahi i kekahi, ' oiai ' a' ole ' ike ka po' e iā ' oe, e' ae lākou iā lākou iho e hehi ' ia. Akā inā ' oe e ho' ā' o' elua, ' a' ohe mea e' ae iā ' oe e ho' ohana hou iā lākou a ' a' ohe mea e makemake iā ' oe ma ko lākou ' ao' ao, no ka mea, ua ho' ohana ' oe iā lākou. A laila, he pō kou wā e hiki mai ana. No laila, inā makemake ' oe e ola maika' i, pono ' oe e loa' a mua ka pu' uwai piha i ke aloha, aloha i nā mea ola a pau. No ka mea, inā hā' awi ' oe i ke aloha, e aloha nā mea a pau iā ' oe a he paradiso maika' i kou ola: inā makemake ' oe i ke kālā, hiki iā ' oe ke loa' a kālā no ka mea e kōkua nā mea a pau iā ' oe a e hā' awi nā mea āpau iā ' oe i kahi manawa. E hā' awi mua ' ia nā mea maika' i iā ' oe no ka mea ' oi aku ' oe ma mua o nā mea ' ē a' e. ' O ka mea ' ē a' e, inā e no' ono' o mau ' oe iā ' oe iho a ' a' ole mālama ' oe i nā mea ' ē a' e, ' a' ohe mea e aloha iā ' oe a e ho' onāukiuki nā mea a pau iā ' oe. I kēlā hihia ' a' ole ' oe e loa' a i kahi, ' a' ole ' oe e hele mamao. No laila ke ' ōlelo mākou: ' Ike au: ke ' ike ' oe i kekahi mea, e ho' oka' awale ' oe inā makemake ' oe a ' a' ole ' oe makemake. Aloha au; ke ' ōlelo ' oe aloha wau, ' oko' a ma waena o ka' u aloha a me ka' u aloha ' ole. Mana' o wau: maika' i ko' u mana' o a i' ole ko' u mana' o ' ino. E no' ono' o mau ' oe a kama' ilio mua e pili ana iā ' u a ke hana nei ' oe i kahi kuhihewa nui, no ka mea, ' ōlelo wau mana' o wau, ' ike wau, makemake wau, makemake wau, e ho' oki' eki' e loa ana ' oe. Inā ' oe e no' ono' o iā ' oe iho ma mua, ' o nā mea ' ē a' e ka lua iā ' oe. Akā, ua hewa ' oe, ' o nā mea ' ē a' e ke hele mua. Hiki iā mākou ke ola maika' i, pili ia i ke kaiapuni a me nā kākā. Inā maika' i ke kaiapuni, maika' i nā kākā a piha ' oe i ka hau' oli, aloha a he paradiso kou ola. No laila, mai ho' ohewahewa i kekahi. ' O mākou wale nō ka mea e hewa ai no kā mākou mau mea. Inā mākou e ho' ohana i nā mea ' ē a' e no ko mākou pono pono ' ī, e uku nui mākou i ka hopena. Inā ' oe e' ae i kekahi e ho' ohana li' ili' i iā ' oe, e' ai' ē mau kēlā kanaka iā ' oe a maika' i iā ' oe. Inā ho' ohana li' ili' i ' oe i kekahi, mana' o ' ino kekahi iā ' oe a ' a' ole makemake ' oe i kekahi mea me ' oe. No kēia kumu, ' o ka' u e' ōlelo nei a maopopo ' ole ka po' e, ' o ka loa' a ' ana o ka I nui, he pō ' ino nui ia no kou ola, kou olakino. ' O ka nui o ka I, ' oi aku ka nui o nā pō ' ino i loa' a iā ' oe. Inā loa' a iā ' oe kēlā ' u' uku li' ili' i, e hau' oli ' oe a hiki iā ' oe ke ho' okō i kou makemake a pau, makemake ' oe e hau' oli? Makemake ' oe e ho' okō i kāu mau makemake a pau? Makemake ' oe e loa' a kahi ' ohana hau' oli, nā hoaaloha, hoa pili, hana, waiwai, nani...? Aia nā mea a pau i kou mana' o. ' O ka mea āu e makemake ai e ho' ololi, e ho' ololi e like me kou mana' o. Inā makemake ' oe i kou kaiapuni e like me Gehena, e ho' ololi e like me Gehena. ' O ia ke ' ano.

Wahi a ka po' e: na' u kēia kino. Ua hewa ' oe, ' a' ole no mākou kēia kino. Ho' ohana mākou i kēia kino. He makana ke kino na ko makou mau makua, aole nau. Ho' ohana wale ' oe. Ua like ke kino me ke ka' a, nau ke ka' a akā ' a' ole ' oe. ' A' ole pono ka hana ' ino e loa' a ai ka pōmaika' i no kēlā kino ho' opunipuni. I ka hopena, ke make mākou, ' a' ole mākou e lawe i kekahi mea, no laila he aha kā mākou e hakakā nei? no laila? he mea ole; waiwai, kālā, ' ohana. Ke make mākou, ua pau: ke make ' oe, ' a' ole hiki iā ' oe ke lawe i kāu mau keiki, kāu wahine, kāu waiwai, a me kāu waiwai o kēlā me kēia ' ano. ' A' ole hiki i kekahi ke make no ' oe. ' A' ole hiki i kekahi ke hau' oli iā ' oe. ' O ia ke kumu e hilina' i ai nā mea a pau iā ' oe. - Inā makemake ' oe e noho i kahi lewa hau' oli a loa' a i nā mea āpau, pono ' oe e aloha i kēlā me kēia mea ola a ' a' ole ' ike i kahi hemahema o nā mea ' ē a' e, no ka mea, ' a' ohe mea kūpono. Inā ' a' ole maika' i mākou, ' a' ole hiki iā mākou ke kuhikuhi i nā manamana lima i kekahi no ka mea he hewa ko mākou a pau e like me nā mea ' ē a' e. Inā he kanaka maika' i ' oe, e ho' ā' o e' ike i nā hemahema o kekahi. Me he mea lā ua ha' i kekahi iā ' oe: "He wahi ' ele' ele kou ma kou

maka" a pane mai kekahi: "A pehea oe, ua pau ka eleele ia oe, i uhiia i ka lepo". ' Ike mau mākou i nā hewa o nā mea ' ē a' e, ' a' ole mākou ' ike i kā mākou hewa pono' ī. No laila, ma mua o ke kuhikuhi ' ana i nā manamana lima i kekahi, e kuhikuhi mua iā ' oe iho. Inā he hewa kāu, ' a' ole hiki iā ' oe a' a' ohe kuleana e kuhikuhi lima i kekahi. Hana hewa nā kānaka a pau, pono ' oe e kala aku. Inā ' a' ole hiki iā ' oe ke kala aku i kekahi, ' a' ole e kala mai kekahi iā ' oe. Hana hewa mau mākou, no laila e ho' ā' o e ho' opa' akikī loa a ' ōlelo wau makemake wau pēlā a pēlā nō. no laila? ehia makahiki o kou ola ana? E ho'ā' o e noho maika' i, mālie, ' a' ole e hō' eha i kekahi. ' A' ole hiki iā ' oe ke noho maika' i ma luna o ka ' eha o kekahi. ' A' ole hiki iā ' oe ke ola maika' i e like me kēia, e uku nui ana ' oe. Inā ho' olei ikaika ' oe i ka pōle' a i ka paia, ikaika ka pōle' a iā ' oe. A' oi aku ka ikaika o ka ho' olei ' ana iā ia.

Ho' i mau ia iā ' oe me ka ikaika like: maika' i a maika' i ' ole paha. Inā makemake ' oe e loa' a iā ' oe ke olakino maika' i, hiki iā ' oe ke loa' a ia mahalo i ka no' ono' o. No ka mea, mai ke po' o, ho' ouna ' ia nā hō' ailona i ke kino holo' oko' a ma o ke kuamo' o a he mau a' alolo ko kēlā me kēia vertebra e ho' ouna i kēlā mana' o i ke kino holo' oko' a. Inā maika' i ' ole kou mana' o, pili ia i kou kino, kou olakino, ma ke ' ano maika' i ' ole. ' A' ole hiki i ke kauka ke ho' ōla iā ' oe. Inā loa' a iā ' oe nā mana' o maika' i ' ole, komo ia i loko o ke kino, pa' a' ia a loa' a mau iā ' oe nā pilikia olakino. No ka hana maika' i o kou kino, pono ka lolo e ho' ouna i nā memo maika' i, no' ono' o maika' i. No laila, inā loa' a iā ' oe nā mana' o maika' i, maika' i kou olakino a pēlā pū kou ola. Inā maika' i ' oe me kou ' ohana, maika' i nō kou ' ohana me ' oe. E maika' i nā mea a pau. Inā maika' i ' ole' oe, e hewa nā mea a pau a hele hewa nā mea a pau, no ka mea, he' ino kou mana' o. ' A' ohe mea hewa ' ē a' e ma mua o ' oe iho. No makou ka hewa. ' O ia ke kumu o ka maika' i a me ka maika' i ' ole, na mākou iho e hana. Mai ho' ā' o e kuhikuhi i ka manamana lima i kekahi no ka mea ' a' ohe mea hewa ' ē a' e ma mua o ' oe iho. ' O ME. Inā makemake ' oe e loa maika' i, pōina iā ' oe iho a ho' olaha i ke aloha i nā mea āpau. A laila, ke make ' oe, hiki iā ' oe ke lilo i ' ānela, no ka mea he pu' uwai nui nā ' ānela i piha i ke aloha. Mahalo nui iā ' oe.

' O ka pilikia i loa' a iā mākou ma mua o ka kū' oko' a' ana, ' a' ole mākou ' ike i ka ' oko' a. Ma mua ua kama' ilio mākou e pili ana i ka pilikia mua, a i kēia manawa e kama' ilio mākou no ka lua. He aha ka ' oko' a? "' O wau, ' o' oe, ' o ia ka mea ho' omaka e ho' oka' awale, akā ua hewa mākou, no ka mea "' a' ole ola wau, ' o' oe a me nā mea ' ē a' e, no ka mea, ho' okahi mākou a pau. "' O wau, ' o' oe, ' a' ole ia."

Ua like mākou me kahi kulu. Ke hiki mai ka nalu, lele ka hā' ule mai ka wai, akā e ho' i hou i ke kai. Ke lele nei kēia hā' ule i waho o ka wai, mana' o mākou iā "I", akā ' a' ole maoli ia, no ka mea, ke ho' i hou i ka wai, ho' okahi mākou a pau. Ho' okahi mākou a pau. Ho' okahi mākou a me nā mea ' ē a' e, a ho' okahi ke ao holo' oko' a. Inā hō' eha' oe i nā po' e' ē a' e, ' eha' oe iā ' oe iho. III.

IKE OKE

' O ka ' oko' a ma waena o ka Saint a me mākou, ' o ka Saint wale nō e hana a no' ono' o no nā po' e' ē a' e e a hana mākou no ko mākou pono pono' ī, no mākou iho. ' A' ohe mea a mākou e hana ai no kekahi. Inā mākou e hana like me ke Akua, ' o Iesu Kristo a i ' ole Buddha, e lilo mākou i mau akua e like me lākou. Pono ' oe e waiho i kēia "I".

Inā ha' alele ' oe i kēia ia' u "makemake wau i kēia, makemake wau i ka mea ' ē a' e, makemake wau" no' ono' o mau iā ' oe. Inā hiki iā ' oe ke no' ono' o wale i nā mea ' ē a' e, a

E lilo koke ' oe i Buddha a i ' ole Iesu Kristo. Aia ia i ko mākou mana' o, ma ka mana' o ho' okahi, e like me ka ma' alahi.

I ke ola hope, hiki i nā akua a pau ke make a ala hou mai. Inā hiki iā mākou ke ha' alele i kēia "I", e lilo koke mākou i haipule, i ' ānela, a i akua paha a kū' oko' a mai ka hānau ' ana a me ka make. Hiki iā mākou ke hele i kēia a i ' ole hele i kahi honua ' ē a' e.

Ma kēia honua ka mana' olana ola ma kahi o 100 mau makahiki.

Wahi a nā palapala hemolele a ka Buddha, ma nā honua ' ē a' e ka mana' olana o ke ola mai 1,000 a 1,000,000 mau makahiki a ' oi aku paha.

' A' ole nui nā makemake ma luna o kēia mau honua, ' a' ole nui nā makemake, ' a' ole like lākou me mākou. No laila, inā hiki iā kākou ke no' ono' o e like me ke akua, he akua kākou, he akua kākou.

No kela ao ko kakou uhane, aole no keia honua honua.

Ua ' ōlelo ' o Buddha: he 3,000 mau ao nui i kēia hope aku a ' o kā mākou honua kekahi o ia mau 3,000 universes. ' O Iesu Kristo, Buddha, ke noho nei lākou ma waho o kā mākou ' ōnaehana solar. Inā makemake mākou e kū' oko' a, pono mākou e a' o e ha' alele iā ia iho, e like me Iesu Kristo a i ' ole Buddha. alaila, kaawale loa kakou. ' A' ole like me

' ane' i, i kēlā me kēia lā e hakakā no kekahi mea a laila ' a' ole lawe i kekahi mea. I kēlā me kēia manawa e make mākou, no ke aha mākou e hakakā nei? Ua ' ilihune ' o Iesū, ua ' ilihune ' o Buddha, ' a' ole pono lākou i kekahi mea. Pono ' oe e ho' omaopopo pono e ha' alele ' oe i kēia "me". Inā ' oe e ho' ōki i kēia "I", inā ' a' ole mākou e no' ono' o wale iā mākou iho, e pili ana i ko mākou pono pono' ī, inā e ho' ōki mākou i ka mana' o pono' ī, ' a' ohe kanaka e hana hewa ma kēia honua a i ' ole nā planeta ' ē a' e.

Ho' omaka ke kumu o ka hewa me ka egoism, ho' omaka me ka "I". Inā pau ka no' ono' o ' ana iā lākou iho, ' a' ohe kanaka e hana hewa a he paradaiso kēia honua. ' O kā mākou misionari ma ka honua nei ke kōkua i nā po' e ' ē a' e, ' a' ole mākou ma' ane' i no kahi ho' omaha. Maanei ua oi aku ka hewa mamua o ka maikai. ' A' ole kēia he paradaiso, no laila ke makemake nei au e ho' omaopopo ' oukou a pau e like me Buddha a i ' ole Iesu Kristo, pono ' oe e ha' alele i kēia "I". ' A' ohe mea ' ē a' e, ma' alahi kēlā.

A ke make ' oe, hiki ke kū' oko' a kou ' uhane.

INA HAALELE OE "I" HE AKUA OE

Aloha. E waiho i nā makemake a pau e loa' a nā makemake a pau. I ke ola inā makemake ' oe e loa' a nā mea āpau, pono ' oe e ha' alele i nā makemake āpau.

' A' ole kūpono kēia i ka loloi akā ' o ia. I ke ola ' a' ole pono ' oe e hō' eha' ia e kekahi makemake i ho' okō ' ole ' ia. Ke loa' a ka hō' ino, no ka makemake hiki iā ' oe ke hana i kekahi mea ' ino i nā po' e ' ē a' e e ho' okō ai. He ko' iko' i loa nā hopena, me he mea lā he "berena no kēia lā a pōloli no ka lā ' apōpō". No laila, pono ' oe e waiho i nā makemake āpau me ka ho' omaha a me ke ko' iko' i e hana pololei. Nui na kanaka e hooko i ko lakou makemake i ka waiwai e hana i na hewa a pau. I kēlā me kēia lā e hana ke kēnāwai a lawe i nā mea a pau mai iā ' oe a hele ' oe i ka hale pa' ahao.

Aia nā makemake maika' i ' ole a me nā makemake maika' i. Mai ho'ā' o e makemake i nā mea a nā po' e ' ē a' e. E like me Iesu Kristo i ha' alele i nā mea a pau a ho' omana' o nā mea a pau iā ia no ka mea ua hā' awi' o ia i nā mea āpau no nā mea ' ē a' e. A i ' ole e like me Buddha, ka mea i ho' ōki i ka noho ali' i, ha' alele i kona mana, nā ' ano waiwai āpau, nā ' olu' olu ...

' Oi aku ka nui o kāu ' imi ' ana i kēia ' ano waiwai... ehia mau makahiki e mau ai kēia waiwai? 20 a i ' ole 30, 40 a i ' ole 50 mau makahiki? A make mākou, he aha kāu e hana ai i kēia waiwai a pau, ' a' ole mākou e lawe pū me mākou. Ina wale no

hana' oe no' u, ku' u, ku' u.... i ka hopena, koe' ole' oe. Ma luna o kēlā, hana' ino' oe i ka po' e e waiwai ai... Ma hope o kou make' ana e loa' a iā' oe nā hopena o ke kānāwai o ke akua a e mau ana kēia mau hopena i ho' okahi miliona makahiki; I kēlā me kēia lā e haehae lākou iā' oe, e hahau iā' oe ...

E like me ka wikiō o "nā leo mai Gehena" >> e nānā i ke wikiō, e wehewehe ana i ka' ike' ana o kahi' epekema Lūkini ma kahi hohonu o 14.4 km. lalo, nā leo o Gehena a ho' opa' a iā lākou.

Ke ha' i aku nei au iā' oe aia' o Gehena, inā' a' ole' oe e hele e kipa i kekahi kumu hypnosis nāna e hō' oia i ko mākou ola i hala. Inā he ola i hala, aia ka lani, Gehena, ho' opa' i ... aia nā mea a pau.

' A' ole wale ka po' e Buddhist i' ōlelo, akā' o nā Katolika a me nā ho' omana' ē a' e.

E mana' o' i' o mai ia' u, ' o nā mea' ino a pau āu e hana ai, ua kākau' ia ma ka lunamana' o o ko mākou ' uhane. Mai no' ono' o' a' ole' ike kekahi iā' oe, a ho' olohe paha iā' oe.

A "hana wau i ka' u makemake". ' Ae, aia kekahi e' ike, ' o' oe iho a me' oe iho, ' a' ole e kala mai kou lunamana' o iā' oe. ' O ia ke kumu i hiki' ole ai i ka po' e hana' ino ke hiamoe i ka pō, loa' a nā moe' uhane, maka' u i nā mea āpau no ka mea ke ho' opa' i nei ko lākou lunamana' o iā lākou. Noho' o ia ma Gehena. Pono' oe e' ike.

Mai mana' o' a' ole' ike kekahi, ' a' ohe mea i' ike, ' o' oe iho ka pilikia. ' O ka pilikia ' a' ole' o ka ho' opa' i' ana o kekahi iā' oe, ' o ka pilikia' o kou ho' opa' i' ana iā ' oe iho. Inā makemake' oe i ka wā e hiki mai ana, pono' oe e ha' alele i nā' ano makemake āpau, inā' oi aku ka makemake ma mua o ka palena, hiki i ke kanaka ke hana i kekahi mea.

' A' ole maika' i ka makemake e ho' opa' i. ' A' ole hiki i nā mana' o a i' ole nā hana ke hō' eha i nā kānaka, nā mea ola, ke' ano ... no ka mea, hookahi kakou a pau. E like me kēia manawa ua luku mākou i ke' ano a he nui nā pō' ino kūlohelohe, nā olai, nā' ino, etc. Inā makemake' oe e ola maika' i, pono' oe e mahalo i ke' ano me he mea lā' o wau.

' O ke ao holo' oko' a, ke' ano, nā kānaka a me nā mea ola, ho' okahi wale nō, ' a' ole ' elua. Ua like mākou me kahi kulu wai o ke kai. Ke ku ka wai i ka pohaku a lele iwaho o ke kai, lilo ia i kulu, aka, i ka hoi ana i kai, lilo ia i kai, hookahi. ' O ia ke kumu i ola maika' i ai kākou, e mālama pono kekahi i kekahi. He' uhane mākou o nā piliona o nā' uhane pau' ole e hele mai mai ke ao holo' oko' a.

Inā hiki iā' oe ke ho' omaopopo i kēia, hiki iā mākou ke ho' i i ke ao holo' oko' a. Inā makemake' oe i ka waiwai he mea ma' alahi loa ia, pono' oe e no' ono' o maika' i. E no' ono' o e loa' a kālā maika' i.

Nui nā wikiō ma youtube e' ōlelo ana ma ka no' ono' o' ana i nā hola 24 i ka lā e pili ana i ke kālā, hiki mai ke kālā. ' A' ole pēlā. Inā pēlā, e no' ono' o kākou a pau i ke kālā i mea e nui ai ke kālā. hiki ole. Inā ma ka no' ono' o' ana i ke kālā hiki iā mākou ke ho' okō, ma kēia ao e lilo mākou i miliona miliona. Akā' a' ole pololei. Pono mua' oe e no' ono' o maika' i: inā mana' o' oe he maika' i ka hopena, inā mana' o' oe he maika' i' ole ka hopena. Pololei kēia. He pololei ka no' ono' o' ana i ke kālā. Akā inā no' ono' o' oe i ke kālā e like me ka pupule a no' ono' o wale i ka lilo' ana i miliona miliona, he mo' olelo kēia, ' a' ole maoli. ' O ka mea kūpono e hana ai: e lilo i miliona miliona. E no' ono' o mua i ka nui o ke kālā, akā e no' ono' o' o ke kumu o ia kālā ke kōkua i nā po' e' ē a' e, ' a' ole no ko mākou makemake; e like me ke kū' ai' ana i kahi ka' a miliona miliona, hale nani.... ua hewa oe.

E no' ono' o i ka nui o ke kālā akā pono' oe e ho' ohui i ke kōkua' ana i nā po' e' ē a' e. Me kēia mana' o hiki iā' oe ke loa' a kālā nui. ' A' ole e ho' olilo iā ia ma ka nonsense, ma ka whims ... i kēlā ala' a' ole' oe e loa' a kālā.

' O ia ke kumu e hoka ai ka po' e he nui i ka hiki' ole ke loa' a kālā a hana i nā
' ano hewa a pau e loa' a ai.' A' ole lō' ihi kēia, no ka mea ke hilina' i nei mākou
i ke ola i hala; Inā maika' i kā mākou hana, hō' ili' ili' oe i nā pono a laila hiki iā
' oe ke hau' oli, hau' oli iā' oe iho. Akā inā hana' oe i nā hewa a hō' eha i nā
kānaka, e ho' opau koke' ia kēia mau pono.

' O ka miliona miliona he miliona no ka mea i kona ola i hala ua kōkua' o ia i nā
po' e he nui, no kēia kumu i kēia ola' o ia he miliona.' A' ole' ike ka po' e inā
ho' olilo ka miliona miliona i ke kālā no ka lapuwale a' a' ole kōkua iki i ka po' e,
' o kēlā waiwai i loa' a iā mākou mai ko mākou ola i hala aku nei e ho' opau wikiwiki
' ia.' O ia ke kumu i nalowale ai ka nui o nā miliona miliona ma mua o ka hiki' ana
i ka wā' elemakule, ua luku' ia lākou. He kanaka pono' ī lākou, ' a' ole' ike i ka
hā' awi' ana i kā lākou waiwai me ka po' e nele. Inā makemake' oe e mau kāu
waiwai, e ka' ana like me ka po' e nele loa. Inā makemake' oe e lilo ka' ilihune i
waiwai, e ho' olohe mai ia' u, e kōkua i nā po' e' ē a' e e ho' onui i kou
lunamana' o, kou' uhane.' O nā mea a pau āu e hana ai e lilo i miliona miliona e
no' ono' o i nā mana' o maika' i a kōkua i nā po' e' ē a' e.

Mahalo nui iā' oe.



NUI HUI



31.- MOKUNA a me ka PORNOGRAPHY

Ka wahine. Wahi a ka palapala hemolele a Buddha, ua pāpā ' ia ka moe kolohe ma waho o ke kāne. ' O ka ' ohana ke kahua o nā ' ahahui a puni ka honua. Inā hau' oli ka male ' ana, hau' oli ka ' ohana, hau' oli nā keiki, a olakino nā kānaka a pau i ke kino a me ka no' ono' o. I loko o ka ' ohana ma luna o nā mea a pau ka male. Inā ' oe e noho hau' oli, hau' oli ka lehulehu, hau' oli ka ' āina, hau' oli ke ao holo' oko' a.

Ua like ia me ka hale, pā' a loa ke kumu. Inā ' a' ole pa' a kēia kumu, ' a' ohe mea e maika' i. ' O ke kumu ka male kāne a me ka wahine. Inā hana ' ia ka moekolohe ma waho o nā kāne, aia nā hopena: Ma ka honua he 3,400,000 mau make mai ka ma' i AIDS i ho' okahi makahiki a he 2,454,314 mau kānaka i loa' a i ka makahiki. Hiki ke loa'a ka ma'i AIDS i kēlā me kēia kāne i moe ma waho o lāua. ' Oi aku ka ' ōpio. ' O ka po' e ' ōpio ke moe kolohe, nā keikikāne me nā kaikamahine he nui a me nā kaikamahine me nā keikikāne he nui. Hiki iā lākou ke hala i nā ' ano ma' i like ' ole.

' O ia ke kumu ' a' ole pono ' oe e moe ma waho o ke kāne. Inā moe ka wahine me ' ekolu kāne ' oko' a i loko o 24 mau hola, ' ākoakoa ka ' ano o kēia mau kāne ' ekolu i loko o ke kino o ka wahine a lilo i mea ' awa' awa. Ho' omaka kēia mea ' awa' awa e pala a lilo i ma' i kanesa. Hiki iā ia ke ho' oulu i nā ma' i ' ē a' e i loko o ka pūpū. Ua like kēia me ka ho' opa' i mai ke Akua mai. Ho' opa' i ke Akua i ka hana hewa o ka wahine lymphomaniac.

E ho' omana' o maika' i: ' a' ole hiki iā ' oe ke moe kolohe me ' ekolu kāne ' oko' a i loko o 24 mau hola. He mea nui kēia.

E ho' opa' i ' ia ke kāne a wahine paha ma waho o ka male ' ana ma ke kānāwai o ke akua. ' A' ole ia he ho' ohenehene. Hiki ke nānā ' ia kēia. Nui nā hō' ike e hō' oia' i ' o ' a' ole kēia he "bullshit". No laila e maka' ala i ka moekolohe.

Hiki i ke kanaka 20 makahiki ke ejaculate i nā lā ' ewalu. Hiki i ke kanaka 30 makahiki ke ejaculate i kēlā me kēia pule ' elua. Hiki i ke kanaka 40 makahiki ke ejaculate i kēlā me kēia 20 lā. Hiki i ke kanaka he kanalima makahiki ke ejaculate i ka mahina. ' A' ole pono ke kanaka 60 makahiki i ka ejaculate.

Inā moe ' oe me ka ' ole ejaculating, ' a' ole ia he pilikia nui. ' O ka moe kolohe ' ana i nā manawa he nui i ka lā hiki ke ho' oulu i nā pilikia: ' o ka mua me kou pu' upa' a a me kou ate, a laila pili ia i kou olakino. ' A' ole ' oe e ' olu' olu, ' a' ohe ikaika, ' a' ole hiki iā ' oe ke hele, nalowale kou ho' omana' o, kaumaha ' oe, lilo ' oe i mea kū' ē i ka pilikanaka, nalowale kou na' auao a lilo ' oe i mea lapuwale. ' O kēia ke kumu o ka moe kolohe i kēlā me kēia lā. Pau ka ikaika o na wawae, wiwi, a hoomaka na manamana wawae e popopo. Hiki ke hele a hiki i ka ' oki ' ana i nā manamana lima a me nā wāwae. ' O kēia mau mea ma muli o ka nui o ka moe kolohe. Inā moe ' oe me ka ho' omaha ' ole, ' a' ole hiki i ke kino ke lawe. Hiki ke hā' ule i waho ka lauoho. Hiki kēia i nā kāne a me nā wahine. ' Oi aku ka wikiwiki o ka wahine, inā he 30 kona mau makahiki, e like kona ' ano he 60. E ' ele' ele ka helehelena.

E hā' ule nā niho, e nalowale kona' ike, e kaumaha' o ia... O kēia mau mea a pau no ka moe kolohe.

PONO HIMENI

' A' ole pono e' ike' ia nā' ao' ao porn, nā makasina, televise, a me nā ki' i' oni' oni porn e nā keiki li' ili' i. ' A' ole kūpono nā mea kahiko iā mākou. ' O ka nui o kou nānā' ana i kēia mau' ano ki' i, ' oi aku ka nui o kou makemake e moe kolohe. Ho' opiha' ia kou po' o i nā moemoeā porn, ho' ā' o' oe e moe kolohe akā hiki iā' oe a ejaculate i nā manawa he nui. I mea e loa' a ai ke olakino maika' i, pono' oe e pale mua i ka' ike' ana i kēia mau' ano ki' i, ' oi aku ka li' ili' i. Pono ka makua kāne a me ka makuahine e mālama i' ike' ole kā lāua keiki i kēia mau ki' i ma nā nūpepa, televise, wikiō... nā wahine' a' ahu li' ili' i e ho' āla a ho' onāukiuki. Pono lākou e pale i kā lākou mau keiki mai ka' ike' ana i kekahi mea e pili ana i ka moekolohe. He mea maika' i' ole kēia mau ki' i no ko mākou no' ono' o a' oi aku ho' i i ko nā keiki li' ili' i. Inā loa' a iā mākou ke po' o i piha i ka porn, ka moekolohe, ' a' ole maika' i ia no ko mākou olakino kino a no' ono' o paha. I kēia mau lā, nui a' e nā ki' i o kēia' ano, ' oi aku ka nui o ka wahine a me nā ki' i' oni' oni porn. Inā makemake' oe e ola maika' i e ho' ā' o e pale i kēia mau mea a pau. Inā' ike ke kāne i ka nui o ka moekolohe, ' a' ole lawa' o ia me kāna wahine a ho' ā' o' o ia e' imi i nā wahine' ē a' e ma waho o kāna hoa kāne a laila e loa' a iā ia nā pilikia' ohana a me nā ma' i ma' i ma' i, AIDS... ' O ia ke kumu e pono ai' o ia. ' a' ole loa' a nā ki' i ponokala a i' ole nā ki' i moe kolohe ma kahi kokoke e pale aku i nā pilikia me kou olakino, me kou' ohana, me kāu mau keiki. He mea nui loa kēia. ' O ia ke kumu makemake wau e noho mamao ' oe mai kēia mau ki' i porn sex e like me ka hiki.

Wahi a ke kōnāwai o nā akua, ' a' ole i pau ka maika' i o nā kaikamahine me nā lōle li' ili' i a' a' ole ho' i e ho' onāukiuki i nā kānaka. A hiki i ka wā' elemakule, e loa' a ana iā lākou ka manawa' ino loa, a i ka wā e make ai, e loa' a iā lākou ka ho' opa' i a ke akua no ka ho' onāukiuki' ana i nā kānaka a me ka hana' ino i ka lehulehu. ' A' ohe kala' ana mai ke Akua mai. ' O ia ke kumu a' u e a' o aku ai i nā kaikamahine nani a me nā wahine' a' ole e hele i ka ho' onāukiuki i' ole ka mana' o o ka po' e. No laila hiki iā lākou ke noho mālie a hau' oli me ko lākou ' ohana. E' olu' olu, mai ho' onāukiuki i ka po' e, mai ho' ohana i kou kino wahine e hō' eha i kekahi. E ho' opilikia kēia iā' oe iho a me nā kānaka. Ke noi aku nei au iā' oe e' olu' olu. Mahalo iā' oe.

KA PINOGRAPIKA.

NO KA MEA. Wahi a ke kōnāwai o nā akua, ' o nā hana i ho' opa' i' ia e pili ana i ka porn, i ka moekolohe. ' O kēlā me kēia kanaka, kāne a wahine paha, e hana ana i nā ki' i pono' i, ma ke ki' i' oni' oni a i' ole wikiō, lehulehu a pilikino paha, nā mea a pau e hana porn, e ho' omana' o maika' i, hele lākou a pau i Gehena no ka li' ili' i 1,000,000 makahiki. Mana' o wau' a' ole e make ka po' e a pau e hana nei i nā ki' i ponokala no ka mea ke make lākou e ho' omaka ana kā lākou moe' uhanē. ' A' ole wau e' ōlelo, ' ōlelo ke akua. Ua uku nui ia na makemake. Ho' ohana maika' i' oe i kou wā' ōpioio i kēia manawa, e hō' ike ana i kou kino ' ōlohelohe, kou' ōpū, pehea? He' āpana' i' o. Ma hope koke e' elemakule a ' elemakule paha' oe a he aha kāu e a' o ai? Inā he wai ka 70% o ke kino, a piha i nā veins, poop, pee, piha i ka mucus, koko... he aha kāu makemake e a' o ai? He nani paha kou kino? ' A' ole' o ia e nānā i loko: aia nā' ōpū i piha i ka poop, nā iwi, nā ' a' a, nā ate, ka pu' uwai... e like me ka wā e pepehi ai i ka pu' a, wehe' oe a aia ka mea like. Ke wehe' oe i kahi kino, ' o ia ke' ano. Mai no' ono' o a' ōlelo i ka nani, nani! Mai kuhi hewa.

I ke ola, pono ' oe e ' imi i ka hau ' oli, i ka wā e hiki mai ana, me ka porn ' a ' ole ' oe e loa ' a i nā wahi āpau. ' Ehia ka nui āu e loa ' a ai no ka hana porn? Poino.
Loa ' a ka po ' e loa e i ke kēlā, akā aia kekahi po ' e pupule e ho ' opa ' a i kā lākou wikiō pono ' i a kau iā lākou ma ka Pūnaeweale no nā po ' e he nui e nānā. ' A ' ole loa ' a iā lākou kekahi mea a ma luna o kēlā hele lākou i Gehena ... ' o kēlā po ' e ka mea pupule loa.
' A ' ole loa ka lolo o kēia po ' e. ' A ' ole mana ' o ' o ia. No laila? ' a ' ole maopopo ia ' u. A ' o lākou e wili i ka mana ' o o nā hanauna hou a laila hana lākou i nā mea pupule. ' O kēlā po ' e a pau i ho ' ola ' a i ka porn; nā ki ' i ' oni ' oni, nā wikiō home, nā mea a pau ... e hele lākou i Gehena a hiki i kahi lā e nalowale ai ka porn ma ka honua. Ina he 1,000,000 makahiki, e lilo ana oe i 1,000,000 makahiki iloko o Gehena. A i kēlā me kēia lā e ho ' opa ' a lākou i kahi lā ' au i kou hoki a kahe ke koko. I kēlā me kēia lā e make ' oe ma ke ' ano like a hānau hou ' ia ' oe e ' eha hou i ka ho ' omāinoino like. He aha kāu e loa ' a ai me ia? Ke ha ' i aku nei au iā ' oe: ' o ka makemake āu e uku nui ai. Hō ' ike ' oe i kou ' ōpū, pehea?

Ua like nā mea a pau, ua like nā mea a pau. He aha ka ' oko ' a?
He aha kāu makemake e a ' o ai? No ke aha ' a ' ole ' oe e a ' o i ka wā e loa ' a ai kou manawa, ua uhi ' ia i ke koko? Inā hō ' ike ' oe pehea lākou i ho ' okomo ai i loko o kāu hoki, no ke aha ' oe e hō ' ike ' ole ai i kou poop? ' A ' ole maika ' i kēlā, ' oia ' i ' o, he mana ' o wili kēlā. Ua hō ' eha ' oe iā ' oe iho a ua hō ' eha ' oe i nā kānaka.
' A ' ole pau maika ' i kēlā, ' a ' ole pau maika ' i.

I kēia lā ua ' ike au he nui nā malihini i ko ' u ' ao ' ao mai nā ' ao ' ao porn. Mana ' o wau i kekahi lā e ho ' olohe maika ' i lākou i ka ' u mau ' ōlelo, i ka ' u ' ōlelo. Nui nā mea nani o ke ola. ' A ' ole pono ' oe e lilo i kāne kāne a male kāne paha e hau ' oli ai i ke ola. ' A ' ole ' ike maopopo nā kānaka.
Mana ' o wau e nānā a ho ' olohe ' oe i ka ' u e ' ōlelo nei ma ka ' u ' ao ' ao me kou pu ' uwai a pau. ' A ' ole pono lākou e kū ' ē i ke kēnāwai o ke akua. He pōkole ke ola, i kēlā me kēia manawa ' a ' ole e komo ka ea a ua make ' oe. No laila he aha ka nui o ka hewa?

E kōkua i nā kānaka, i kou ' ohana, i kāu wahine, i kāu mau keiki, i ke kaiāulu... e like me a ' u. He nui nā mea e le ' ale ' a ai ke ola. He aha ka mea nui a li ' ili ' i paha, ka umauma nui a li ' ili ' i paha. He aha ka ' oko ' a inā like nā mea a pau? He aha ka loko o ka umauma?

He momona, ' a ' ohe mea ' ē a ' e, momona a pau. He aha kāu e a ' o ai? A i loko o ke kino he pee a me ka poop, ' a ' ole maopopo ia ' u ka mea e hana nei iā ' oe.
Ma ke ola he mau mea kupanaha e lealea ai. He pipi ' i nā makemake a pau.

Mai kua aku i ke akua, he kanaka ' ilihune mākou, ' a ' ole loa mākou e lanakila i ke akua. Mai a ' o i nā mea ' ino i ka po ' e ' ōpio, e uku nui ' oe.

E a ' o i ka po ' e ' ōpio e hana maika ' i, e ' olu ' olu, mai a ' o ' oe i ka porn no ka mea e uku nui ' oe.

I loko o nā makahiki li ' ili ' i, piha kou kino i nā wrinkle, ' o ka ' ūhā a piha i nā wrinkles, a ' a ' ohe o nā kāne hou, ' a ' ole pi ' i ka penis a piha ke kino i nā wrinkles. He pōkole ka wā ' ōpio. A laila pehea? He aha kāu e a ' o ai? Ke a ' o nei i ka po ' e ' ōpio e hana porn a me ka moekolohe manuahi me ka pupule, he aha kāu e loa ' a ai? : ' a ' ohe mea, a ma luna o kēlā ua lanakila ' oe i ka ho ' opa ' i a ke akua. Inā ' a ' ole ' oe e mana ' o ' i ' o i ke Akua, ' a ' ohe mea e hiki mai, e loa ' a iā ' oe ke make ' oe. Eia kekahi, loa ' a i kēlā me kēia mea kahi mokulele mokulele kahi i ho ' opa ' a inoa ' ia nā mea a pau, ka maika ' i a me ka hewa. Noho nā mea a pau i kou lunamana ' o. He aha kāu lanakila me kēlā? ua kakauino,

Ke hana nei i nā wikiō porn a ho ' ouka iā lākou i ka Pūnaeweale, he mea lapuwale! ' A ' ole loa ' a iā ' oe kekahi mea a ma luna o ia mea e kū ' ē ' oe i ke kēnāwai o ke Akua. He lapuwale kou! E ho ' opa ' i ana ' oe iā ' oe iho. ' A ' ole loa ' a iā ' oe kekahi pōmaika ' i, akā, e loa ' a iā ' oe ka pō ' ino, ' ino loa.

E' olu' olu e ho' olohe mai ia' u, e' imi i kahi ola maika' i, ' o ka hana' ana i ka porn e loa' a wale ka pō' ino a' oi aku ka maika' i o kou ola i kēlā me kēia lā. E' olu' olu e ho' olohe mai ia' u.

E hele' oe i Gehena. E ho' olohe i ka wikiō i loa' a ia' u ma ka' u' ao' ao o nā leo o Gehena, e ho' olohe i ka' uā o ka po' e i loko o Gehena a' ike' oe i ko lākou' eha' ana i ka' eha. Hiki iā' oe ke make i kēlā me kēia manawa, i loko o ka hale kupapa' u' a' ole wale nā pensioners, he nui nā' ōpio, e no' ono' o e pili ana. Mai a' o aku i ka moekolohe i ka lehulehu, he' ano diabolō ia, ' a' ole pono. Ua ma' alahi ka diabolō a pa' akikī ke hele i waho.

' O ka mea hiki iā' oe ke hana, ' o ka mihi. E mihi me kou naau a pau. ' A' ole' oe e mana' o' i' o i nā mea a pau a' u e' ōlelo ai akā e loa' a ana iā' oe inā makemake' oe a' a' ole paha, no ka mea, ' o ke kōnāwai kēia, ' o ke kōnāwai o ke akua. E komo mai ke kanawai o ke akua i kou make ana, a e hoopai ino ia na hewa a pau. ' A' ole wau e komo i loko a i waho paha, hana nā mea a pau i kā lākou makemake me ko lākou ola, ' ōlelo wale wau iā' oe.

' A' ole au kū' ē i kekahi, ke ha' i wale aku nei au iā' oe i ka wā e hiki mai ana e kali nei iā' oe.

Mahalo nui iā' oe.



NUI HUI



33.- KE KANE, KA WAHINE, KA MARE, A ME KA OHANA.

' A' ole pono ke kanaka 20 makahiki a ' a' ole maika' i ia ia ke ho' okalakupua i ka wahine ma mua o ho' okahi manawa i ka pule. ' A' ole pono ke kane 30 makahiki i ka ho' okalakupua ' ana ma mua o ho' okahi manawa i na la he ' umikumamailima. ' A' ole pono ke kane 40 makahiki i ka ejaculating ma mua o ho' okahi manawa i kelā me keia 20 la. ' A' ole pono ka wahine he 50 makahiki i ka ejaculating ma mua o ho' okahi manawa i ka mahina. Pono ke kanaka 60 makahiki e ola me ka moe kolohe ole. No ke olakino keia. E ' ai i ka po' e makemake e moe kolohe, maika' i, aka e moe me ka ejaculating ' ole, no laila hiki ia ' oe ke malama i kou olakino.

Hā' awi wau ia ' oe i kahi la' ana: I kekahi manawa, hele kekahi haumāna kula mua i ka hale o kahi hoaaloha nana e ho' ike ia ia i kahi ki' i' oni' oni porn. Mai ia la, ma ka home, ' o ia ka masturbate 4 mau manawa i kelā me keia la. ' O keia haumāna ka mea maika' i loa ma ka papa a ma muli o ka nui ' ana o kona ' ano ' ana, ua loa' a ia ia na pilikia olakino: po' o, lauoho lauoho, ' oma' oma' o ke' oke' o ke' oke' o.

Ke māhuahua a' e nei ' o ia, ' a' ole hiki ia ia ke hele maika' i, loa' a ia ia ka ' eha pu' upa' a, ' a' ole holo maika' i kona koko, ' a' ole hiki ia ia ke hiamoe maika' i no ka nui o kana mau moe' uhane, lilo ' o ia i launa ' ole a loa' a keia mau mea a pau i ka ho' omāke' aka nui ' ana ma ia ' ano. he wā ' ōpiopio. Inā nui kāu moe kolohe mai kou wā ' ōpiopio, e loa' a ana ia ' oe na pilikia olakino a hiki ke ho' oulu i ka ma' i diabetes. Ho' opilikia ka ma' i diabetes i na ' ōpio a me na ' ōpio.

Nui na wahine i loa' a ka ma' amau ' ino o ka moe kolohe i na manawa he nui i kelā me keia la a me na kane pu' kekahi. Hiki i keia ke ho' opilikia i ka pu' upa' a i na kane a me na wahine. Inā ho' opuka ke kane i na manawa he nui i ka la, e loa' a ia ia na pilikia olakino. Ke loa' a ia ' oe na pilikia pu' upa' a, e ' ike mua ' oe i ka hā' ule li' ili' i o kou lauoho a nāwaliwali a nāwaliwali ' oe, ' ele' ele kou maka, ' ele' ele.

Hiki ke ho' opilikia i ka hānau keiki i ka wā e hiki mai ana. Inā hā' ule ' oe, he 25% ka li' ili' i o kou hāpai ' ana. Inā ha' alele ' oe i ' elua manawa, e emi ana kou manawa e loa' a ai na keiki. Inā ho' oki ' oe i ' ekolu manawa, e emi ana ka nui o ka hānau keiki ma 75%. Ma waho a' e o ka loa' a ' ana o na pilikia psychological ko' iko' i. Inā ho' oki ' oe i 4 mau manawa, e emi ana ka nui o na keiki ma kahi o 100%. I ka wā e hāpai ai ' oe, a laila loa' a ia ' oe kekahi mau pilikia: ' o ka mea mua he pa' akiki ia ' oe ke hāpai, ' o ka pilikia ' elua ke hāpai ' oe, aia paha i loko o 2, 3, 4, 5, 6, a i ' ole 7 mahina. make ke keiki iloko o ka opu. No ka mea? no ka mea, ua pili kona opu i ka hoopau keiki. He anuanu ka ' ōpū, ' a' ole mehana a ' ino' ino ka ' ōpū o loko me he hale la anuanu loa a nui ho' i ka wai ma lalo. He pō' ino keia no ka pēpē. Inā makemake ' oe e hānau keiki, mai ho' oka' awale ' oe, no kou pono pono' i no ka mea he ' i' o a he koko mākou. ' A' ole hiki i ke kino ke lawe, psychologically ' a' ole hiki ia ' oe ke mālie. ' A' ole loa e kala ' ia mai kou lunamana' o a mai ke akua mai. ' Oia ke kala aku nei na kānawai o ke kanaka, ' a' ole e kala ' ia ke kānawai o ke ola hope ia ' oe.

Ma kekahi' ao' ao, i ka hiki' ana mai o ke kauwela, ho' okomo nā wāhine i nā lole māmā, nā kaula, ke kua ka' awale, nā blouses pōkole e hō' ike ana i ka piko, nā' a' ahu pōkole e ho' onāukiuki i nā kāne. ' A' ole ia he nani. ' O ka nani ka nani. ' A' ole pono' oe e komo i nā lole māmā. E hō' ike ana i nā mea a pau āu e ho' onāukiuki ai i nā kāne. ' A' ole maika' i iā' oe a no nā kānaka.

Ke komo ka wahine i na mea pale a wehe na mea a pau i wela ole, o ka pilikia ke komo oia i ka halekuai me ka ea ea, o ka like ole o ka wela o waho a me ke anu o loko e komo ai ke ea anu ma ke kua, ka piko. pili i ke akemāmā, pu' upa' a, ' ōpū.

Ke anuanu ka' ōpū, hiki iā' oe ke loa' a nā pilikia ma kēia' āpana o ke kino. Hiki nō ke ea anuanu ke komo ma waena o nā wāwae a hiki i ka' ōpū.

No ka pale' ana i kēia mau pilikia a pau, mai komo i nā lole māmā a hō' ike i nā mea a pau, e ho' onāukiuki i nā mea a pau.

' A' ole maika' i ia iā' oe a i' ole kekahi.

MARE

Aloha. ' O ka male ke kumu o ke kaiāulu, ka' āina, ka honua holo' oko' a. ' O ia ka mea nui loa. No ka mea inā' a' ole maika' i ka male' ana, ho' omaka nā pilikia i lawe' ia i ke kaiāulu, ka moku' āina, ka' āina a me ka honua holo' oko' a. Ke hele' ole ka male' ana, ho' opa' apa' a mau a hakakā, ' ike nā keiki a a' o' ia a laila ho' oili i ka hui, hana like lākou me kā lākou hoa e hiki mai ana. I loko o ka no' ono' o o ke keiki, ua ho' opa' a' ia nā mea a pau a i kona wā nui a' e, hana' o ia i ka mea āna i a' o ai mai kona mau mākua mai. ' O ka male male' ana, waiho wale' ia nā keiki me ka makuahine a me ka makua kāne. ' A' ole piha ka' ohana. ' A' ole hiki ke kaulike loa, no ka mea, ' a' ole i loko o ka ' ohana hau' oli. Ho' ohālikelike' o ia iā ia iho me nā keiki' ē a' e i loa' a kahi' ohana hau' oli a' o ia ka mea e ho' opilikia ai iā ia.

Hele mai ke aloha a hele. Ke ha' alele ke aloha, ' imi' ia ke aloha' ē a' e a laila hiki mai ka hemo. ' O ka mea kūpono loa, e like me ka' ōlelo a ka po' e Buddhist, ' o ia ka mahalo i kekahi i mea e ola ai ka hau' oli.

No ka mea, ' oi aku ka nui o ka mahalo ma mua o ke aloha. No ka hilina' i' ole o ke aloha.

Inā he aloha a' a' ole paha, inā hiki iā' oe ke ho' omau i ka mahalo a me ka mālama ' ana i kekahi i kekahi me kou pu' uwai, hiki i kēia male ke ola a pau. ' O ke kumu ka mahalo i kekahi. Ma hope o kēia mahalo, ala mai ke aloha, a pa' a kēia aloha no ka mea, ua ho' okumu' ia i ka mahalo i kekahi. No laila, ola ka male' ana.

I kēia manawa, male nā kānaka ma ke kumu ho' okahi: aloha. Akā ke aloha, hele mai a hele.

I kēia hihia, ke ha' alele ke aloha, pilikia nā keiki.

Nui nā' ohana ha' iha' i, nui nā keiki e' eha nei i ka hopena. Hiki i kēia ke hō' eha i ke keiki a ho' opilikia i ka wā e hiki mai ana o ke keiki, i ka wā e hiki mai ana o ke kaiāulu a me ka honua holo' oko' a. ' O ia ke kumu e loa' a ai iā' oe kahi' ohana hau' oli e loa' a ai kahi keiki hau' oli kino a no' ono' o.

E like me nā po' e he nui, i ko lākou wā' elemakule, pepehi lākou, hana hewa, pepehi kanaka, lilo i mea ho' oweliweli.... ' O kēia mau mea no ka mea' a' ole a' o maika' i ' ole ka' ohana. ' O ia ke kumu i loko o ka' ohana pilikia, hiki i nā keiki ke lilo i pilikia no ke kaiāulu ...

Ua' ike mua mākou, ua nui ka po' e ho' oweliweli no ka mea' a' ole maika' i ke a' o ' ana o nā' ohana a ua ulu kekee nā keiki. Ua hewa ka makua kāne a me ka makuahine.

' O ia ke kumu i hau' oli' ole ai nā kāne, ' a' ole maika' i kēia, ka

' a' ole maika' i ka nohona. Inā maika' i' ole ka nohona, ' a' ole maika' i ka' āina holo' oko' a. Inā ' a' ole maika' i ka' āina holo' oko' a, ' a' ole maika' i loa kēia honua.

' O ia ke kumu o ka ho' onā mai kinohi mai. Pono mākou a pau e hana me ko mākou na' au no kekahi i kekahi, ' a' ole koi nui. ' Oi aku ka maika' i o ka' ike' ino ma mua o ka maika' i. Ho'ā' o' o ia e mālama i ka' ohana ma ka ha' alele' ana i nā mea ' elua, no ka pono o ka male' ana, a no ka pono o nā keiki i hala' ole. ' A' ole hewa nā keiki. E ho'ā' o e noho me ka mahalo i' ole e uha' i i ka' ohana. E ho'ā' o e ha' alele, no ka mea, ua a' o koke' ia nā mea a pau a ke keiki e' ike ai, ka maika' i a me ka hewa. ' A' ole ia e' olelo, akā a' o koke' oe. No ka pono o nā mea a pau, e ' olu' olu, pono kākou a pau e mālama i kā kākou mau keiki, e ho' ona' auao a a' o maika' i iā lākou.

Inā ' a' ole maika' i ke a' o' ana o ka' ohana, e pilikia nā keiki i ka wā e ulu ai. No laila, ho' omaka nā mea a pau mai ka male' ana. Inā hau' oli ka male, ' o kēia' aha kanaka, he paradaiso kēia honua.

OHANA

Inā ' a' ole hau' oli ka' ohana, hiki iā ia ke ho' opilikia i ke kaiāulu, ke aupuni, ka honua.

Inā ' a' ole i ho' ona' auao pono' ia ke keiki a' a' ole ho' ona' auao maika' i kona makuakāne a me kona makuahine iā ia, i kekahi lā hiki iā ia ke hana' ino i kona' ohana, ho' opō' ino i ke kaiāulu, pō' ino i ka' āina a i ka honua paha. E like me nā mea ho' oweliweli hiki iā lākou ke puhi i ka mokulele a pepehi i kahi pū' ulu o nā kānaka a i ' ole nā mea pepehi kanaka a i' ole ka pepehi kanaka nui me nā pū. ' O kēia ka hopena o ka ho' ona' auao maika' i' ole. Inā ' a' ole hā' awi nā mākuā i ka ho' ona' auao maika' i, hiki ke ho' opilikia i ke kaiāulu, ke aupuni a me ka honua.

' O ka mea nui ka' ohana. Pono ke kāne a me ka wahine e hau' oli a' a' ole hiki iā lāua ke hemo, ke hana lāua, ' o ka po' e i' eha loa' o kā lāua mau keiki a ke hānai' ia lāua i loko o kahi' ohana piha' ole, hiki ke loa' a nā pilikia no' ono' o. E ho'ā' o e hau' oli, mai hemo. No ka pono o ka lehulehu, ' o ka mea mua, ' o ia ka pilina maika' i ma waena o nā mākuā a me kā lākou mau keiki.

Inā pilikia ka' ohana, ' a' ole maika' i ka nohona a me ke aupuni.

Ho' okahi nō nā mea a pau: ' ohana, kaiāulu, aupuni a me ka honua, ho' okahi mākou a pau. Inā ' a' ole mākou e ho' ona' auao maika' i i nā keiki, ' a' ole pili ke kumu, ' o ka hemahema o nā mākuā no ka ho' ona' auao' ole' ana. He mau makua kāne mākou a he mau makuahine mākou, a pono mākou e ho' ona' auao i kā mākou mau keiki i kama' āina maika' i, e kōkuā i ke kaiāulu, e kōkuā i ka' ohana, ka moku' āina a me nā po' e' ē a' e. ' A' ole' o kā mākou misionari wale nō ka hānau keiki a hānai iā lākou. ' O ka mea nui ka hā' awi' ana iā lākou i ka ho' ona' auao maika' i i hiki i kā kāua keiki ke lilo i kanaka maika' i a kōkuā i nā po' e' ē a' e, ' o ia ka mea nui loa. Ke a' o aku nei au iā' oe, no ke aloha o kāu keiki, pono' oe e hō' emi i ka koi' ana i kāu hoa a mai ho' ā' o e' imi i kahi' ē a' e, ua maika' i kāu hoa maoli. ' Oi aku ka waiwai o ka manu ma ka lima ma mua o ho' okahi haneli i ka lewa. E ho'ā' o e hau' oli a' a' ole e koi nui i hiki i kou pilina ke mau loa a no ka pono o nā mea a pau, he mea nui kēia. Mai no' ono' o mau' oe iā' oe iho a ho' ā' o e' imi i kahi hoa' ē a' e, maika' i kāu hoa maoli, mai nānā i kahi' ē a' e a i hiki ai iā' oe ke hau' oli. E' olu' olu e ho' olohe mai ia' u, na mākou ke kuleana no nā hana a kā mākou mau keiki, pololei a' a' ole paha. ' O nā keiki a pau i ho' ona' auao maika' i' ole' ia, inā' o ka

' A' ole ho' opa' i nā kānāwai kanaka i ko lākou mau mākuā, ke kānāwai o ke Akua, no ka hā' awi
' ole' ana i ka ho' ona' auao maika' i.

Pono' oe e' ike,' o ka mea mua, pono e ola ka' ohana,' o ia ke kumu i ho' okahi ai
mākou a pau.

E KE KEIKI MAIKAI

' A' ole' oe e loa' a nā hoaaloha inā' a' ole' oe e hā' awi mua a maika' i iā lākou.

Hā' awi ka makua kāne a me ka makuahine i ke aloha nui i kā lāua mau keiki a inā' a' ole
' oe aloha iā lākou, he aha ke' ano' oe? Pono' oe e' ike,' o ka mea mua, he keiki
maika' i' oe. Ke ha' alele' oe i ka home, pono' oe e' a' ahu pono, pono' oe e
' olelo aloha a noi i ka' ae. I nā manawa a pau, ke kama' ilio mai kou mau mākuā iā
' oe, pono' oe e ho' olohe iā lākou.

Ke kāhea lākou iā' oe, pono' oe e ha' i i ko lākou inoa a mahalo iā lākou, mahalo nui.
Ke kama' ilio' oe iā lākou, pono ia me ka leo mālie, me ka mino' aka a me ke kakaka
mai iā lākou. Pono kākou e pale i ko kākou mau mākuā, no ka mea, ua aie nui kākou iā lāua
a pono kākou e ho' iho' i i kēia mau lokomaika' i iā lāua. Inā' oe e hana, e lilo' oe i
kanaka maika' i a maika' i kāu mau keiki iā' oe.

Inā maika' i' ole' oe me kou mau mākuā,' a' ole maika' i kāu mau keiki me' oe i
kēia mua aku, no ka mea, ua a' o' ia nā mea a pau. Inā he keiki maika' i' oe, hiki iā
' oe ke lilo i hoaaloha maika' i, makua kāne maika' i, kama' āina maika' i no ke kaiāulu,
no ka moku' āina, no nā mea a pau, akā pono' oe e aloha i kou mau mākuā.

Mai hookiekie i kou leo i kou makuakane a me kou makuahine, aole loa oe e kua a ohumu,
e hana oe i na mea a pau me ke akahai, e noi i kou mau makua i ka ae no na mea a pau.
' O kēia ke kumu o ka maika' i, o kēlā me kēia hana maika' i.' O ka mea mua, e hana
maika' i i kou mau mākuā. E ho' omana' o, ke make kou mau mākuā i kekahi lā, e like
me ka po' e Buddhist,' a' ole hiki iā' oe ke pā' ina no 3 mau makahiki. E no' ono' o
mau' oe iā lākou. Mai hana like me nā po' e he nui, ma hope o ka ho' olewa, hele i kahi
pā' ina i kekahi mau lā ma hope a pōina i nā mea āpau me ka mana' o' ole. He keiki
maika' i' oe inā' oe e ho' okō i kēia mau kūlana.

Inā makemake kou mau mākuā i kekahi mea,' a' ole pono lākou e nīnau, pono' oe e
' ike i ko lākou pono. Pono' oe e hā' awi iā lākou i nā mea a pau āu e hiki ai me kou
pu' uwai a pau.

Hā' awi ka makua kāne a me ka makuahine i ke aloha nui i nā keiki. Inā' a' ole aloha a
mahalo' ole nā keiki i ko lākou mau mākuā, he aha ke' ano o lākou? No laila' ike' oe,
' o ka mea mua, pono' oe e lilo i keiki maika' i.

Ma mua o kou ha' alele' ana i ka home, pono' oe e' a' ahu kūpono, aloha i kou mau
mākuā a noi aku i ko lākou' ae e ha' alele.

Ke' olelo nā mākuā, pono' oe e ho' olohe iā lākou me ka mahalo.

Ke kāhea lākou iā' oe pono' oe e hele koke,' a' ole hiki iā' oe ke' olelo' ole. Pono
' oe e mahalo iā lākou. Ke kama' ilio' oe i kou makuakāne a i kou makuahine paha,
pono ia me ka leo mālie,' aka' aka a kūlou ke po' o. He nui kā mākou lokomaika' i i ko
mākou mau mākuā! pono mākou e uku i nā mea a pau a lākou i hana ai no mākou. Inā
' oe e hana i kēia, e lilo' oe i kanaka maika' i a maika' i ho' i kāu mau keiki iā' oe. No
ka mea, ua a' o' ia nā mea a pau. Inā he keiki maika' i' oe, hiki iā' oe ke lilo i hoaaloha
maika' i, i kama' āina maika' i no ke kaiāulu, no ka moku' āina, no ke ao holō' okō' a.
' O ka mea mua, pono' oe e hana maika' i i kou makuakāne a me kou makuahine.
' A' ole pono' oe e ho' oki' eki' e i kou leo ma lalo o nā kūlana.' A' ole pono' oe e
kū' ē. Pono' oe e noi ha' aha' a i kou makuakāne a me kou makuahine i' ae e hana i
kekahi mea.

' O kēia ka ho' omaka o nā mea maika' i a pau. Pono mua ' oe e hana maika' i i kou makuakāne a me kou makuahine e hana i kekahi hana maika' i.

E ho' omana' o maika' i, e like me ka mana' o Buddhist, ke make kou makuakāne a i' ole kou makuahine, ' a' ole hiki iā ' oe ke pā' ina no 3 mau makahiki a pono ' oe e no' ono' o iā lākou. ' A' ole like me nā po' e he nui, i kekahi mau lā ma hope o ka make ' ana o ko lākou makua kāne a makuahine paha, hele lākou i ka pā' ina. ' A' ohe mana' o o kēia po' e. Inā ' oe e hana i kēia mau mea, e lilo ' oe i keiki maika' i.

Inā makemake kou makua kāne a makuahine paha i kekahi mea, ' a' ole pono lākou e noi, no ka mea ma mua o ka nīnau ' ana iā ' oe, pono ' oe e ' ike i kā lākou mea e pono ai a hā' awi aku iā lākou me kou pu' uwai a pau.

Hā' awi iā lākou i nā mea a pau āu e hiki ai.

No laila e lilo ' oe i keiki maika' i.

Mahalo nui iā ' oe.



NUI HUI



33. NA MA'I A ME KA HOOLA ANA

I mea e ola ai mai ia mau ma' i, ' o ka mea maika' i wale nō ke a' o' ana i ka mana' o Buddhist. ' O nā' ano ma' i no' ono' o āpau e pili ana i ke' ano o ka no' ono' o.

A' o ka po' e Buddhist e ho' omalu i ko mākou mana' o. I mea e ho' omalu ai i kou mana' o, ' o ka mea mua āu e hana ai, ' o ia ke a' o e no' ono' o no nā po' e' ē a' e. Mai no' ono' o iā mākou iho. ' Oi aku ka nui o kou no' ono' o' ana e pili ana ia' u, ' oi aku ka nui o nā pilikia e loa' a iā' oe.

' O kēlā me kēia makemake inā' a' ole i ho' okō' ia, e ho' ohua mai ia i kahi hō' eha nui loa. ' O ka nui o ka makemake, ' oi aku ka nui o ka ho' opō' ino. E ho'ā' o e makemake ' ole. Noho mākou ma ia ao no kekahi mau makahiki. ' O nā makemake he mo' o wale nō, ' a' ohe mea maoli, ' a' ohe mea, ' a' ohe mea. He no' ono' o ma' ema' e kēlā. He mau makahiki o ke ola o ka "I". I ka wā e ola ana ke kino, e ola ana ka "I", akā i ka wā e haki ai ke kino a make, nalowale kēia "I". ' O nā mea āu e' ike ai a me nā mea āu e ho' opā ai ua like ia me ka pale TV. He nui nā kī' i maika' i a maika' i' ole e hele i ka pale TV, akā ke ho' opau mākou i ka TV, he aha ka mea i koe?' A' ohe mea i koe, ua nalowale nā kī' i a pau. ' O ia ka mea a mākou e' ike ai ka po' e Buddhist, he mo' o moemoeā.

' A' ohe mea e noho ma ka pale. . ' A' ohe mea maoli.

I mea e ho'ōla ai i nā' ano ma' i āpau e pili ana i ka psyche a me ka ho' omaika' i' ana i nā a' alolo, ke kaumaha ... ' o nā mea a pau āu e hana ai, ' o ka no' ono' o lī' ilī' i e pili ana iā "I". E no' ono' o lī' ilī' i iā' oe iho, e loa' a ka pu' uwai nui i ke kōkua' ana i kekahi. Pono' oe e ho' omaopopo i kēia.

I kēlā hihia, ' a' ohe pilikia no' ono' o.

' O ke ala o ka no' ono' o wale nō ka mea hiki ke ho' ōla. Me nā lā' au lapa' au hiki iā ' oe ke ho' omalu i ka ma' i no kekahi manawa, akā ' a' ole kēia mana' o ua ho' ōla' ia. No ka ho'ōla, pono' oe e hana no nā po' e' ē a' e a poina i kōu mau makemake. ' O ia wale nō kōu hiki ke hana.

Ke ho'ā' o nei ka Buddhist e a' o a hana i nā mea āpau no nā mea ' ē a' e. ' A' ole loa' a iā mākou nā Buddhist kēia' ano ma' i, no ka mea, ho' omaopopo mākou he mana' o no' ono' o ke ola, ' a' ohe mea maoli. Mana' o mākou he moemoeā nā mea a pau. He kupapa' u ka mea make a' a' ohe mea ' ē a' e. Popopo, puka mai ka ilo... ' a' ole pili ka waiwai, ka' ilihune a me ka ikaika. Ke make mākou, e pō' ino ke kino i loko o kekahi mau hola. ' A' ole mākou e lawe i kekahi mea me mākou i ke ola hope.

Inā hiki iā' oe ke ho' omaopopo i kēia, e' oi aku ka maika' i o kou ola' ana a' a' ohe ' ano' eha a ma' i paha.

KA HOPE ANA I KA KANAKA

Ke loa' a i ke kanaka ka ma' i kanesa he pa' akikī loa ka ho' ōla.

No ka mea?

No ka mea, i ka wā e pau ai ka chemotherapy, pepehi ke kemika i nā sela olakino a me nā ma' i ma' i ma' i. ' A' ole pēlā ka ho' ōla' ana.

Inā he ' oki' oe e wehe i ka' āpana i loa' a i ka ma' i kanesa,

' A' ole wehe' ia nā mea a pau, aia nō ke kanesa i loko. No kēia kumu pa' akikī ke ho'ōla i ka ma' i kanesa.

Pehea ka hoola ana?

' Ike wau inā ho' olohe' oe ia' u a hahai i ka' u mau' ōlelo a' oa' o, hiki iā' oe ke ola.

' Elua mau ala e ho' omaka ai ka ma' i kanesa:

1.- Ka manao

2.- Ka mea' ai.

1.- Manao.

He mea ko' iko' i ka no' ono' o a me nā hana e hiki ai ke ho' ōla i ka ma' i kanesa.

Ua piha ke ola i nā a' alolo, ke kaumaha ma ka hana, ka huhū, ke kaumaha....

' O nā' ano mana' o maika' i' ole e ho' ololi i ke kahe koko.

Ina aole holo maikai ke koko, aole hiki ke komo i na wahi a pau o ke kino.

A hō' ili' ili' o ia i kekahi manawa no ka mea' a' ole hiki ke kaapuni maika' i, i kēlā manawa, pohō li' ili' i ia,

e hana ana i ka ma' i' a' a e lilo i ka ma' i kanesa.

' O kēia kekahi o nā kumu e ho' opuka ai ke kino ho' okahi i ka ma' i kanesa.

Nui ka po' e e hiamoe lohi loa. Pono ke kino e ho' omaha e like me kona' ano.

Inā makemake' oe e ola kino, pono' oe e hiamoe i ka pō.

a i ke kakahiaka e ala koke oe

2.- Ka mea' ai.

' O 85% o ka po' e i loa' a i ka ma' i kanesa ma muli o ka mea' ai a me kā mākou' ai.

' O ka hō' ailona mua ka lilo' ana o ke kino i ka' awa' awa.

Pili kēia i ka mea' ai. ' Ai nui kēia po' e i nā hua manu, nā pa' akai, ke kō ke' oke' o,

A me nā' ano mea' ono a pau. ' O ka' ai' ana i kēia mau mea' ai hiki ke ho' oulu i ka ma' i kanesa.

' O nā mea' ai e' awa' awa ai ke kino; ham, moa,

Pipi, lio, pua' a... ' o ia ho' i, nā' ano' i' o a pau, a me nā' a. ' O ka berena a me nā momona e like me ka pata

Ho' opuka pū lākou i ka' awa' awa ma ke kino.

' O kēlā me kēia mea' ai i komo i ke kino e hānai mua i nā ma' i kanesa. ' Oi aku ka' ai' ana, ' oi aku ka nui o ka ma' i kanesa.

Ua kapa' ia ka ma' i mā' i' o ka ma' i o ka po' e waiwai. No ka mea, ' ai ka po' e waiwai i nā mea' ai he nui me ka nui o nā huaora a me ka "waiwai".

' Oi aku ka nui o kāu' ai' ana i kēlā' ano mea' ai, ' oi aku ka nui o ke ola o ke kanesa i loko o kou kino. Inā' oe e' ai hou aku i ka ma' i kanesa "" ilihune" ' oi aku ka' ilihune.

Aia kahi noi' i olakino e pili ana i nā mōneka Buddhist e noho ana ma ke kuahiwi. Wahi a kēia ha' awina, ' ane' ane' a' ohe ma' i kanesa.

No ka mea?

' O ka mea mua, ma muli o ko lākou noho mālie, ' a' ohe o lākou ' ano a' alolo.

' O ka lua a ma ka ' ōlelo a nā kauka, no kā lākou ' ai. He

aha kā lākou ' ai?

' Ai lākou i nā cereals, nā ' āpala, nā mai' a, nā lemons, nā hua waina, ke kī... he aha ka ilihune

' A' ohe waiwai i nā huaora.

' Oi aku ka nui o nā huaora i loko o ka mea' ai, ' oi aku ka hau' oli o nā ma' i kanesa. I kēlā me kēia lā e ' oi aku ka ikaika, ' oi aku ka wikiwiki o ka hānau ' ana a make koke nā kākā.

Inā makemake ' oe e ho' ōla i ka ma' i kanesa, pono ia e ha' alele i nā ' ano ' i' o āpau, ka pa' akai, nā hua manu, nā ' ono, ka berena. Pāpa' a.

' A' ole pono ' oe e ' ai i kekahi o kēia mau mea' ai. Pono ' oe e noho mālie, ' a' ohe a' alolo, ' a' ohe kaumaha, ' a' ohe pilikia. E ho'ā' o e noho mālie.

No ka maika' i o ke kahe' ana, ' a' ole ' oe e huhū a hopohopo paha.

Inā maika' i ' ole ke kahe' ana, pili ia i kou olakino.

Inā ' a' ole ' oe e ho' ōki i ka ' ai ' ana i ka ' i' o, ka pa' akai, ke kō... ' a' ole ' oe e ola i ka ma' i kanesa. ' A' ole hiki i ke Akua ke kōkua iā ' oe. ' O ' oe wale nō ka mea hiki ke kōkua iā ' oe.

' A' ole hiki i nā kauka ke kōkua iā ' oe. Inā ' a' ole ' oe e ho' ōki i ka hā' awi ' ana i nā ma' i kanesa i ke ' ano mea' ai a lākou e makemake ai, pehea ' oe e ola ai? hiki ole.

Aia kekahi kanaka ma'i 'a'ai a 'ōlelo ke kauka 'a'ole hiki iā ia ke hana i kekahi mea, ua lohi loa.

Ua hele ' o ia e nīnau i ke kauka ' ē a' e nāna i ha' i iā ia: ma' alahi loa ka ho'ōla. Ke ha' i aku nei au iā ' oe i nā mea hiki iā ' oe ke ' ai a hiki ' ole ke ' ai a e ola ' oe. Pono ' oe e ' ai mea' ai: ' a' ole pono ' oe e ' ai: ka ' i' o, ka i' a, nā hua manu, ka pa' akai, ke kō, nā keke, pono ' oe e ho' opau loa iā lākou mai kāu ' ai. Pono ' oe e ' ai ma ke ' ano he mea' ai mea' ai: cereals, hua' ai, mea kanu, kī a inu i ka waina akā ' a' ole inu ' ona.

' O kēia mau mea' ai mea' ai mea' ai, no ka mea ' ilihune lākou, ' a' ole hiki ke ola nā ma' i kanesa. No ka mea, ' a' ole ' oe e hānai i nā ma' i kanesa, make li' ili' i kēia mau cell a nalowale ke kanesa. Inā ' a' ohe mea' ai ' a' ole hiki ke ola.

E ho' omana' o pono: inā ' a' ole ' oe e hā' awi i ka mea' ai i nā ma' i kanesa. ' A' ole hiki ke ola i ke kanesa. ' O kā mākou mea e ho' omana' o ai, ' o ka chemotherapy e pepehi i nā cell maika' i a maika' i ' ole. Aia nā mea a pau i loko o ko mākou kino. Pepehi mua ka kemika i nā keena maika' i, a laila nā pūnaeweke maika' i ' ole.

Loa' a nā hō' ailona ma mua o ka loa' a ' ana o ka ma' i ma' i i kekahi mea i hewa i ko lākou kino.

' O nā hō' ailona: ' a' ole ' ā ka ' ili, luhi wikiwiki ' o ia, no ka la' ana, ke pi' i' o ia i ke alapi' i, malo' o loa' o ia, ke noho ' o ia e hiamoe, honi kona mau wāwae. ' O kēia mau hō' ailona a pau, ' o ia ka mea ' a' ole mākou e ' ai maika' i a ke ' ōlelo mai nei ke kino iā mākou he hewa kekahi.

' O ke olakino nāwaliwali a me ka pale' ana, pono ' oe e ho' ololi i kāu mea' ai.

Ke loa' a iā ' oe kēia mau hō' ailona pono e ho' ololi koke ' oe i kahi mea' ai

mea' ai mea' ai. Inā' a' ole e loli, hiki iā' oe ke loa' a nā pilikia me ka ma' i kanesa i kēlā me kēia manawa.

Mai ka' i' o mai nā' ano momona' ino a pau.' O ka momona e kahe ana ma ke koko mai ka' i' o. Mānoanoa ko mākou koko a' oi aku ka mānoanoa o ke koko, ' oi aku ka pa' akikī o ka holo' ana. Inā' oi aku ka pa' akikī o ka ne' e' ana, ho' opuka ia i nā hopena maika' i' ole no ko mākou kino; inā hele ia ma ka pu' uwai, pa' a ia i ka pu' uwai; inā hele ia i loko o ka lolo, hiki iā' ia ke ho' oulu i ka ma' i lolo a ma muli o ia mea, lilo ka hapalua o ke kino i mea kīnā; hiki ole ke koko i na ami.

' O nā wāwae ka lō' ihi loa mai ka pu' uwai, ' o ia ka mea mua e' eha i ka hopena, a laila pi' i mālie i nā wāwae, e hō' eha a pa' akikī ke hele. Pela no na lima, pau ka ikaika.

Ho' opuka' ia kēia mau mea a pau e ke kahe koko' ino. Ina aole holo maikai ke koko, aole ke Akua e hoola mai ia oe. No ka holo maika' i o ke koko, pono' oe i ke ' ano maika' i o ke koko. Inā mānoanoa ke koko a piha i ka momona, ' a' ole ia e holo maika' i. ' A' ohe mea hiki ke kōkua iā' oe. Aole hoi ke Akua. ' O ka mea wale nō e hiki ke kōkua iā' oe e lilo i mea' ai mea' ai. Inā makemake' oe e ola maika' i me ke olakino maika' i a me ke ola lō' ihi (no ka mea, ' o ke olakino ka mea nui o ke ola ma mua o ka waiwai, ' ohana a me nā mea' ē a' e) Pono e mālama' ia ke olakino ma ka mālama' ana i kāu' ai a me ka no' ono' o maika' i.

Pono' oe e hana i nā hana maika' i no nā po' e' ē a' e. No ka maika' i, e kōkua i ka po' e e loa' a kēlā ikaika maika' i a hau' oli. E like me a' u i ko' u kōkua' ana i ka po' e mana' o wau he' oi loa, ' oi aku ka maika' i. ' A' ole maopopo ia' u ke kumu. Hau' oli nui wau a maika' i loa. No ka ho' okō' ana i kēia, pono' oe e

kōkua i ka po' e A e hana i nā hana maika' i no nā po' e' ē a' e. Me ka no' ono' o maika' i mau, e ho' ohana i nā' olelo maika' i, mai' olelo' ino i kekahi. E no' ono' o mau i ka maika' i o nā mea a pau. I hiki ke loa' a i ke ola lō' ihi, ka wā e hiki mai ana, ka' ohana maika' i, ke aloha ... kēia mau mea a pau e loa' a ai ka ikehu maika' i. ' A' ohe ala' ē a' e. Hā' awi kālā i ka po' e nele, He' ai kēia no ko mākou ' uhane. Inā' a' ohe' ano mea' ai e noho' ilihune loa kākou ma kēia ao, kaumaha, ' a' ole e holo maika' i nā mea. ' Oi aku ka mana' o pono' i, ' oi aku ka pipi' i āu e uku ai. I' ole e hiki mai kēia, makemake wau iā' oukou a pau e ho' ololi i ke' ano o ko' oukou noho' ana, ke' ano o ka' ai' ana. E ho' ololi ma ke kōkua' ana i nā po' e' ē a' e. Inā kōkua' oe iā' oe iho, kōkua' oe iā' oe iho.

Pono' oe e ho' omaopopo i kēlā. Inā makemake' oe e maika' i a loa' a ke ola maika' i, pono mua' oe e hana maika' i i nā kānaka.

KA MA'I DIABETS

Aloha. ' Elua kumu, ' elua pilikia e ho' oulu ai i ka ma' i diabetes: 1.-

Mea' ai. Inā' ai nui' oe, ' a' ole lawa a' ai i ka mea pono' ole, pili ia i ka hana o kou pu' upa' a. Inā' ai nui' oe i ka' i' o, he pa' akikī ke' eli' ana, pili ia i kou pu' upa' a a me kou' ōpū.

2.- Moe. Inā nui kāu moe kolohe, pili ia i kou mau pu' upa' a. E like me ka' olelo a ke kauka lā' au maoli: "Hiki i kahi kanaka 30 makahiki ke ho' ohehe' e i ka manawa 1 i kēlā me kēia 8 lā e pale aku i nā pilikia olakino. He kanaka 40 makahiki i kēlā me kēia 15 lā, hiki i ke kanaka 50 makahiki ke ho' ohehe' e i kēlā me kēia 20 lā, a' a' ole pono ke kāne he 60 makahiki i ka moe kolohe. ' O ia ke' ano o ko mākou kino no nā kānaka ma' amau. I kēia hihia, no ka mea makemake nui nā kāne i ka moekolohe, ' o ka mea wale nō āu e hana ai

' o ka hana ' ana i ka moe kolohe me ka ' ole o ka "holo" maoli, me ka ' ole o ka ejaculating. ' O kahi kanaka 30 makahiki, hiki iā ia ke hana i kāna mau makemake āpau me ka ho' opilikia ' ole ' ana i kona mau pu' upa' a, kona olakino, hiki ke ejaculate i kēlā me kēia 8 lā, he kanaka 40 makahiki i kēlā me kēia 15 lā. No laila, ua ' ike mua ' oe i ka mea e hana ai inā makemake ' oe e loa' a ke olakino maika' i a ' a' ole pili ka moe kolohe i kou pu' upa' a a me ke ake. No ka mea, pili ka pilikia o ka pu' upa' a i ka hana ' ana o ke kino holo' oko' a mai ka pu' upa' a mai ka ikehu.

Inā hā' ule ka pu' upa' a, hā' ule ke kino holo' oko' a. ' O ke kumu nui o ka hā' ule ' ana o ke kīkī ma muli o ka nui o kāu moe kolohe. Pono ' oe e ho' omaopopo. ' Ike ' oe, inā makemake ' oe e olakino, e moe kolohe me ka ' ole o ka ejaculating.

E ho' omana' o, hiki i ke kanaka 50 makahiki ke ho' ohehe' e wale i kēlā me kēia 20 lā a me ke 60 makahiki inā hiki ' ole ke ejaculate. E hana i ka mea hiki iā ' oe, akā mai ejaculate i nā manawa he nui e mālama i kou olakino maika' i.

' O ka hō' ailona mua o ka hā' ule ' ana o ke kīkī, ' o ia ka ' emi ' ana o kou mau wāwae. A ma hope iho, ' eha nā wāwae, ' a' ole ' oe e mana' o, me he mea lā ua ' ō. Ke hele ' oe, loa' a iā ' oe ke ' ano o ka hehi ' ana i ka hu' a, me he mea lā ' a' ole ' oe e ho' opā i ka lepo (ka ' ole o ka na' au). A ' o ka hope, ho' omaka nā manamana wāwae e ' ele' ele (necrotic) a pono e ' oki ' ia no ka mea inā ' a' ole hiki i ka gangrene ke pi' i i luna o ka wāwae a ' oki ' ia ka wāwae holo' oko' a.

No laila, pono ' oe e ' ike e hele mai kēia pilikia āpau mai ka hana nui o ka moekolohe. Pono ke kino e hahi i kona ' ano, ' a' ole pono e ho' oikaika i kona kino. Mai lawe i nā lā' au lapa' au e kōkua iā ' oe e ho' onui i ka moe kolohe no ka mea ' oi aku ka nui o ka moekolohe, ' oi aku ka wikiwiki o kou ma' i a make.

Hiki nō ho' i iā ia ke uha' i i kahi kī' aha koko i loko o ka lolo.

Ma muli o kēia haki ' ana, ' a' ole loa' a ka ' āpana o ka lolo i ke kahe koko e pono ai a pau ka hana a make nā cell i loa' a ' ole ka oxygen. Hiki i kēia ke ho' oulu i ka lolo ma kekahi ' ao' ao o ke kino, a me nā pilikia olakino ' ē a' e a me ka make. Loa' a nā mea a pau ma muli o ka moe kolohe nui ' ana a ' oi aku ka nui o ka moe kolohe i kou olakino.

' O ia ke kumu a' u e a' o ai iā ' oe e ho' ā' o' a' ole e ejaculate i kēlā me kēia lā.

Inā he ' ōpio ' oe, i kēlā me kēia 8 lā, inā he 40 mau makahiki ' oe, i kēlā me kēia 15 mau lā, inā he 50 mau makahiki, i kēlā me kēia 20 lā, a inā he 60 mau makahiki, e ho' ā' o e ho' olō' ihi i ka moekolohe i ka wā hiki.

Inā ' ike ' oe i kekahi o nā hō' ailona a' u i wehewehe ai ma luna, e maka' ala! Pono ' oe e wikiwiki e ho' opakele i kou ola, no ka mea, e like me ka ' ōlelo a ka po' e, ho' okahi wale nō kou ola. E ho' ā' o e ola olakino. Me ke ola kino ' a' ohe mea.

E wehewehe ana au i ka mea maoli:

He haumāna maika' i 15 makahiki, ho' omaka ' o ia e nānā i nā ki' i' oni' oni porn a me ka masturbates ejaculating 4 mau manawa i ka lā. I kēlā me kēia lā lawe ' ia ka semen 4 mau manawa. A laila ho' omaka ' o ia e loa' a nā pilikia olakino. Ma mua o kona lilo ' ana i haumāna maika' i, ma ke kula ua loa' a mau iā ia he 10 ma kāna mau papa no ka mea ua a' o ' o ia a he na' auao loa. A laila, lawe ' o ia i kēlā ' ano ma' amau o ka moe wale ' ana a ho' omaka kona ho' omana' o e hā' ule, ho' omaka kona lauoho e hā' ule i waho, ho' omaka ka puka ' ana o nā pō' ai ' ele' ele, ' ele' ele kona helehelena, ha' alulu kona mau wāwae i ka wā e hele ai, pilikia kona pu' upa' a, ate Loa' a kēia mau pilikia olakino mai ka masturbating ' ōpio a pinepine (4 manawa i ka lā). Ma hope o ke kama' ilio ' ana me ke kauka, ua ho' oponopono ' o ia i kāna ' ano a ua ho' i i ka ma' amau.

' Ike' oe, inā makemake' oe e ola maika' i i ke olakino maika' i, e ho' omalu
' oe i ka moekolohe. Mai nānā i nā kī' i' oni' oni porn, no ka mea, ' oi aku ka nui
o kou nānā' ana, ' oi aku ka nui o ka no' ono' o' ana o kou lolo, hele nā uea a
hele pupule a' a' ole ho' ōki i ka moekolohe, ' a' ole ho' ōki i ka masturbating, a
i' ole "cum". A laila hiki mai nā' ano pilikia olakino a pau iā ia: ka ma' i ma' i, ka
ma' i ma' i a me ka hana' ino o ka ate... ' o nā mea āpau ka hopena o ka nui o ka
moekolohe. ' O ia ke kumu o ka nui o ka moekolohe he ala i ka make. Inā wau e
' ōlelo' a' ole moe kolohe, e ha' i mai ka po' e ia' u he mea hiki' ole kēia,
maika' i, i kēia hihia ke a' o aku nei au iā' oe inā makemake' oe i ka moekolohe,
mai ejaculate, hana i ka hapalua me ka hiki' ole i ka hopena, me ka' ole "cum" .
Pēlā' oe e noho olakino. Inā nui kāu moe kolohe, ' oi aku kou make ma mua o ke
ola. Ho' opilikia wale ka undead i nā pilikia no ka' ohana, nā pilikia ma ka hana, nā
pilikia no' ono' o. Ke loa' a iā ia kēia mau hō' ailona, ha' alele' o ia iā ia iho, lilo
' o ia i mea launa' ole, ' a' ole makemake e launa pū me nā po' e' ē a' e,
ho' oka' awale iā ia iho i loko o kona lumi a' a' ole makemake e kama' ilio me kekahi.

Inā loa' a i kāu keiki kekahi o kēia mau hō' ailona, e maka' ala i' ole e pi' i hou a
pili nui i kou olakino. Pono nā mākuā e nānā a mālama i kā lākou mau keiki, no ka
mea, ' a' ole' ike nā keiki a pono lākou e a' o.

' O kēia ka' u e' ōlelo aku ai iā' oe i kēia lā e pili ana i ka moekolohe. Mahalo iā' oe.

OLA LOA ME KE OLA

Ma keia ao, ekolu ano kanaka i loa ole i ka mai.

1. Ka poe maikai. ' O lākou ka po' e kōkua mau i nā kānaka. Loa' a iā' oe ka
maluhia a me ka lokahi i loko o kou pu' uwai. Ke kōkua' oe i nā po' e' ē a' e,
hana' oe i ka ikehu maika' i e hā' awi iā' oe i ka' olu' olu a me ka hau' oli.
' A' ole loa e ma' i kēia po' e.

2. Ka po' e hana yoga. Ma o yoga, hiki iā' oe ke ho' omaha i kou mana' o, hiki iā
' oe ke ho' omalu i kou mana' o a pau. E like me a' u, ka mea e ho' oma' ama' a
yoga no 40 mau makahiki. I ke kakahiaka i ko' u ala' ana, ho' oma' ama' a au i
ka ½ hola yoga a ma mua o ko' u hiamoe' ana e ho' oma' ama' a au i kekahi
hapalua hola. No laila i kēlā me kēia lā ma mua o 40 mau makahiki. ' A' ole loa au i
ma' i, ' a' ohe o' u ma' i o kēlā me kēia' ano. ' A' ole maopopo ia' u he aha ka
' eha a' a' ohe o' u pilikia olakino. ' O kēia ka lua o ka po' e i loa' a' ole i ka
ma' i.

3. ' O ka po' e i ho' omaopopo i ke kumumana' o o ke a' o' ana a Buddha: ua
ho' omaopopo lākou' o nā mea a pau āu e' ike ai a ho' opā ai i kēia ao he mo' o
wale nō. ' A' ohe mea maoli. Komo ko kakou uhane i ke kino ke hanau a haalele i ke
kino i kona make ana. A laila komo' o ia i ke kino hou a hānau' ia a make hou a
ha' alele. Aole nae e make ka uhane. E hele wale i loko a i waho o ke kino e a' o ai
he no' ono' o ma' ema' e ke ola, ' a' ohe mea maoli.

No laila pono' oe e ho' ōki i ka makemake. Ke hiki mai ka hopena o ko kakou ola
ana a pau ko kakou makemake a pau = 0. No ka mea, ke make kakou, aole kakou e
lawe pu me kakou. ' A' ohe mea maoli. No kou kūlana; Inā he miliona' oe, ikaika,
' ilihune a' ilihune paha, make ke kino a popopo like. ' O ia ke kumu i loa' a iā
' oe i kēia manawa he moe' uhane. He mau moe' uhane maika' i ko kekahi po' e
a he moe' uhane weliweli kekahi, akā' a' ohe mea maoli. Inā hiki i kekahi ke
ho' omaopopo i kēia, ' a' ole e make hou kēlā kanaka. E kū' oko' a kou' uhane
a hiki ke hānau' ia ma kēia honua a i' ole. Pili nā mea a pau iā mākou.
Inā hiki iā mākou ke ho' opau i kēia kino pono' ī, a laila' a' ole' oe e ma' i. Pono
nā kānaka a pau e ho' omaopopo. Inā mākou a pau a mālama kekahi i kekahi,
' a' ole mākou e ma' i. ' oi ai' o ka' oi aku ka nui

' oi aku ka mana' o pilikino a ' oi aku ka pa' akikī o ke ola, ' oi aku ka nui o nā pō' ino, ' oi aku ka nui o nā ma' i, ke ola pōkole loa, loa' a iā' oe ka pō' ino.... No laila, inā ' a' ole' oe makemake e loa' a i nā ma' i, ua' ike mua' oe i nā ala' ekolu e mālama ai i ke olakino a ' a' ole e ma' i.

Mahalo iā' oe.

HOOLA ANA

Aloha. Pehea e ho'ōla ai i nā' ano ma' i āpau. Ua hele au me kekahi lālā o ka' ohana e ' ike i ke kauka no nā pilikia spinal. He kauka kahiko loa. Ua' ōlelo' o ia inā loa' a iā' oe nā pilikia o ka iwi kuamo' o, pono' oe e lawe i nā lā' au lapa' au, lomilomi, ' au' au, hana ha' uki a ' o ia nō. ' A' ole hiki ke hana hou aku. Hana ka lālā o ka ' ohana i nā mea a pau a ke kauka e ' ōlelo ai iā ia, akā mau nō ka' eha. Ma hope mai ua kipa mākou i kekahi kauka Pelekane, ' ōpio a laikini' ia no kekahi mau makahiki a ha' i mai' o ia iā mākou:

' O ka mea mua, pono wau e hā' awi iā' oe i kahi papa mana' o i' ike' oe pehea e ho' ōla ai iā' oe iho. ' Oko' a ke' ano hana mai ke kauka a mākou i kipa mua ai. Pīhoihoi ke kauka hou ia' u no ka mea, ' ōlelo' o ia' o ka mea hiki ke hana i ka ho' ōla ' ana i kekahi ma' i' o ka ho' ōla iā ia iho. A pehea e hana' ia ai kēia?

' O ka mea mua, wehewehe' o ia iā mākou:

Ke loa' a iā mākou nā a' alolo i kēlā me kēia lā; ' A' ai maika' i' ole mākou, nā mea' ai i hana mua' ia a me nā kini, piha i nā preservatives a me nā mea pena; a i' ole mākou e huhū a kaumaha; ' a' ole mākou e ne' e a' a' ole mākou e hana i nā ha' uki. Hāpai mākou i ka ea haumia, ka wai haumia.... Ho' opilikia kēlā mau' ano mea i ko mākou olakino.

No laila pono' oe:

1.- E mālama i kāu mea e' ai ai. Pono kāu' ai e' oi aku ke olakino. ' A' ole pono' oe e' ai i nā kini no ka mea' ino ia i kou olakino

2.- Mai mana' o maika' i' ole, pono mākou e ho' ololi i ko mākou' ano no' ono' o, no ka mea, pili nā' ano mana' o maika' i' ole i ke olakino.

Ke mana' o mākou i nā mana' o maika' i' ole, e like me ke kaumaha, lawe mākou i ke ' ano o ka ho' ololi li' ili' i' ana i ko mākou kino, e pili ana i ka iwi kuamo' o. Ua wehewehe' o ia iā mākou e hele ana kekahi mau a' alolo ma ka iwi kuamo' o a kama' ilio kēlā me kēia a' alolo me kahi' āpana o ke kino.

Ho' opili pololei kēia mau a' alolo i ka lolo.

Loa' a iā mākou he miliona mau pūnaewehe i loko o ka lolo e kama' ilio me ke koena o ke kino. Ma o kēia mau pūnaewehe, hā' awi ka lolo i nā kauoha i ke koena o ke kino.

Ke' ai mākou i nā preservatives, a kaumaha paha mākou, a maika' i' ole paha mākou, maika' i' ole ke kaiapuni, pili ka lolo, pa' a ke kama' ilio' ana o nā a' alolo me ke koena o ke kino. Ho' opau' ia ka' ike a' a' ole hiki i ke koena o ke kino. No ka la' ana, inā' a' ole hiki i ka' ike i ka pu' uwai maika' i, ' a' ole hana maika' i ka na' au.

Loa' a i kēlā me kēia' āina kona mana' olana ola. ' O ka po' e i loa' a ka lō' ihi o ke ola' ana, ' o ia ka po' e Kepani no ka mea mālama maika' i lākou i ko lākou kaiapuni, kā lākou hana, koi nui lākou i ka mea' ai, mālama lākou i nā mea āpau e like me ka hiki.

' O ka ha' aha' a ha' aha' a o ke ola ma ka honua ma Africa. He ino ka lewa, ino ka ai, ino na mea a pau. ' O ia ke kumu e ola ai kēia po' e he mau makahiki wale nō.

Inā makemake ' oe e ola i nā makahiki he nui i ke olakino, pono ' oe e ho' ōla iā ' oe iho. Ua hā' awi mai ke kauka iā mākou i ka papa inoa o 20 a 30 mau mea āu e pale aku ai, ho' oponopono, ho' ololi, ' a' ole pono ' oe e hana, akā ' a' ole ' o ia i a' o mai iā mākou i nā mea e pono ai mākou e hana i ' ole e komo ka ' ike maika' i ' ole i loko o ko mākou lolo; like me ke a' alolo, ke kaumaha... ' A' ole ' o ia i ' ike. Ua a' o ' ia kēia iā mākou e ka mana' o Buddhist.

Ke a' o mai nei ke kumumana' o Buddhist iā mākou pehea e ho' okō ai i kahi ola maluhia. ' A' ohe ala ' ē a' e e ho' opa' a ai i ko mākou ' ano noho a me ka no' ono' o maika' i ' ole. Ma o ka mana' o Buddhist wale nō a me ka hana.

No ke aha e pono ai ke a' o ' ana i ka mana' o Buddhist?

Ua wehewehe ' o Buddhist theory, pono ke ola olakino. ' O ia ho' i, pono mākou e noho mālie, me ka makemake ' ole, me ka ' ole o nā mana' o maika' i ' ole, ' a' ole pono mākou e kau i kahi kumukū' ai e ho' okō ai i nā mea. ' A' ole hiki iā ' oe ke ola maika' i e like me kēia. Pa' akikī mākou i ke ola, he mea ma' amau a kūpono, akā ' a' ole pono mākou e uku i ke kumukū' ai e ho' okō ai i kā mākou mau pahuhopu a makemake paha. Inā hiki mai nā mea maika' i iā mākou, maika' i. Akā inā ' a' ole like nā mea e like me kā mākou makemake, ' ae, he aha kā mākou e hana ai? Inā hiki maika' i, maika' i. Inā ' a' ole hiki mai, maika' i nō ho' i. Kūle' a ka mana' o Buddhist i ka hakakā no ke ola, akā ' a' ole pono mākou e hō' ino inā ' a' ole mākou e ho' okō i kā mākou makemake.

' A' ole pono ' oe e hoka ke hiki ' ole ke ho' okō i kahi pahuhopu i ke ola. Pono kākou e hakakā me ka pu' uwai mālie, me ka pu' uwai ma' ema' e, me ka ' eha' ole i kekahi, me ka ho' ohana ' ole ' ana i kekahi. E ho'ā' o e kōkua i nā kānaka. Inā kōkua ' oe i ka po' e, ho' i pālua ka po' e, ' ekolu a i ' ole ho' okahi haneli. Ma kahi o ka no' ono' o mau ' ana iā ' u, iā ' u, iā ' u. Wahi a ka Buddhism.

Ke hakakā nei mākou no ko mākou pono'ī a no ko 'ē a'e. ' Elua mea i ka manawa. ' A' ole pono ' oe e no' ono' o mau iā "me"; ko' u' ohana, ko' u mau hoaaloha... no' u mau. ' A' ohe maika' i o ka wā e hiki mai ana a i ' ole ke olakino maika' i ke no' ono' o wale ' oe iā ' oe iho. Inā makemake ' oe i ke olakino maika' i a me ke ola maika' i, e lawe i ka philosophy Buddhist. Mai ho'ā' o e hehi i nā mea ' ē a' e e loa' a ai kāu makemake. Ua like ia me ka berena no keia la a me ka pololi no ka la apopo. ' O ke ala e ola maika' i ai me ka mana' o o ke aloha a me ka ho' omaopopo.

Pono ' oe e kala i nā hewa o nā po' e ' ē a' e, e no' ono' o maika' i a ' a' ole e hā' ule i ka ma' i. Inā hō' eha kekahi iā ' oe a ho' omana' o mau ' oe i ka mea nāna ' oe i ' eha, nāna ' oe i ' eha, nāna i ho' opa' a i ka pahi ma kou kua, nāna i ho' onāukiuki iā ' oe... pa' a ' ia kou lolo a ' a' ole hele ka ' ike i nā a' alolo e pu' unaue ana i ke koena o ke kino. E loa' a iā ' oe nā pilikia olakino i ke ola a pau. Inā pilikia kou olakino, ' a' ole ' oe e ola lō' ihi inā he nui kāu kālā.

' A' ole e ola maika' i. I ke ola ka mea mua i ke olakino. Inā ' a' ole ' oe olakino, ' a' ohe āu mea. ' O ia ke kumu a' u e a' o aku ai iā ' oe e ho' ā' o e alaka' i i kahi ola me ka pu' uwai aloha. E kala aku i kekahi e like me kou kala ana ia oe iho. Mai kuhikuhi lima, e ho'ā' o e ho' ohewa i kekahi, no ka mea, ' a' ole pono mākou iho. ' A' ohe kanaka hemolele. No laila ' a' ole ' oe e kuhikuhi i nā hewa o nā po' e ' ē a' e. Ma kēia ala e ola ai ' oe me ke olakino a hiki iā ' oe ke hau' oli i kou ola, kou ' ohana. Akā, ' ike ' oe, inā makemake ' oe i kekahi mea pono ' oe e hā' awi i kekahi mea i uku ' ia.

KA MANA O KA HOOLA ANA

' O ka hana mana ho' ōla pono' i. 'Ōlelo' o Buddha: e ho' okō' ia nā mea a pau e like me ko mākou mana' o. Aia nā mea a pau i kou mana' o; kou olakino, kou ola, kou wā e hiki mai ana, kou' ohana, kou hoa pili, nā mea maika' i a me nā mea' ino. Aia nā mea a pau i kou mana' o. ' A' ole pono mākou e nīnau i ke Akua, no ka mea, he Akua mākou, he keiki mākou na ke Akua. ' O ia ke kumu ma mua o ka nīnau' ana i ke Akua, e nīnau iā' oe iho a e ola' oe. I nehinei, ua kōkua au i kekahi hoa noho e ho'ōla iā lākou iho. He 85 makahiki o ke kane a he 80 makahiki o ka wahine, Catalan, Paniolo. ' A' ole hele kēia kāne ma ke alanui no nā makahiki he nui no ka mea he pilikia ko lāua' elua. Ke hiki' oe i kekahi mau makahiki, pau ka ikaika o kou mau wāwae a' a' ole hiki iā' oe ke hele maika' i. I nehinei ua kōkua au iā lākou e ho' ōla iā lākou iho. Ua' eha nā wāwae o ke kanaka he 85 makahiki no ka manawa lō' ihi a ua hele pinepine' o ia i ke kauka akā' a' ole i ola ka' eha. Hele' o ia, lohi loa a' eke' e a kākō' o iā ia iho me ke ko' oko' o no ka mea ua nui kona' eha. I ko' u hele' ana e' ike iā lākou, ' ōlelo wau i ka Haku: - E ho' olohe mai ia' u a hilina' i ia' u. E hana i ka' u e' ōlelo aku nei iā' oe, mai no' ono' o i kekahi mea' ē a' e. Pane mai' o ia ia' u: ' Ae. 'Ōlelo wau iā ia: E hilina' i ia' u. Mai kēia manawa, ' a' ohe' eha o kou mau wāwae, ha' alele i ke ko' oko' o a hele pololei a wikiwiki. Ho' oku' u koke ke kanaka i kāna ko' oko' o, ho' oki' eki' e a' e i kona umauma, a hele wikiwiki i kona papahale. Ua ha' oha' o ka wahine: - ' A' ole wau i' ike i ka' u kāne e hele ana e like me ke keikikāne. Nui kona ke' ena a ke ho' i mai ke kanaka i ko mākou wahi e noho nei, nīnau wau iā ia pehea' o ia. Pane mai' o ia ia' u: - ' A' ole maopopo ia' u he aha ka hewa ia' u, ' a' ole' eha hou ko' u mau wāwae, ua hana maika' i wau a ua nui ko' u ikaika. E no' ono' o' oe, no nā makahiki he nui' a' ole' o ia i iho i ke alanui no ka hiki' ole iā ia ke hele a hiki koke, i ka loa' a' ana o kahi kauoha mai ia' u, ua nalowale kona maka' u a ho' ōla iā ia iho. I loko o kekahi mau kekona, ua nalowale ka ma' i i loa' a iā ia no nā makahiki he nui. Aole keia he hana mana mai ke Akua mai, aole. He hana mana kēia nona iho, no kona hilina' i iā ia iho. Hiki i ka no' ono' o ke ho'ōla a ho' omaika' i i ke olakino a hō' ino paha. Akā pono' oe e hilina' i 100%. Aia ke ao holo' oko' a ma' ane' i, i loko o kou mana' o, aia nā mea maika' i a pau ma' ane' i, hau' oli a pau, ola lō' ihi. Eia ma kou noonoo e hiki ai ia oe ke hana i paradaiso a i Gehena paha nou iho, i ka wa mua, i ko'u hele ana e ike i ka Haku, ninau aku au ia ia: - He aha ka hewa, e ka Haku? Pane mai' o ia ia' u: - He 85 o' u mau makahiki, luhi au i ka noho' ana, makemake wau e make, ' a' ohe o' u mana' olana a' a' ole o' u makemake e ola hou. Pane au: - Ho' omaka ke ola ma 60 mau makahiki a inā he 85 mau makahiki' oe, i kēia manawa he 25 mau makahiki wale nō' oe a aia' oe i ka' ōpio piha.

I kēia manawa pono' oe e no' ono' o me he 25 mau makahiki' oe. Ua hala kēlā mau makahiki he 85, mai kēia manawa he 25 kou mau makahiki. I kona hilina' i' ana ia' u, hikiwawe, i kekahi manawa, komo kēlā mana' o i kona lolo a hā' awi i ke kauoha i kona kino e hana pono. I loko o kekahi mau minuke, ua loli loa kou olakino a me kou no' ono' o i ka maika' i. He hana mana. ' O ia ka hana mana o ka ho' ōla' ana iā ia iho. He mea weliweli!

I kēia manawa e kama' ilio wau no ka lede. He 80 kona mau makahiki, hina' o ia ma luna o kona papahale a haki ka iwi ma kona wāwae. Pono' o ia e' oki' ia, a ua lō' ihi kona moe' ana me ka hiki' ole ke ala a' e. Nīnau au iā ia:

• Makemake' oe e ala? Makemake' oe e hele wāwae? Pane mai ka lede ia'u: • Ae, ae. Makemake au e ala a' e a hele ho' okahi! Ōlelo aku au iaia: • Ina makemake oe e ala, e hoolohe mai ia'u a e hana i ka'u e olelo aku nei ia oe. Inā hilina' i' oe ia' u 100%, ke hō' oia' i' o wau e ala' oe. Pane ka lede: • Maika' i. I kekahi lā a' e, mana' o ka lede: "Ua' ōlelo mai' o Haku Roger ia' u inā makemake wau, hiki ia' u ke ala a hele. E ho'ā' o ana au"

A laila komo kēia mana' o i loko o kona no' ono' o a ha' alele' o ia mai kahi moe' o ia wale nō. Pili' o ia i ka pā a ho' omaka e hele. Pehea e hiki ai?' A' ole hiki i ke kauka ke ho' ōla ia' u, ha' i mai' o Master Roger ia' u "inā makemake' oe, hiki iā' oe ke ha' alele i kahi moe a hele" No ke aha? Makemake au e ho'ōla no ka manawa lō' ihi, ' a' ole au makemake e noho ma laila i ka lā a pau

ma kahi moe. Nolaila, me keia manao, ku ae la ka lede a hele. I kēia manawa, hele mālie ka lede no ka mea ua lō' ihi kona moe ' ana me ke ala ' ole. Hele ki' il; ho'ōla iā ia iho.

O ka mea e hoolohe mai ia'u i keia manawa, ina lakou e noonoo i ka'u mau olelo a pau, a e hoolohe mai ia'u, e hiki ke hoola ia lakou: • Hiki ia oe ke hele • Aohe ou eha • Nalo kou mai. Akā, pono ' oe e hō' oia' i' o a hilina' i i ka' u mau ' olelo. No laila hiki ke ho'ōla iā ia iho i ka manawa koke. ' O kēia ka mana o ka mana' o. ' A' ole ia he hana mana. Hana ' oe i ka hana mana. Hiki iā ' oe ke ho' opakele iā ' oe iho. Ua ' ike nā kauka hiki iā lākou ke kōkua iā ' oe i ka 30% a ' o ke koena 70% e pili ana iā ' oe, ma kou mana' o.

' O ka mea e ho' olohe mai ia' u a hilina' i 100% i ka' u mau ' olelo hiki ke ho' ōla iā ia iho. Eia hou, manuahi. ' A' ole ' oe e nalowale i kekahi mea ma ka ho' ā' o ' ana. E lawe wale i ka'u olelo no ia mea. Hiki ke ho'ōla 'ia nā 'ano ma'i a pau, Ho'ōla 'ia nā ma'i a pau. Inā ho' olohe ' oe ia' u, hiki i kēia ke ho' opakele i kou ola a hiki iā ' oe ke loa' a ke ola piha i ka hau' oli.

Me ka pu' uwai piha i ke Aloha, piha i ka mana' o maika' i.

No laila hiki ke ho' okō ' ia nā makemake a pau. E like me ka ma' alahi. Ho' opili mākou i ko mākou ola. ' A' ole pa' akikī ke ola. Ho' opilikia ka ma' i i ko mākou kino, a ma' i mākou no ka loa' a ' ana o nā mana' o maika' i ' ole. Mai ka lolo, hele ka mana' o maika' i ' ole ma ke kolamu spinal a ho' ouna i ke kino holo' oko' a. No laila, pili kēia mana' o maika' i ' ole i kou kino holo' oko' a. Ma mua o kou hō' eha ' ana i nā kākā, e no' ono' o ' oe, no ka mea, ke hō' eha nei ' oe iā ' oe iho. Ua ' olelo ' ia kēia e ke kauka ma Barcelona nāna e mālama i nā pilikia spinal.

E ho' omana' o maika' i, inā makemake ' oe e loa' a ke olakino maika' i, mai loa' a kekahi ' ano mana' o maika' i ' ole. ' A' ole pono ' oe e loa' a i ke ko' iko' i, nā a' alolo, ka huhū, ke kaumaha ... pili maika' i kēia mau mea a pau i kou olakino ... Inā makemake ' oe e puka i waho o kekahi ' ano pilikia, e ho' olohe i ka' u mau ' olelo. E no' ono' o maika' i me ka ikaika a pau o kou mana' o a ke hō' oia' i' onei au e lilo nā mea maika' i ' ole i mea maika' i. He ma' alahi, ' o kēia wale nō. E ' olu' olu, inā ho' olohe ' oe ia' u, e ho' ā' o e like me kēlā male. Ua hiki iā lākou ke ho'ōla, ua ho'ōla lākou iā lākou iho i ho' okahi minute. Ma hope o nā makahiki he nui o ka ma' i, me ka mana' olana ' ole e ola, i kekahi manawa ua loli kona ola no ka maika' i. ' O ka' u mea i hana ai me kēia kāne, hiki ia' u ke hana pū me ' oe. Pono ' oe e hilina' i i ka' u mau ' olelo a hilina' i ia' u. Inā hilina' i ' oe ia' u a mana' o ' i' o mai ia' u, e kōkua wau iā ' oe e ho' ōla i kekahi ma' i i ka manawa koke. ' A' ole kēia he no' ono' o, he mea maoli. E ' olu' olu, ke noi wale nei au iā ' oe e ho' olohe mai ia' u a hilina' i ia' u. Inā ho' olohe ' oe ia' u a ola ' oe i kēia mana' o, e ha' i i kou ' ohana a me kou mau hoaaloha i hiki ke ho' ōla ' ia lākou. E ho' omana' o, no kēia hana a hiki iā ' oe ke ho' ōla iā ' oe iho, pono ' oe e loa' a ka ikehu maika' i. No ka loa' a ' ana o ka ikehu a me ka no' ono' o maika' i, i kēlā me kēia lā pono ' oe e kōkua i ka po' e, pono ' oe e hana i 3 mau hana maika' i no nā kākā. Inā piha ' oe i ka ikehu maika' i ' ole, ' a' ole hana kēia mana' o o ka ho' ōla pono' ī. Ua ' ike mua ' oe, no ka hana ' ana, pono e lilo i kanaka maika' i a kōkua i nā kākā. Ke hewa ke kanaka, ' a' ole hiki ke ho'ōla iā ia iho. E ho' omana' o: ' O ka ikaika a me ka no' ono' o maika' i e loa' a i ke ola lō' ihi me ke olakino. ' O ka po' e ikaika, miliona miliona, makemake lākou e ola maika' i. No ka mea, inā ' a' ohe ou olakino, makehewa kou waiwai. Inā makemake ' oe e ola lō' ihi, e ho' ohana i kāu kālā e kōkua i nā kākā. No laila, hiki i nā mea ' ē a' e, me kāu kōkua ke ho' omaika' i. Inā ho' omaika' i ' oe i ke ola o nā po' e ' ē a' e, loa' a iā ' oe ka ikehu maika' i a maika' i ho' i kou ola. Inā ' a' ole ' oe e ho' ohana i kou mana a me kāu kālā e kōkua i nā po' e ' ē a' e, lilo ka mana a me ke kālā i mea kaumaha iā ' oe. Ke make ' oe e hele ' oe i Gehena, akā inā kōkua ' oe i nā po' e ' ē a' e e hele ' oe i ka lani.

E ho' omana' o maika' i: E ho' ohana i kāu kālā a me kāu mau kumuwaiwai e kōkua

kanaka, no ka mea, ke kōkua nei ' oe iā ' oe iho. Ke ' ōlelo mau nei au: - Ke ho' olei ' oe i ka pōle' a ma ka paia, inā ' oe e kīloi ikaika, ikaika ' oe. No laila, ' oi aku ka nui o kou kōkua ' ana i nā po' e, ' oi aku ka maika' i a me ka maika' i o kou ola, piha i ke olakino a me nā mea maika' i. ' A' ole ' oe makemake e loa' a kahi ola lō' ihi me ke olakino maika' i? ' Ae, ' ike ' oe, ' o kāu mea e hana ai ' o ke kōkua ' ana i nā kānaka. ' A' ohe hana mana ' ē a' e. Ina e ninau aku oe i ke Akua i kou hana hewa ana, aole hiki ia ia ke kōkua mai ia oe. ' A' ole hiki i ke Akua ke kōkua iā ' oe. Aia iā ' oe nā mea a pau. No laila, inā makemake ' oe e loa' a ke ola lō' ihi a me ke olakino maika' i, e ho' olohe i ka' u e ha' i aku nei iā ' oe: e ho' omau mau a kōkua i ka po' e e pono ai.

' A' ohe ala ' ē a' e e ho' ōla iā ' oe iho.

Mahalo nui iā ' oe.



NUI HUI



34. HANA HOU

Nui ka po' e i mana' o' i' o' a' ole hiki ke hānau hou ma hope o ka make, ' a' ole lākou mana' o' i' o i Gehena, ' a' ole mana' o' i' o i ka lani a i ke Akua, ' a' ole lākou mana' o' i' o i kekahi mea. ' O kēia mau' ano o ka po' e mana' o' i' o ' ole i kekahi mea ' oi aku ka weliweli no ka mea hiki iā lākou ke hana i kekahi mea. ' A' ole lākou mana' o' i' o i ka ho' opa' i akua a i' ole ka ho' opa' i i kau' ia e nā kānāwai kanaka, ' a' ohe o' u mana' o i kekahi mea, hiki iā lākou ke hana i nā mea' ino, ' o ia ka mea pō' ino loa.

Ua hō' ike' ia ka Reincarnation me ke' ano o ka hypnosis.

I kekahi manawa, ua hypnotized wau e kekahi o ka' u mau haumāna a hiki ia' u ke ho' i i ka wā Roma. ' O ka' u kumu hypnosis i kekahi manawa i hypnotized i kahi wahine' ike' ole i loa' a' ole i ka ho' ona' auao' ana, i ka wā ma lalo o ka hypnosis, hiki iā ia ke' ōlelo Kelemania maika' i loa a hiki nō ho' i ke kākau ma ka ' ōlelo Kelemānia. I kona puka' ana i waho o ka hopena o ka hypnosis, ho' okani wau i ka ho' opa' a leo a nīnau iā ia i kāna' ōlelo a me nā mea i kākau' ia ma ka pepa. Ua pane' o ia' a' ole' o ia i hele i ke kula a hiki iā ia ke' ōlelo Paniolo wale nō, ' a' ohe' ōlelo' ē a' e a' a' ohe ona mana' o i ka mea i' ōlelo' ia ma ka ho' opa' a leo a me nā mea i kākau' ia ma ka pepa. Ua ' ōlelo' ia ka hypnosis ma nā puke he nui i pa' i' ia e nā kauka mai ka US a i' ole ka hypnosis honua, wehewehe lākou i ka mahalo i ka hypnosis hiki iā' oe ke' ike i kou ola i hala.

Hiki i ka po' e mana' o' i' o' ole iā ia ke' imi i ke kumu hypnosis a i ka wā e hypnotized' oe, e ha' i' oe iā' oe iho i kou wā i hala, ' a' ohe mea' ē a' e. E mana' o' oe i nā mea a pau i hana' ia i ka wā ma mua a laila e mana' o' i' o' oe aia ke ola hou, aia' o Gehena a aia pū kekahi ho' opa' i akua. ' Ike wau iā' oe, mana' o wau a ke mana' o' i' o nei au aia ka reincarnation. Hō' ike nā kauka hypnosis āpau i ke ola hou' ana ma o kēia' ano hana, akā' a' ole pili nā kauka i kekahi ho' omana, he po' e' epekema lākou, e ho' ā' o wale i ka hypnosis. ' O ka mea mana' o' i' o' ole hiki ke hele i kekahi kauka hypnosis a i ho' okahi kau e ' ike' oe e ha' i ana wau i ka' oia' i' o. Nui nā puke i loa' a ma ka mākeke a ' a' ole wau wale nō ka mea e' ōlelo ai pēlā, he nui nā kauka i mana' o' i' o' ole i ke Akua, akā i ka reincarnation. Hiki iā lākou a pau ke hō' oia i ka' u e' ōlelo nei i kēia manawa.

Nui nā hō' ike e hiki ke hō' oia i ke ola hou' ana.

Inā loa' a ka reincarnation, loa' a nā ho' opa' i akua, Gehena a me kekahi' ano ho' opa' i. Hiki i ke kanaka ke ola hou i loko o ke kanaka a i' ole ka holoholona, hiki i nā mea āpau ma ke ola hou' ana. Ma muli o ko mākou mana' o' i' o i ka reincarnation, inā hana hewa mākou, i ko mākou ola a' e' a' ole mākou e hānau ' ia ma ke' ano he kanaka, e hānau' ia mākou e like me nā holoholona. Inā mākou e' ai i ka' i' o, i ko mākou ola a' e e like mākou me nā holoholona i hānau' ia a me nā holoholona e hānau' ia ma ke' ano he kanaka a' o ko lākou manawa ia e ' ai ai i nā holoholona a' a' ole e pau ka pō' ai.

Inā makemake' oe e hānau hou' ia ma ke' ano he kanaka mai' ai' oe i ka' i' o no laila mai' ai

E lilo lākou i ' āpana o kēia pō ' ai ' ino, no ka mea, ' o nā holoholona i makemake e ho' opa' i.

' Oi aku ka maika' i o ka ho' oku' u' ana iā lākou a ola' oe i kēia manawa a i kēia mua aku.
' A' ole i haku' ia ka hypnosis e ka po' e Buddhist, ua hana' ia e nā' Amelika.

' A' ole ho' oma' ama' a ka po' e Buddhist i ka hypnosis, akā mahalo i nā kauka a i' ole nā kumu hypnosis, ua hō' ike lākou i ka ha' i' ana o nā Buddhist i ka ' oia' i' o, ' a' ole ia he wahahe' e.

' A' ole kēia mau kauka he Buddhist a' a' ole mana' o' i' o i ke Akua a i' ole Buddha, akā mana' o' i' o lākou i ke ola hou' ana.

Mahalo nui iā' oe.



NUI HUI



35.- KA CELL

Aloha. I kēia lā e kama' ilio wau e pili ana i nā cell maika' i a maika' i' ole i loko o mākou.

Ua no' ono' o nā pūnaeweale a pau. Makemake nā cell maika' i a maika' i' ole paha e ola. O kēia me kēia ma' i kanesa a i' ole kekahi ma' i' ē a' e, hana mākou me nā mana' o maika' i' ole a i' ole me ka mea a mākou e' ai ai, o ia ka hopena. I mea e pale aku ai i nā kino' ino i loa' a i ko mākou kino, o kā mākou mea e hana ai:

1- E mālama i kā mākou mea' ai. O ka' ai' ana i kēia me kēia' ano' i' o a i' a paha he pilikia i ko mākou olakino. A' ohe mea i' ike i nā ma' i ma' i i loko o ka' i' o a mākou e' ai ai; o ka pua' a, ka moa, ka pipi... o kēia mau' i' o a pau ke lawe nei i nā sela' ino a mākou i' ike' ole ai. No ka pale' ana i nā ma' i, e ho'ā' o e' ole ' ai i ka' i' o.

2- Ka mana' ino. Ke hopohopo ke kanaka, ke kaumaha a i' ole ka mana' o maika' i' ole, pili ia i ke kahe koko. O nā mea a mākou e' ai ai a me nā mea a mākou e mana' o ai he mea hiki ke keakea i nā a' a li' ili' i, a' ole e' ae i ke koko e kahe. Ho' onui ke koko i kēia manawa a me nā lā, nā mahina a i' ole nā makahiki ma hope, ua ho' okumu' ia kahi pu' upu' u i ho' ololi li' ili' i' ia mai kahi cell maika' i i kahi cell maika' i' ole, e ho' oha' aha' a ana i ke kanesa a i' ole kekahi' ano ma' i' ē a' e. O ke kumu o kēia mau mea, o ia nā mea' awa' awa a ka' i' o a mākou e' ai ai a me ka no' ono' o maika' i' ole. Inā' a' ohe olakino, a' ohe mea a no ka loa' a' ana o ke olakino maika' i, pono mākou e ha' alele i ka le' ale' a o ka' ai' ana e like me ke' ano o ka mea' ai. E ho'ā' o e kāpae i ka "pepehi, pepehi a pepehi" mai kou mana' o.

Loa' a iā mākou nā pūnaeweale maika' i' ole i loko o ko mākou kino. O kahi' āpana o' oukou he mau cell kino' ole. Aia ia i ka nui o kēia mau cell maika' i' ole i loko o ko mākou kino. Inā nui ia, hiki ke ho' opilikia i kou olakino.

Loa' a i kā mākou kino nā cell maika' i a me nā cell maika' i' ole. E ho'ā' o e noho me nā mea' elua. Mai no' ono' o i ka pepehi' ana i nā pūnaeweale maika' i' ole no ka mea inā e no' ono' o' oe i kēia e ho' ā' o nā cell maika' i' ole e pale iā lākou iho a i kēia me kēia lā e ho' ouka hou lākou i kou kino. Inā' oe e no' ono' o e pili ana i ka pepehi' ana i nā cell maika' i' ole, ike lākou pehea e pale aku ai iā lākou iho. Pono' oe e hakakā iā lākou me ka no' ono' o maika' i, a' ole e ho'ā' o e no' ono' o e pili ana i ka "pepehi kanaka", no ka mea, he hapa lākou iā' oe. Ma mua o ko lākou lilo' ana i nā cell maika' i' ole, ua maika' i lākou a ma o kā mākou mau mana' o maika' i' ole a me nā mea a mākou e' ai ai, ua lilo lākou i ma' i a ho' ololi' ia i nā ma' i kanesa. O ia ke kumu e ho' oma' ama' a ai' oe i ka yoga, e ho' omaha a loa' a nā mana' o maika' i.

O nā pūnaeweale maika' i' ole na mākou; Ua ho' ololi lākou mai ka maika' i a i ka maika' i' ole no nā kumu' elua: O ke kumu mua, e like me

ka' u i ha' i mua ai iā' oe, nā a' alolo, ke kaumaha, a me nā mana' o maika' i' ole.

' O ke kumu ' elua no ka mea ' ai a mākou e ' ai ai. Inā ' ai mākou i kekahi ' ano ' i ' o holoholona hiki ke ho ' opilikia i ko mākou olakino, no laila e ho ' ā ' o e pale aku, no kou olakino. Inā ' a ' ohe olakino ' a ' ohe mea.

Inā makemake ' oe i ke olakino, ola lō ' ihi a me ka ' ohana hau ' oli, pono ' oe e hana i kekahi mea nou iho. No ka loa ' a ' ana o ka no ' ono ' o maika ' i, e ho ' ā ' o e kōkua i nā po ' e ' ē a ' e me nā ' ōlelo, nā hana, nā kālā... no laila e loa ' a iā ' oe ka ikehu maika ' i e hakakā ai i nā cell maika ' i ' ole. Mai no ' ono ' o e pepehi i nā cell maika ' i, e ho ' ā ' o e ho ' ololi iā lākou mai ka maika ' i ' ole i ka maika ' i, no ka mea ma mua he mau cell maika ' i nō ho ' i. Me ka no ' ono ' o maika ' i hiki iā ' oe ke ho ' ololi i nā cell maika ' i ' ole i nā mea maika ' i.

Hiki i nā kauka ke kōkua iā ' oe e hakakā i nā ma ' i e like me ke kanesa ma 30%, ' o ke koena 70% e pili ana iā ' oe. Hiki i nā kauka ke wehe i kahi hapa o ka ma ' i kanesa, akā aia nō ke kanesa i loko o kou kino. ' A ' ole hiki iā lākou ke wehe i ke kanesa āpau. Mana ' o wale nā kākā e pili ana i ka pepehi kanaka, nā hana a pau, nā mea a mākou e hana ai, nā mea a mākou e no ' ono ' o ai, pono mau ka maika ' i.

Pepehi, ' a ' ole pili ' o wai; i kāu keiki pono ' ī, ho ' ohemo, i nā holoholona ... i ka po ' e hiki ' ole ke pale aku iā lākou iho, hana ia i ka ikehu maika ' i ' ole i ka ' ike a pili kēia i ke olakino. ' O ka mea kāko ' o a no ' ono ' o paha e pili ana i ka pepehi ' ana, ka pepehi ' ana a me ka pepehi ' ana, ' a ' ole koke a ma hope paha e lawe ko lākou lunamana ' o, e ho ' opa ' i iā lākou, e ho ' opa ' i iā lākou iho.

E ho ' omana ' o maika ' i: inā makemake ' oe i ke olakino maika ' i, ke ola lō ' ihi a me ka wā e hiki mai ana, mai pepehi i nā cell, a me nā holoholona, a me nā mea ola, a me nā mea e ne ' e ai. E ola a e ola.

' O ka pepehi kanaka e ho ' ohua ai i ka hana ' ino, no laila inā makemake ' oe e ho ' ōla i kekahi ' ano ma ' i ma ' i ' a ' ai pono ' oe e no ' ono ' o maika ' i a me kēia no ' ono ' o maika ' i e hana i nā hana e kōkua ai i ka po ' e a no laila e loa ' a ai ka ikaika maika ' i. ' A ' ole lawa ka loa ' a ' ana o nā mana ' o maika ' i, pono ' oe e hana, pono ' oe e ho ' okō i kēia mana ' o ma ke kōkua ' ana i nā po ' e i nā mea āpau āu e hiki ai, me ke kālā, me nā hana, me nā hua ' ōlelo... no ka mea hiki i ke kauka ke kōkua iki iā ' oe.

E hoomanao pono; aia nā mea a pau i kona hopena. Inā makemake ' oe e ola maika ' i, pono ' oe e hana i kekahi mea no ' oe iho, e kōkua ana i nā po ' e ' ē a ' e.

' A ' ohe hopena ' ē a ' e.

Mahalo nui iā ' oe.



NUI HUI



36.- MANAO PONO

Ho' opa' a inoa' ia kēlā me kēia mana' o maika' i a maika' i' ole i ko mākou' ike. Inā mākou e no' ono' o' ino a hana' ino, ho' opa' a inoa nā mea a pau a ho' opa' i mākou iā mākou iho a hopohopo.

Nui ka po' e i' ōlelo: "' O ka ho' opa' i a ke Akua." ' A' ole ho' opa' i ke Akua, ' o mākou ka mea e ho' opa' i iā mākou iho. ' O kēlā me kēia hana' ino, ' o ia wale nō ka pōmaika' i iā mākou a' a' ole nā mea' ē a' e. ' O ka hana maika' i ka mea e pōmaika' i ai i kekahi a' a' ole iā mākou iho. ' O kēia mau hana i mana' o' ia he maika' i.

' O nā mea a pau a mākou e hana hewa ai ma nā mana' o a me nā hana ma muli o ka mana' o pono' i a i' ole kekahi kumu' ē a' e, nā hana' ino a pau a mākou e hana ai i nā po' e' ē a' e, i ka hopena e uku nui mākou, uku mākou iā ia ma kekahi' ano a i' ole. Ho' opa' i mākou iā mākou iho. No laila, mai no' ono' o' oe' a' ohe mea hiki ke' ike mai kekahi iā mākou e hana hewa, hewa' oe, inā' ike kekahi iā' oe a' ike' ole paha iā' oe he mea' ē a' e, ' o ka mea nui ka mea a mākou i hana ai, inā' ike lākou iā mākou a i' ole. ' a' ole kekahi, e ho' opa' a inoa i ko mākou' ike. No laila, inā hana ke kanaka i nā hana maika' i no nā po' e' ē a' e, loa' a iā ia ka wā e hiki mai ana, no ka mea, kākō' o nā mea a pau iā' oe, no ka mea aloha nā mea a pau iā' oe, no ka mea, kōkua nā mea a pau iā' oe. Inā' oe e ho' ā' o e ho' ohana i nā kānaka, ' oiai, i kēlā me kēia lā e loa' a iā' oe nā' enemi hou a' e i kou ala. I mea e loa' a ai ka maika' i o ka wā e hiki mai ana, pono' oe e no' ono' o maika' i. Hiki i ka no' ono' o maika' i ke lawe mai iā' oe i ke olakino maika' i, ka wā e hiki mai ana a me ke ola lō' ihi.

' O ka mea' ē a' e, me ka no' ono' o maika' i' ole e' ike' oe ua waiho lī' ili' i' oe i kēia ao. No laila, pono' oe e ho' omaopopo i kēia mau mea a pau e pono ai' oe e ho' okō. ' O ka mea nui, e like me ka' u i' ōlelo ai, ' o ia ke hana no nā po' e' ē a' e. ' O ka mea wale nō e holomua me ka maika' i o ka wā e hiki mai ana ke hana no nā po' e' ē a' e. He mana' o maika' i kēlā. Mahalo iā' oe.

NA MANAO MAIKAI

' O kekahi o kā mākou pilikia, ' o ia ka mana' o nui o nā mana' o. I kēlā me kēia kekona, 12,000,000 mau mana' o e hele i loko o ko mākou lolo.

Ma mua o ka hana' ana i kekahi mea, mana' o mākou, inā mākou e ho' oponopono i kā mākou mana' o, ' a' ole mākou e hana. Inā loa' a iā mākou nā mana' o maika' i' ole, hiki iā mākou ke ho' oponopono iā lākou a laila' a' ole hiki iā mākou ke hana. Inā hewa ka mana' o, no ka mana' o pono' i, ka ho' opa' i, a me nā mea' ē a' e, hiki ke lilo kēlā mana' o i mau hana' ino. ' O ia ke kumu e hiki ai iā mākou ke pale aku i nā' ano' ino a pau, ' o ia ke ho' oponopono i kēia mana' o' ino.

' O ka mea mua, pono' oe e' ike' o kēlā me kēia mana' o maika' i' ole e hele i loko o ka lolo e ho' opuka i ka 200 HZ, ' o ia ke kumu o ke kaumaha, nā a' alolo, ka ha' aha' a ha' aha' a a me nā' ano pilikia olakino.

Ke loa' a iā' oe nā mana' o maika' i e ho' opuka' oe ma mua o 1,000 HZ. Hiki i kēia ke ho' omaika' i i kou olakino, ka mana' o pono' i, ka wā e hiki mai ana, e hau' oli a hau' oli. Pili nā mea a pau i ka mana' o.

Inā makemake ' oe e loa' a ka wā e hiki mai ana a ola maika' i, pono mau ka mana' o maika' i. No mākou a me nā po' e ' ē a' e ... no ka mea ho' okahi mākou.

' A' ohe mana' o no ko lākou hewa pono' ī, mana' o mākou a pau i ko mākou maika' i a no ka mea ho' okahi mākou a pau, ua maika' i nā mea a pau. Inā hiki iā' oe ke no' ono' o pēlā, e loa' a iā' oe kahi wā e hiki mai ana, he' ohana maika' i, nā hoaaloa maika' i... o na mea a pau. Inā no' ono' o ' oe i nā mea' ē a' e, makemake nā mea a pau e noho pū me' oe no ka mea' oi aku ka maika' i.

Inā pololei ka mana' o, ' a' ole' oe e hana hewa. Inā hewa ka mana' o e hewa mau' oe a hewa nā mea a pau āu e hana ai. E uku nui ke kino no kou mau mana' o ino, me kou ola kino iho.

Inā ' a' ole i kēia manawa i loko o kekahi mau makahiki, e uku' oe no ka loa' a' ana o nā mana' o maika' i' ole. ' O ia ke kumu inā makemake' oe e loa' a nā mea maika' i a pau i ke ola, pono' oe e no' ono' o maika' i, e no' ono' o ana i nā mea' ē a' e i loa' a iā' ' oe nā mea maika' i a pau. Ina inaina oe i na mea a pau, inaina mai kekahi ia oe. Ua like ia me ke aniani, inā' oe e pout i ke aniani, e pout nō ho' i ke aniani iā' oe. Mai mana' o' oe inā' oe e pout i mua o ke aniani, e' aka' aka ke aniani iā' oe. hiki ole. ' O ia ke kumu e loa' a mua ai nā mana' o maika' i i kekahi. Mai mana' o e' aka' aka mua nā po' e' ē a' e iā' oe, pono mākou e hele mua. Inā hiki iā' oe ke ho' omaopopo i kēia, ke hō' oia' ī' o nei au e loa' a iā' oe kahi ola maika' i, me ke olakino maika' i a me nā hoaaloa he nui. Pili nā mea a pau iā' mākou.

Ua' ōlelo' o Buddha: "Hiki ke ho' ololi' ia nā mea āpau ma ka no' ono' o, inā mākou e no' ono' o maika' i' ole, ' o ke kaiapuni holo' oko' a e ho' opuni nei iā' mākou, o kēia manawa a me ka wā e hiki mai ana, ua ho' ololi' ia i ka maika' i' ole. Inā maika' i kou no' ono' o, maika' i ka manawa a me ka wā e hiki mai ana. E ho' okō' ia kā mākou makemake."

Mai no' ono' o' oe no ka hō' eha' ana o kekahi iā' oe, pono' oe e ho' iho' i i kēlā ' ino no ka ho' opa' i. ' O' oe wale nō ka mea e uku no kēia. Me kou olakino, ' ino ka wā e hiki mai ana a me nā pilina maika' i' ole.

He pōkole ke ola, no laila inā makemake' oe e ola maika' i, hiki i ke ola ma hope a lilo i ' ānela nui, e like me Buddha a i' ole Iesu Kristo, e no' ono' o pono. E lilo' oe i mea maika' i loa. Inā ola maika' i' oe ke make' oe e ola maika' i nō ho' i' oe.

Pono' oe e koho. Inā makemake' oe e noho maika' i' ole, ' ike' oe i kahi āu e hele ai: i Gehena. Inā' a' ole' oe makemake e hele i Gehena, e no' ono' o pono a hele' oe i ka lani. Aia kekahi po' e i' ōlelo' a' ole lākou i mana' o' ī' o i ke ola ma hope, maika' i. Inā ' a' ole' oe e mana' o' ī' o, e no' ono' o maika' i e ola maika' i i kēia ola a e ho' okō' ' ia kou mau makemake a pau.

' O ia ka mea nui loa.

Mahalo nui iā' oe.



NUI HUI



37.- NA MAKEMAKE.

Inā makemake ' oe e ka' awale, pono' oe e ha' alele i ka makemake a pau. ' O nā makemake a pau o kēia ao no kekahi mau makahiki. Inā hiki iā' oe ke ha' alele i nā kuko o kēia ao e like me kā Iesu Kristo hana' ana, e lilo' oe i akua. Ua ha' alele' o Buddha i nā makemake a pau ma ke' ano he kanaka, kona waiwai a pau, kona mana a pau. Ina e haalele oe i na kuko o kou kino a me kou kino koko, o keia ao, alaila, e like kakou me Iesu Kristo, e like me Buddha; he uhanē kuokoa loa.

Wahi a ka Buddha, aia kekahi paradaiso ma mua o kēia ao. ' O ke ola, ' a' ole like ia ma' ane' i i loa' a iā mākou nā' ano pō' ino kūlohelohe āpau, ka haumia, nā ma' i, nā ma' i, nā kānaka maika' i' ole.... he nui ka hewa ma keia ao, a he uuku ka maikai.

' O ka lani, ma ka hope, he 28 papa ka lani. Ua like kēia' āina me nā' āina ha' aha' a, ma luna a' e he 28 pae' āpana. He 1,000 a 1,000,000 makahiki ka mana'olana o ke ola o kēia me kēia honua ma luna o ko kākou honua. I kēia mau' ōnaehana solar, ' a' ole nui nā pilikia e ola ai, e' ai ai, e hana ai.... He' oko' a kā lākou hana. Hiki i kekahi kanaka a mea ola paha ke ola ma kahi o 1,000 mau makahiki. Ma hope o kēia mau pae 28, hiki' oe i ka māhele o Buddha a i' ole' o Iesu Kristo. I mea e hiki ai i ka hope, pono' oe e ho' ōki i ka makemake i nā mea a pau āu e' ike ai a me nā mea a pau āu e ho' opā ai. Inā makemake' oe i kekahi mea o kēia ao, pili' oe i kēia makemake a' a' ole hiki iā' oe ke hele i kahi' ē a' e, no ka mea, makemake nui' oe e noho ma' ane' i, ho' i mai' oe i' ane' i.

Inā makemake' oe i ka wā e hiki mai ana no' oe iho, pono' oe e ho' ōki i ka makemake i nā mea o kēia ao a ho' ā' o e hana i nā mea āpau i kou mana no nā po' e ' ē a' e. ' A' ole' oe hoihoi hou i kēia' āina me kēia' ano noho maika' i' ole, no laila pono' oe e hana no nā po' e' ē a' e. No laila, inā he mana' o pono' i mākou, e hana mākou e like me Iesu Kristo a i' ole Buddha, e ho' ola' a i ko mākou ola no nā po' e' ē a' e' a' ole no mākou iho. Akā, pono' oe e ho' omaopopo' o nā mea a pau āu e' ike ai a me nā mea a pau āu e ho' opā ai he mo' o' i' o ma' ema' e.

' O kā mākou e noho nei i kēia manawa me he moe' uhanē. ' O nā moe' uhanē maika' i, nā moe' uhanē' ino e pili ana iā mākou, ma kēia. Inā he moe' uhanē' ino, ua like ia me kahi kī' i' oni' oni' ino, weliweli a i ka pau' ana o ke kī' i' oni' oni' e ho' i' oe iā' oe iho. ' A' ole maoli ka mea āu i' ike ai. Ua like ko mākou ola me kahi kī' i' oni' oni' ke kau' oe i ke kī' i' oni' oni' e puka mai nā kī' i' āpau ma ka pale. Ua like ko mākou' uhanē me ka pale, ke pau ke kī' i' oni' oni', he aha ka mea i koe ma ka pale?' a' ohe mea, ' a' ohe. ' A' ole noho ke kī' i' ma ka pale. A laila, ho' omaka kekahi kī' i' oni' oni', kekahi mo' olelo hou, e like me kēia mau manawa, miliona mau manawa, ua like ia me ka ne' e' ana i ka pō' ai a' a' ole hiki iā mākou ke puka i waho no ka mea' a' ole mākou maopopo. ' A' ole hiki ke like me ia, ' eha nā ola a pau me ka' ole. Ua maopopo iā' u, ' o ia ke kumu a' u e a' o aku ai iā' oe e wehe i nā maka o kou' uhanē a' ike i nā mea a pau a mākou e' ike ai a me nā mea a pau a mākou e ho' opā aku ai he mo' okalaleo ma' ema' e. No kou pono pono, no laila hiki iā' oe ke lilo i' uhanē kū' oko' a. Ke ho' oku' u' ia ka' uhanē, ' a' ole hiki i ka "haku o ka make" ke hana i kekahi mea me' oe. Inā' a' ole' oe e ho' ōki i ka makemake, ' a' ohe mea maika' i no mākou; Ua hānau' ia mākou, loa' a nā ma' i, ke ola' ino, make mākou.... pili nā mea a pau i nā mea' ē a' e. ' O ia ke kumu e hō' ike aku ai au iā' oe i kahi ala, e ho' ā' o e a' o, e waiho i kēia' i' o a me ke koko ma ka hopena a i

he mau makahiki a lilo keia kino i ilo. Huli nā mea a pau i ilo, ' a' ohe mea pili inā he u' i' oe, waiwai, mana, miliona, ' ilihune a' ilihune paha, ' a' ole pili i ka wā e hiki mai ai ka "haku o ka make" a pau nā mea a pau āu Ua pau ke aloha, ua pau kāu mau keiki, kāu wahine, kou' ohana, kou waiwai.... Ua pau. A ho' omaka' oe mai ka O. Inā i kekahi lā, e like me ka' u e' ōlelo aku nei iā' oe, hiki iā' oe ke ha' alele i kēia no' ono' o pono' ʻī, e kū' oko' a maoli' oe, hiki iā' oe ke huaka' i i ke ao holo' oko' a, hānau ' ia ma kekahi honua, hānau hou ma kēia honua. , ola no kekahi mau makahiki.... a e ha' alele' oe i ka pō' ai hānau - make. Inā makemake' oe e make a makemake' ole paha' oe, hiki mai ka manawa e hele mai ai ka "haku o ka make e' imi iā' oe". Lawe iā' oe ma ka ikaika a i' ole me kou makemake (kakaikahi ka makemake e make ma ko lākou makemake pono' ʻī)

' O ia ke kumu a' u e a' o ai iā' oe e wehe i kou mau maka, ' a' ole maoli nā mea a pau āu e' ike ai ma ka pale, he kī' i ia i hana' ia e ka pale. ' A' ohe mea maoli. E hahai i ka' u' ōlelo a' o a nānā me nā maka o ka' uhane a hiki iā' oe ke ho' oku' u iā' oe iho mai kēia ao a hele i ka palena' ole, ' a' ole' oe e hānau a make hou no ka mea' a' ole make ka' uhane. Komo ka' uhane i ke kino a ho' ohana iā ia e a' o ai a e hana ai i ka maika' i. Akā' o ka hapa nui o ka po' e e hana wale ia no lākou iho me ka no' ono' o' ole i nā mea' ē a' e, akā' ino. No ka mea, i kou wā e make ai, e nīnau ana ke Akua iā' oe: He aha kāu i hana ai i kou noho' ana ma ka honua? Hiki iā' oe ke pane: Ua hana wale wau no' u, no' u a no' u. ' O ia ka hana a ka hapa nui. Inā makemake' oe iā Iesu Kristo a i' ole Buddha nāna i ho' ola' a i kona ola no nā po' e' ē a' e, a laila e puka' oe i waho o ka pō' ai o ka hānau' ana a me ka make.

Inā makemake' oe e kū' oko' a a ho' ōki i ka' eha, ' o ke ala wale nō ka ho' omaopopo' ana i ka mea a mākou e' ike nei he no' ono' o ma' ema' e. Mai hana hewa hou. Mai keia mua aku, e hana no ka I o ka uhane o kou lunamanoa, a e noa oe no ka manawa pau ole. He mea kupanaha ka Paradaiso; ' O nā mea a pau āu e mana' o ai i kekona ke lilo i mea' oia' i' o. Inā makemake' oe i hale pilikua, puka koke mai kahi hale pilikua e like me kāu mau moe' uhane. Inā makemake' oe i hale i uhi' ia me nā pōhaku makamae, me nā daimana... e ho' okō' ia nā mea a pau āu e makemake ai. Logically me ka no' ono' o maika' i, no ka mea, ' a' ohe mana' o maika' i' ole ma laila. Loa' a ka no' ono' o maika' i i kēlā me kēia kanaka i hiki i kēia pae. He mea ma' amau i nā mea a pau.

' O ka mana' o maika' i' ole e hele i ka' āina o Gehena. Ho' okipa' o Gehena i ka po' e me ka no' ono' o maika' i' ole, ka mana' o pono' ʻī e hana wale iā lākou iho me ka no' ono' o' ole i nā po' e' ē a' e. Inā makemake' oe e ho' oku' u iā' oe iho, e hele i ka paradaiso maoli, ' o ka mana' o maika' i wale nō kāu e hana ai, piha i ka lokomaika' i i kekahi. No ka mea, ' o nā mea' ē a' e a me mākou ho' okahi. E hā' awi aku au iā' oe i kahi la' ana: ua like mākou me kahi cell i loko o ke kino a he mau miliona nā cell i ke kino. ' O mākou ho' okahi pūnaeweale o kēlā mau miliona o nā pūnaeweale i hana i kēlā kino. He mau kulu mākou o ke ao holo' oko' a. Ho' okahi mākou, ' a' ole mākou' elua. ' O mākou me ke ao holo' oko' a ho' okahi. Ho' okahi mākou me nā mea' ē a' e. Ho' okahi mākou me nā mea ola a pau. Ho' okahi mākou a me ke' ano, ' a' ole' elua. Inā hiki iā' oe ke ho' omaopopo i kēia, ' o mākou a pau, hiki iā' oe ke hana no nā po' e' ē a' e me kou pu' uwai a pau no ka mea' ē a' e a me

makou, he hookahi.

Mahalo nui iā' oe.



NUI HUI



38.- Pehea e lilo ai i mea make ole

Aloha. Mahalo iā ' oe no ka ho' olohe ' ana ia' u, mahalo.. Pehea e lilo ai i make ' ole. ' O ia ka mea nui loa. Ke ' ōlelo nei ke Akua aia ma mua o 84,000 mau ala ' oko' a a i ' ole ala e lilo ai i make ' ole. ' O ka mea mua a me ka ma' alahi ma o ka heluhelu ' ana i kahi Mantra: ' o ia ho' i, ka ha' i ' ana i ka inoa o ke Akua.

No ka Katolika, e hai hou i ka inoa o Iesu Kristo, ko makou Makua a me Maria e noonoo ana i na hora 24 o ka la. E noonoo wale i ka inoa o ke Akua a makou e makemake ai, a hiki i ka manawa o kou make ana, e hele mai ana ke Akua e imi ia oe. ' O kēia ke ala ma' alahi loa, ' oi aku ka po' e kahiko i ka hale noho a i ' ole ka home a ' a' ohe hana. ' O ia ke ala pololei a ma' alahi loa e lilo i make ' ole. Inā makemake ' oe e lilo i mea make ' ole, e no' ono' o wale i ka inoa o ke Akua a mai no' ono' o i kekahi mea ' ē a' e.

Ma ka Buddhism, heluhelu ' ia ' o "namo Amitufo". Hō' ike kēia mantra i ka inoa o ka Buddha. Ma ka hoomana Mahometa, e hai aku i ke Akua, i keia hihia ke make oe, hele mai ke Akua e imi ia oe. Aia i loko o nā ala 84,000 e lilo ai i make ' ole. Akā, ' a' ole pono ka ha' i hou ' ana i ka inoa o ke Akua. ' A' ole lawa kēia. ' O ka mea nui, ' o ka no' ono' o a me ka na' au me kou pu' uwai i ka heluhelu ' ana. ' O ka ha' i ' ana i ka inoa o ke Akua a me ka no' ono' o ' ana i kahi mea ' ē a' e me ka ' ole o ka no' ono' o ' ana he mea ' ole. Pono ' oe e heluhelu me kou pu' uwai. Inā ' oe e ho' ōho i ka inoa o ke Akua a hiki i kou ha' aha' a, inā ' a' ole ' oe e hana me kou pu' uwai, ' a' ole ia e hana. ' O ka mea pono wale nō ka heluhelu ' ana a me ka no' ono' o ' ana i ka inoa o kekahi Akua, ka mea āu e makemake ai, me kou pu' uwai a pau a pōina i ka makemake kanaka. ' O ia ho' i, oki i ka makemake a me ke aloha i nā mea a me nā kānaka o kēia ao, ke Akua, nā mea a pau i ' ike ' ia, nā mea ' ike ' ole ' ia, nā mea āu e mana' o ai. Pono ' oe e ha' alele i nā mea a pau me kou pu' uwai a pau, akā me ka ho' oikaika' ole iā ' oe iho e ha' alele. Inā ho' oikaika' oe ' a' ole ' oe e hele i kahi. E like me mākou, ke ne' e mākou mai kahi wahi a i kekahi, pono mākou e ha' alele i nā mea āpau e hiki ai ke hele. ' A' ole hiki iā mākou ke waiho i kahi ' āpana o ke kino ma kahi wahi a me kahi ' āpana o ke kino ma kahi ' ē a' e. Inā hele ' oe mai kahi wahi a i kekahi, pono ' oe e lawe i kou kino holo' oko' a me ' oe. ' O ia ho' i, ke makemake ' oe e make ' ole a hele i kahi ' āina ' ē, pono ' oe e ha' alele i ka ' ono o kēia ' āina, e like me kā mākou huaka' i. Ke hele mākou, ha' alele mākou i ko mākou ' ohana holo' oko' a a hele i kahi ' ē. ' O ia ke kumu no ka lilo ' ana i mea make ' ole, he mea nui e ho' ōki i ka makemake i nā mea o kēia ao; nā mea a mākou e ' ike ai, ho' opā, nā mea a mākou e mana' o ai a me nā mea a pau āu e ' ike ai a ' ike ' ole ai. Pono e waiho i nā mea a pau e hele ai i kahi ' ē a' e.

Ke lilo ' oe i mea make ' ole i kekahi lā, hiki iā ' oe ke hānau ' ia ma nā ' ōnaehana solar a hiki iā ' oe ke ho' i i kou kumu. ' A' ole like i kēia manawa, ke pa' a nei kākou ma kēia ao. ' O ka manawa pinepine, 1 miliona, 2 miliona, 100 miliona mau makahiki a ke pa' a nei mākou ma ' ane' i a ' a' ole hiki iā mākou ke puka i waho. He palena ' ole ke ao holo' oko' a. Aia kēia honua i ho' okahi ' ōnaehana solar mai nā miliona o nā ' ōnaehana solar. Wahi a Buddha, he mau palena ' ole ko ke ao holo' oko' a. ' O mākou, inā makemake mākou e kū' oko' a, make ' ole, pono mākou e ho' ōki i ka makemake. ' O ka mea mua, pono ' oe e ha' alele i kēia ME o kēia kino, ka mea a mākou e ' ike ai me kahi inoa. ' O wau kēia no kekahi mau makahiki. Hānau ' ia kekahi a make i kekahi mau lā ma hope. Make kekahi po' e ' ōpio, a ' elemakule kekahi... i kekahi

manawa hiki iā mākou ke make ' A' ohe mea nāna e ha' i mai i ko mākou make, ' a' ohe ho' olaha mua. He mea kāhāhā mau. No laila, ' a' ole mākou ' ike i ka wā e make ai mākou. Mai no' ono' o' oe no kou ' ōpio' a' ole hiki iā' oe ke make a he nui nā makahiki i koe e elemakule ai. ' A' ohe mea ' ike.

Nui ka po' e' ōpio ma ka ilina, ' a' ole he po' e' elemakule. E noonoo naauao. E ho' ohana i kēia mau makahiki li' ili' i a mākou e noho nei, e a' o i ke kūr' oko' a, i ka make ' ole. E like me ke Akua, Iesu Kristo, Mary, Buddha, Allah...

Pono kākou a pau e a' o mai iā lākou e lilo i mea make ' ole. He mea ma' alahi ke lilo i mea make ' ole. I loko o 1 kekona hiki iā' oe ke ho' ōki i ka makemake i nā mea o kēia ao, i hiki ai iā' oe ke make ' ole. Inā no' ono' o a ha' i ke kanaka i kahi mantra no 3 mau makahiki a i' ole 1 kekona, hiki iā ia ke kūr' oko' a, he akua, make ' ole. ' A' ole ia he no' ono' o. I ko mākou kumu, he akua mākou a pau. Aia mākou ma' ane' i no ka mea ua huikau mākou, ua huikau loa mākou. Mana' o mākou he make ' ole kēia kino, a' o ka ' oia' i' o, ua make ke kino i ka manawa, make, pala a pau nā mea a pau. ' A' ole pili i nā mea a pau i loa' a iā mākou i kēia ola; ka waiwai, ka mana, ke aloha, i ka 1 kekona ua pau oe i ka mea ole, oia = a 0. No ia mea aole keia o ka'u maoli. Ke ha' i aku nei au iā' oe i kēia manawa: e ho' ohana pono i kēia kino. Aia ka' uhane i loko o kēia kino i kona wā e ola ana. Ma waho a' e, ma ka honua' uhane, ' oi aku ka pa' akikī a' oi aku ka weliweli o nā mea āpau ma mua o ka honua. E ho'ā' o' a' ole e komo i kēlā ao' uhane' ino. ' A' ole like nā daimonio ma ' ane' i. Hiki iā' oe ke ho' olilo i ka lā 1 e like me ho' okahi miliona mau makahiki e' eha nei, ' eha loa! A' o wau iā' oe e ha' alele i ka makemake a me ka' ono no kēia ME ma ke ' ano maoli, ' a' ole e koi iā' oe iho. Pono' oe e ho' ōki i ka makemake maoli, mai ka pu' uwai.

E no' ono' o i ka mea maika' i loa iā' oe.

Ke ka' awale' oe, hiki iā' oe ke hele i nā' ōnaehana solar āpau.

Hiki iā' oe ke hānau' ia ma kekahi' ōnaehana solar. ' O kā mākou' ōnaehana solar ka ' ōnaehana' ino loa o nā' ōnaehana solar āpau. ' O ka pae ha' aha' a loa. I ko mākou ' ōnaehana solar, hiki iā mākou ke ola a hiki i 100 mau makahiki (' oi aku ka lō' ihi o kekahi). Ma ka' ōnaehana solar kokoke loa iā mākou, ' oi aku ke ola ma kahi o 1,000 mau makahiki. Aia nā' ōnaehana o 1,000,000 mau makahiki a i' ole 5,000,000 miliona mau makahiki. Ua like ke ola o kēia mau ' ōnaehana solar, ke make ' oe i kekahi lā, pau nā mea a pau.

' O ka mea wale nō e hiki iā mākou ke hana, ' o ka ho' ōki' ana i ka makemake o kēia kino. ' A' ole wau kēia, e like me ka' u i ha' i pinepine aku ai iā' oe. ' O kēia iho ka mea i loa' a iā mākou i kēia manawa, ho' ohana mākou. Ke ne' e nei kēia kino, ' ōlelo, hanu no ka mea he' uhane kona i loko. Ua like ia me ke kukui. Inā' a' ohe' ā o ke kukui, ' a' ole ia e' ā. He kukui make.

Ua like ke kino me ke kukui a me ka' uhane me ke au. Pono' oe e ho' omaopopo i kēia. ' A' ole hiki iā' oe ke hoka i nā mea o kēia ola a mākou i noho ai no kekahi mau makahiki. I kēia ola, ' oi aku ka nui o nā mea' ino ma mua o ka maika' i. ' Ike mākou' a' ole kēia he paradaiso. Ua like mākou me ka rana i lalo o ka luawai. ' Ike wale mākou i ka lani a ka pūnāwai e' ike ai iā mākou, ' a' ole hiki iā mākou ke' ike ma waho, ' a' ole hiki ke hele ma waena o ke ao holo' oko' a. Pono mākou e ho'ā' o e puka i waho o ka pūnāwai. E kūr' oko' a mākou e like me ke akua. Nui nā akua kūr' oko' a i ke ao holo' oko' a a' a' ole kūr' oko' a mākou no ka mea' a' ole mākou i ho' omaopopo. E ho' omana' o maika' i. ' Oi aku ka nui o nā akua kūr' oko' a ma mua o nā akua kūr' oko' a' ole e like me mākou. Ma kēia ao, ka' āina palena' ole kahi e makemake ai nā akua kūr' oko' a e ho' omaopopo kākou a pau i ke kumuhana a' u e kama' ilio nei i kēia manawa, makemake lākou e' ike kākou i mea e kūr' oko' a ai. E ku' u hoaloa, he kakaikahi ka po' e hiki ke a' o aku iā' oe e like me ka' u e hana nei i kēia manawa. ' O ka mea a' o iā' oe e hele i kekahi ala, inā' a' ole hiki iā' oe ke kūr' oko' a, ' a' ole ia. Nui ka po' e e kama' ilio ana i nā mea he nui, ' a' ole na' e lākou e alaka' i i kahi. I mea e ha' alele ai iā' oe iho, pono' oe e ha' alele iā' oe iho. ' A' ole wau, ' o ka mea e' ōlelo nei i kēia lā, e make ana i nā makahiki he nui, a e make nō ho' i' oe a me nā mea a pau.

e make kakou, a e hanau hou ia na kanaka. ' O ka mea i hānau ' ia ' a ' ole ' o ia ka ' oia ' i ' o. ' A ' ole hiki iā ' oe ke no ' ono ' o a no ' ono ' o e pili ana iā ' oe iho, ' a ' ole hiki ke ' ike iā ' oe iho o nā po ' e ' ē a ' e. No ka mea, inā ' o wau a ' o kekahi, ke ho ' oka ' awale nei ' oe ma waena o ' oe a me kekahi. I mea e lilo ai i mea make ' ole, pono ' oe e ha ' alele mua i ka mana ' o maika ' i ' ole, ' o ke kanaka pono ' ī, a lilo ' oe i mea lawelawe i nā mea āpau a ' a ' ole ho ' oka ' awale i waena o nā kānaka. No ka mea, hookahi kakou a pau, me na holoholona a me na mea ola a pau. Inā hiki iā ' oe ke ho ' omaopopo i kēia, ' o ka ' u e ha ' i aku nei iā ' oe, hiki iā ' oe ke kū ' oko ' a, hiki iā ' oe ke ha ' alele iā ' oe iho. He mana ' o kēia ia ' u. I loko o kekahi mau makahiki make ' o ia, ' o ia ke kumu e ho ' ohana pono ai ' o ia i ke kino e lilo i make mau loa. ' A ' ole make ka ' uhane. Mana ' o ' i ' o a ' a ' ole paha i ka ' uhane. Aia ka ' uhane i ke kino a ne ' e ko kākou kino no ka mea he ' uhane kona i loko.

Makemake au e ho ' olohe mai ' oe ia ' u, e ' olu ' olu. ' O ka hiki ke ha ' alele i ' ane ' i e hilina ' i wale iā ' oe. ' A ' ole pili i kekahi kumu, a i ' ole kekahi. ' A ' ole pono e hele pupule no kekahi kumu. ' O ' oe wale nō ka mea hiki ke ho ' opakele iā ' oe. ' A ' ohe kanaka akā ' o ' oe. ' A ' ohe mea hiki ke kōkua iā ' oe i ka make ' ole, ' a ' ohe mea hiki ke ho ' okomo iā lākou iho ma kou wahi, aia nā mea āpau iā ' oe.

' O ' oe wale nō ka mea hiki ke hana iā ' oe, ' a ' ohe mea hiki ke kōkua iā ' oe.

E ho ' omana ' o maika ' i.

Mahalo nui iā ' oe.



NUI HUI



39.-KA HOOPAI

Aloha. ' O ka ho' opa' i. Nā hopena. e ho' ohana i nā mea' ē a' e a i' ole e hō' ino i nā mea' ē a' e e ho' ohana i nā hopena. He hopena ko kēlā me kēia hana. 'Ōlelo nā kānaka: inā e hana hewa' oe, e ho' opa' i ke Akua iā' oe.

Akā' a' ole pololei loa kēia. ' O kēlā me kēia mea e ku' i, ho' ohana, lawe pono i nā kānaka, hō' eha i nā kānaka ... ho' opa' a inoa i kēia mau hana i loko o ko lākou lunamana' o. Loa' a iā mākou a pau ka' ike i loko o mākou, e like me ka pahu' ele' ele ma luna o ka mokulele. Ho' opa' a' ia nā mea a pau i kēlā me kēia hana, kama' ilio. Kapa' ia kēia ka lunamana' o. ' O ka mea āu e hana hewa ai, hiki iā' oe ke hūnā mai nā maka o nā po' e' ē a' e, akā' o ka pilikia' a' ole' oe e kala iā' oe iho.

Nui ka po' e i' eha, hiki' ole ke hiamoe, hopohopo ...

Ke hana hewa kekahi, hana lākou i ka ikehu maika' i' ole. Ua' ike ka lunamana' o ua hewa ia a' o ia ke kumu o ke kahe koko' ino. Ke hō' eha' oe i nā kānaka, ' eha' oe iā' oe iho no ka mea, ' o ka lolo kahi e ho' ouna' ia ai ka' ike i ke koena o ke kino, pa' a a ho' omaka ka loa' a' ana o nā ma' i, ka ma' i koko, ka ma' i kanesa, ' a' ole holo maika' i ke koko... ' A' ole mākou. hiki iā mākou ke kala iā mākou iho inā e kala mai kā mākou mea i ho' opa' i' ia iā mākou. Eia ka pilikia: ' a' ole ho' ololi ka' ike. ' A' ole ' oe e kala iā' oe iho. Ke uku nei' oe me kou olakino, pō' ino, i kekahi manawa e pili pū ana kāu mau hana maika' i' ole i kou' ohana, ho' omaka kāu mau keiki i nā ma' i, nā pō' ino, hele hewa nā' oihana, hiki mai nā pilikia olakino ... pau nā mea āpau ... ' ele' ele, ikehu' ino. He pō' ino kēia ikehu maika' i' ole no ka po' e a puni' oe. No ka mea, ho' opī' i ka maika' i' ole. Ke hō' ea mai nei, ke hō' oia' i' o nei au iā' oe, ' a' ohe mea e pakele. Ke olelo mai nei ke Akua pela. Hiki iā' oe ke maopopo, ' a' ohe mea i pakele. E like me ka mea e' ike pinepine' ia ai ma nā nūpepa, hopu ka māka' i i nā pōā, a i' ole nā mea kū' ai lā' au lapa' au ... i ka wā e hopu ai nā māka' i iā lākou, lawe lākou i nā kālā a me nā waiwai a lākou i hō' ilī' ilī ai a ho' okomo iā lākou i loko o ka hale pa' ahao. Loa' a i ka hopena' a' ohe mea i maika' i, make maika' i ka luna. Ho' opilikia i nā hoalauna, nā hoaloha, ka ho' opō' ino i ka' ohana, ke kaiāulu, ka moku' āina, ke ao holo' oko' a ... aia nā mea āpau i kona hopena, nā aniani āpau e uku. ' A' ole hiki iā' oe ke ku' i i nā mea ' ē a' e. ' O kēia ke kānāwai o ke ao holo' oko' a.

' A' ohe mea kūikawā. E ho' okolokolo nā kānaka a pau iā ia iho a ho' opa' i' o ia iā ia iho. I kekahi lā he nīnau: ' O ke Akua e like me kou lokomaika' i, maika' i loa ... no ke aha ' oe e ho' ohewa ai i nā po' e i Gehena e' eha? Pane' o ia: ' A' ole, ' a' ole wau. No laila... ' o ia? ' o wai

Na wai i ho' okomo i nā kānaka he nui i Gehena a no ke aha. ? Ke olelo mai nei ke Akua, ua komo oia i Gehena. ' O ia iho ka ho' opa' i no kāna mau hana' ino. ' O ia iho i hana i Gehena e uku i kāna mau hana' ino i loko ona.

' A' ole noho' o Gehena. Loa' a ia no ka mea hana mākou i kā mākou Gehena, ho' opa' i mākou iā mākou iho. ' O mākou iho ke kau i ke' ano o ka ho' opa' i a ho' opa' i iā mākou iho. ' A' ole ho' opa' i ke Akua. E ho' omana' o maika' i. Loa' a iā mākou kahi "pahu' ele' ele" e like me nā mokulele a' a' ole hiki i kekahi, ' a' ole nā akua, ke lawe i ko mākou' ike kahi i ho' opa' a' ia ai kā mākou mau hana a pau. He moe' uhane ke ola, he moe' uhane wale nō, inā' oe e uha' i i ka po' e e waiwai ai, ke make' oe, he aha ka mea? ' O kēlā kālā a pau, kēlā mana,

keia mau waiwai ma hea? ' A' ole ' oe e lawe i ka lua kupapa' u. ' A' ole nā ali' i, ' a' ole miliona miliona, ' a' ole nā pharaoh o ' Aigupita, ' a' ohe mea e waiho i ka waiwai i ka lua kupapa' u. no laila pōina i ka lawe ' ana i nā kānaka, ' a' ohe alaka' i kēia mau mea.

Ke hana hewa oe, nau iho no e hoopokole i kou ola. Ho' opilikia ia i kou olakino, loa' a iā' oe ka pō' ino. Ke hiki mai ka ' elemakule, pau nā mea a pau i ka ' ino. Ua ' ike au i ko' u ola i ka nui o ka po' e e uku nui ana. Aia nā miliona miliona e nahu kanaka, ho' opunipuni i nā kānaka, a no ia mea ua loa' a iā' lākou ka nui o ke kālā. 5 mau makahiki ma hope mai, ma muli o kahi hana maika' i' ole a waiho' ia' o ia me ka mea' ole. Ho' opa' i' o ia iā' ia iho, i ka pō' a' ole hiki iā' ia ke hiamoe, e pili ana i ke kahe koko. Mai pōina: inā' ōlelo lākou' a' ole ola ke Akua, ua like ia, inā' o ia a ' a' ole paha, ' a' ohe mea e ' ike. ' O' oe nō kēlā akua nāna e ho' opa' i iā' oe ke hana hewa ' oe. ' A' ole ho' opa' i ke Akua. ' O ia ke kumu' a' ohe mea i pakele. Mai no' ono' o' oe "Ua loa' a ia' u ka waiwai nui ma ka hana' ino" i kēia manawa ua maika' i' ole akā' apōpō pehea ka mea? A me kāu mau keiki kāne? a me kou' ohana? pili nā mea a pau i ka ' ohana. Mai pōina, ' a' ohe mea e pakele, ' a' ole nā akua, ke ao holo' oko' a, nā mea ola e hana' ino e loa' a i nā hopena. Ho' okumu nā hana' ino i ka ikehu maika' i' ole a ke hō' oia' i' o nei au i ka wā e hiki mai ai ka manawa e uku' oe no lākou.

Ke noi aku nei au iā' oukou a pau, i ka hānau' ana, ' a' ole mākou e lawe mai, a i ka wā e make ai. ' O ka mea wale nō a mākou e lawe ai' o ko mākou lunamana' o. Ua like ia me ka ho' opa' a ' ana i kahi pahu' ele' ele ma luna o ka mokulele, ho' opa' a ka ' ike i nā mea maika' i a pau a me nā mea' ino. Ho' opa' a inoa' ia nā mea a pau i kou' ike. ' A' ole hiki iā' oe ke ho' opunipuni iā' oe iho, ' ike maopopo' oe i kāu hana. Inā' a' ole mākou e lawe i kekahi mea no ka mea e hō' eha mākou i nā kānaka, no ka mea, lawe mākou i ka pono o nā mea' ē a' e. No ka mea?

Pili ko mākou kino i ka ea. Inā' a' ole e komo mai ka ea a' e, ua pau ia. ' O ka pu' uwai pu' uwai, ke kahe' ole ke koko... a' o ia nō. ' Eā, i ka manawa koke, ua pau. inā' he' ohana hau' oli, waiwai nui, ola maika' i.... inā' a' ole e komo mai ka ea a' e, eia' oe e noho ai. keia kahi 'ole. hiki mai ia mahope o ka make. Ma hope o ka make, ho' opa' i' oe iā' oe iho, ho' ohewa' oe iā' oe iho i Gehena. E ho' omana' o maika' i, ha' i pinepine wau, ' A' ole wahahe' e nā akua a me Buddha, ha' i mau lākou i ka ' oia' i' o. Loa' a i nā hana a pau ko lākou hopena. e mihi oe me kou uhane a pau. A laila e hana maika' i a kōkua i nā kānaka e ho' oponopono. Inā' noi wale' oe i ke Akua no ke kala' ana, ' a' ole pono. ' O ka mea hiki ke hana, ' o ka mihi a' a' ole e hana hou i nā hewa like.

E ho' omaka i ka hana maika' i ma ke kōkua' ana i nā po' e' ē a' e. No laila hiki iā' oe ke olakino, ola lō' ihi, pōmaika' i kēia mau mea a pau. ' A' ohe ala' ē a' e, ' a' ole hiki i ke Akua ke kōkua iā' oe, ' o' oe wale nō ka mea hiki ke kōkua iā' oe. ' A' ohe mea' ē a' e, ' o' oe wale nō. E kōkua i ke Akua inā' pepehi' oe i nā kānaka, ' oia' i' o, ' a' ole kōkua ke Akua iā' oe ke ho' omau' oe i ka pepehi kanaka. e hana i keia. No laila e ho' omana' o.

' O kēlā me kēia o kākou ke kuleana no kā mākou mau hana.

' O ka ' oia' i' o o ke kānāwai o ke akua, ke kānāwai o ke ao holo' oko' a.

' A' ohe mea hiki ke lele. Ho' opa' i nā kānaka iā' oe a ho' okomo iā' oe i loko o ka hale pa' ahao a' a' ole' o ia wale nō, ma hope o kou puka' ana i waho o ka hale pa' ahao, i ka wā e make ai' oe e kali ana kāu po' e pō iā' oe. A laila e hānau' ia lākou ma ke' ano he holoholona, a ho' okahi manawa i loko o Gehena' a' ole hiki iā' oe ke puka i waho no nā makahiki 1,000.

' A' ole 100, 1000. manawa o ka pono' i āu e uku ai me ho' okahi tausani makahiki i loko o Gehena. ke kaumaha. E no' ono' o ma mua o ka hana' ino' ana, ' a' ole pono ia. E noonoo naauao.

Ua make' o Iesū no nā kānaka a ho' omana' o mau mākou iā' ia. Inā' pepehi' oe a hana hewa paha, ' a' ohe mea e ho' omana' o. Ho' omana' o ka po' e iā' Iesu Kristo a i' ole Buddha no ka mea ua ho' ola' a lākou i ko lākou ola no nā po' e' ē a' e. ' O ia ke kumu i mau ai mākou

hoomanao makou ia lakou. ' O kēia wale nō ka mea kūpono i kēia huaka' i i ka honua. Pono ka moe' uhane maika' i e noho ma kēia honua. E ' olu' olu e kōkua i ka po' e e hana i kēia moe' uhane i moe' uhane maika' i. e ola maika' i loa kākou mai kēlā, ka lani, ma ka honua a i' ole ma nā kihi' ē a' e o ke ao holo' oko' a. He mea nui loa. E ' olu' olu e hana maika' i i nā kānaka, mai hana' ino i nā kānaka.

E ' olu' olu e ho' olohe mai ia' u, e ' olu' olu e ho' ā' o e kōkua i ka po' e, e ' olu' olu wau e noi aku iā' oe. Penei ke ola: inā makemake' oe i nā mea āpau, e hana me kou pu' uwai a pau. manawa kūpono e hana maika' i ai i nā kānaka. Nui ka makemake pilikino, ' a' ohe mea nui.

' A' ole mākou e lawe i kekahi mea, ' a' ole mākou e lawe i kekahi mea: ua like nā mea a pau.

Mahalo nui iā' oe



NUI HUI



40.- KA MEA AINA

No ke aha mākou e lilo ai i mea ' ai mea' ai?

' O ke kumu mua, ' o ia nā holoholona herbivorous, ma ka nānā wale ' ana i ko mākou mau niho e ' ike ' oe ua like ko mākou ' ano niho, e like me ka lio, ka bipi, ua like ke ' ano me nā niho i loa' a iā mākou, no laila he ' ōpū. he umikumamalu ka nui o ko kakou kino. He mau niho ko nā holoholona ' ai e like me nā tigers a me nā liona a ' ekolu manawa ka lō' ihi o ko lākou mau ' ōpū. Ke ' ai lākou i ka ' i' o, e ho' oku' u koke lākou iā ia, akā, ' oia he ' umikūmalua ka lō' ihi o ko mākou ' ōpū i ka lō' ihi o ko mākou kino, ke ' ai mākou i ka ' i' o, ma mua o ka ho' oku' u ' ia' ana, ua popopo i loko. Loa' a i ko mākou kino kahi ' āpana o nā protein, nā calorie a me nā ' āpana ' ē a' e o ka ' i' o, nā mea ' ino.

Ma mua, me ka pilikia "bipi pupule", inā i mo' a ka ' i' o, ' a' ole i make ka ma' i, ' o ia ke kumu i make ai ka po' e he nui. ' A' ole maopopo iā mākou nā ma' i e loa' a i ka holoholona. Ua loa'a ka ma' i ma' i i kekahi mau ma' i a 'a'ohe ona pilikia, akā, i ka ho'omaka 'ana o ka po'e e 'ai i ka 'i'o monkey, ua ho'oili 'ia ka ma' i mai kekahi kanaka a i kekahi kanaka a 'a'ole mākaukau ko mākou kino no ia mea. ' Ae ko mākou kino i nā ma' i āpau a me nā ma' i mai nā holoholona. Hiki i nā holoholona ke lawe i nā ma' i ma' i he nui i ' ike ' ole ' ia e mākou.

' A' ole i li' uli' u ua loa' a iā mākou nā pilikia me ka ma' i manu a me ka ma' i puā' a, ua loa' a i kekahi mau holoholona ka ma' i a ' a' ole mākou i ' ike ' o ka mea a mākou i ' ai ai iā lākou, ho' owalewale iā mākou a ' ike ' ole i ka ho' ōla' ana. Inā ' a' ole ' ike mākou i ka ho' ōla' ana i ka ma' i kanesa, ' oi aku ka maika' i o ka ho' ōla' ana i nā ma' i ma' i holoholona i ' oi aku ka ikaika ma mua o ka ma' i kanesa, no laila pehea mākou e ho' ōla ai? Ke ' ai ' oe i ka ' i' o e pili ana ' oe i ka laki. Inā laki ' oe, hiki iā ' oe ke ' ai i ka ' i' o olakino, ' a' ohe ma' i ma' i, akā inā ' ai ' oe i ka ' i' o o ka holoholona ma' i, e like me ka moa, puā' a, pipi a i ' ole kekahi holoholona i loa' a i ka ma' i, ' a' ohe mea e ' ike no ka mea ' a' ohe mea e ho' ā' o i kēlā me kēia holoholona. he mea hiki ole.

Inā makemake ' oe e noho hau' oli a lō' ihi ke ola, pono ' oe e ho' ōki i ka ' ai ' ana i ka ' i' o, ' o ia ka hana mua. ' O ka lua, e like me ka mana' o Buddhist, aia nā mea ola a pau i ka ' āpana like. Ua ' oi aku ko mākou akamai ma mua o nā holoholona ' ē a' e, akā he holoholona mākou, ' a' ole mākou he Akua. Ina he poe keiki kakou na ke Akua, he poe keiki no na holoholona na ke Akua, oi aku ka naauao mamua o na holoholona. ' A' ole hiki ke ho' omalu ' ia ke ao holo' oko' a e ke kānāwai o ka ululā' au, kahi e pepehi ai ka mea ikaika loa i ka mea nāwaliwali, mai hana i kēlā. E like me kekahi mau kāne i hō' eha i nā wahine no ka mea ' oi aku ka ikaika a me ka nui o nā wahine i pepehi ' ia i kēlā me kēia makahiki, ' a' ole pololei kēia. He kuleana like ko na kane, wahine a me na holoholona a pau, aohe kuleana o ke kanaka e pepehi i na wahine a me na holoholona.

' A' ole hiki iā ' oe ke pepehi no ka le' ale' a a ' ai ' ole no ka le' ale' a. He mea ma' alahi, e no' ono' o wale, makemake ' oe e pepehi ' ia? ' Ike wau ' a' ole ka pane. Makemake ' oe e ' eha? ' A' ole. Inā ' a' ole lākou makemake e pepehi ' ia, ' a' ole.

e pepehi i ka poe nawaliwali ia oe. Inā ' a' ole ' oe makemake e ' eha, mai hō' eha i kekahi. Pono ' oe e ho' okomo iā ' oe iho i ko lākou kāma' a, e lilo i kanaka a ho' omaopopo i nā po' e ' ē a' e. Mai ho' ohana i ke kāmāwai o ka ululā' au, kahi e lanakila mau ai ka mea ikaika, ' a' ole loa e loa' a ka hopena maika' i. Wahi a ka po' e Buddhist, ' o kēlā me kēia kanaka nāna e ho' opō' ino i nā po' e ' ē a' e e lilo ia i holoholona i kona ola e hiki mai ana, e hānau ' ia ma ke ' ano he holoholona. Pono e hookaa na aie a pau. ' O kēlā me kēia kanaka nāna i ho' opō' ino i nā po' e ' ē a' e e uku, ' o ia ke kāmāwai o ke ao holo' oko' a, pono nā mea a pau e uku.

Inā ' a' ole ' oe makemake i kēia, mai hana ' oe. E mālama pono i kēlā me kēia kanaka a puni ' oe, inā paha lākou i ' ike iā ' oe a ' a' ole paha, kōkua iā lākou a ua like ia me nā holoholona. ' A' ole lākou e hō' eha i kekahi a ' a' ole lākou e ' ai i ka ' i' o. Inā makemake ' oe i ke ola hau' oli a me ke olakino maika' i, mai ' ai ' oe i ka ' i' o. Inā makemake ' oe e ' ai i ka ' i' o, e ho' omana' o ' oe e uku' oe no ia mea, ' a' ole wale me kou olakino, akā me nā kāmāwai o ke ao holo' oko' a, pono e uku no ia.

Mahalo nui iā ' oe.



NUI HUI



MAHELE ELUA NA OLELO POKOLE

1.- KA POE O KE KOKO

Pili ke ola i ke kahe koko. Ina aole holo maikai ke koko, make kakou. Inā ' a' ole ka' apuni ma ka pu' uwai, hiki iā mākou ke loa' a i ka pu' uwai a make. Inā ' a' ole ia e kaapuni ma ka lolo, hiki iā mākou ke loa' a i ka ma' i hahau a me ka make. Pili ke ola i ke kahe koko.

No ka loa' a' ana o ke kahe koko maika' i, pono' oe e hana yoga. Mahalo i ka yoga a me kou no' ono' o, hiki iā ' oe ke ho' oka' awale i kou koko a no laila ' a' ole' oe e loa' a i ka cyst a i' ole ka ma' i kanesa.

Ua ho' oma' ama' a au i ka yoga no nā makahiki he kanahā a i loko o nā makahiki he kanahā ' a' ole loa au i hele i ka haukapila a i' ole i' oki' ia i kēlā me kēia ' ano.' A' ole au i ma' i a' a' ole au i' eha.

No laila, inā makemake' oe e loa' a ke olakino maika' i, pono' oe e hana i kekahi mea nou iho.' A' ole pili inā he waiwai' oe, ikaika a hau' oli, inā makemake' oe e ola maika' i a lō' ihi ke ola, pono' oe e ho' oma' ama' a yoga, ' a' ohe ala' ē a' e. ' A' ole maika' i ka lawe' ana i nā lā' au lapa' au, he kemika, ' oi aku ka nui o kou lawe' ana, ' oi aku ka pō' ino o kou olakino.



NUI HUI

2.- HANA

Hiki i ke ' ano o ka no' ono' o ke ho' ololi i ko mākou helehelena. Inā mākou e no' ono' o maika' i' ole, pili ia i ko mākou helehelena a lilo i mea' ino. Ke huhū mākou, nānā mākou i ka huhū, hiki iā mākou ke ' ike, a ke kaumaha mākou, he ' ano kaumaha ko mākou. Inā makemake' oe e nānā maika' i, pono' oe e no' ono' o pono i nā manawa a pau. Inā maika' i nā mea a pau: maika' i kou helehelena, maika' i kou ola, maika' i kou olakino, maika' i kou wā e hiki mai ana, maika' i kou' ohana.

Ma muli o kou ikaika a me kou' ano no' ono' o. Inā makemake ka wahine e nānā i ka nani, i mea e nani ai, e lokomaika' i a maika' i a lanakila i kona ola, ' o ka mea mua, pono iā ia ke no' ono' o maika' i. ' O ka loa' a' ana o ka mana' o maika' i e ho' omaika' i i kou ola a me nā mea āpau a puni' oe. Inā' oe e no' ono' o maika' i' ole, ' o kou ola holo' oko' a, nā mea āpau a puni' oe, kou wā e hiki mai ana a me kou mau makemake. I kēia manawa' ike' oe, inā makemake' oe e hau' oli a ho' okō i kāu mau makemake, pono' oe e no' ono' o pono. ' O ka mea hana' ino a' ōlelo' ino paha iā' oe, mai ho' opō' ino iā' oe, no ka mea, e ho' opō' ino ai kou mana' o a e pō' ino ai iā mākou iho. No ko mākou pono pono' ī, ' a' ole pono mākou e hopohopo no ke kūlana a i' ole ke kaiapuni, mai' ae ia e ho' opilikia i ko mākou kūlana no' ono' o a i ko mākou' ano no' ono' o. Maika' i mau ka maika' i no mākou iho. Makemake au i ka hau' oli o nā kānaka a pau. Inā makemake' oe e hau' oli, e' olu' olu e ho' olohe mai ia' u, e ho' ā' o i ka maika' i me kāu mau hana a me kāu mau mana' o, ' o ia wale nō ka mea e maika' i ai iā' oe. ' O nā hana maika' i' ole a pau, e like me ka pepehi kanaka, ka ho' opō' ino ' ana i nā po' e' ē a' e, ka ho' opa' i' ana me ke kumu a i' ole ke kumu' ole, ka hana ' ino' ana i nā kānaka, a i' ole ka ho' opō' ino' ana i ka' ohana, nā hoaaloha, ke kaiāulu, a i' ole ka moku' āina.



NUI HUI

3.- E MILIONA

Pehea e loa' a ai ka wā e hiki mai ana a pehea e lilo ai i miliona miliona?
Makemake nā kānaka a pau e lilo i miliona. Wahi a Buddha, ' o kēlā me kēia kanaka makemake e lilo i miliona, ' o ka mea mua e hana ai' o ia ke hā' awi kālā i ka po' e ' ilihune a kōkua i ka po' e' ilihune. Ma ke kōkua' ana i nā po' e' ē a' e e hau' oli loa, e loa' a iā' oe kahi mana' o hau' oli. E ho' omaika' i kēia i kou olakino, kou waiwai a kōkua iā' oe e hana i nā ho' oholo kūpono. Ho' okahi mea kēia. ' O ka lua o ka mea, e wehewehe ana au i kahi mo' olelo o Buddha: I ka manawa i hā' awi aku ai kahi mea noi i ke kī' aha raiki iā Buddha. ' O kēia kī' aha raiki wale nō kāna. ' Ōlelo akula ka mea noi iā Buddha, "Buddha, ' o kēia wale nō ka' u a makemake wau e hā' awi aku iā' oe, inā ' a' ole au e' ai i kēia lā, ' a' ole ia he pilikia ia' u. " Ua' ōlelo' o Buddha iā ia: "E hele pū me a' u, he mea ka' u e hō' ike ai" Hele pū lāua i kahi luawai a' ōlelo' o Buddha iā ia: "E nānā pono iā ia". Hiki i ka mea noi ke' ike i ke kī' i o kahi miliona miliona e noho ana ma kahi hale nui i piha i nā kauā, a piha i ka' olu' olu. A pane akula' o Buddha: "' O' oe anei" "' O wau?"

" Ae, i kou ola hou a' e e lilo ana' oe i kēia miliona no ka mea i kēia lā ua hā' awi mai' oe ia' u i kī' aha raiki, ' o nā mea a pau āu i loa' a ai, a' o ia ka uku no kou lokomaika' i."

' O kahi miliona miliona e ho' olohe ana i ke kama' ilio' ana iā Buddha: "Ke lawe mai nei au i kahi ka' a piha i ka laiki iā' oe." Ua' ōlelo' o Buddha, "Maika' i." ' A' ole i lī' ulī' u, hele maila' o ia me kahi ka' a i piha i ka laiki a ha' i akula iā Buddha, "Ua hā' awi aku ka ' ilihune iā ia i kī' aha raiki, a i kona ola hou' ana, e lilo ana' o ia i miliona, e lilo ana wau i mō' ī ma hope." ' Ōlelo' o Buddha iā ia: "E hele pū me a' u, e hō' ike wau iā' oe, e nānā i ka maika' i" Ua' ike ka miliona miliona i kahi bipi e hana ana i ka' āina, e ho' oweliweli ana i nā nalo me kona huelo. Ua nīnau ka miliona miliona iā Buddha:

"He aha kēia?" A pane akula ' o Buddha: "' O ' oe", "' O wau?", "' Ae, ' o nā kālā a pau āu i loa' a ai ma ka lilo o ka po' e ' ilihune, no laila ua waiwai ' oe. ' O kēia kou ho' opa' i. Pono ' oe e hana i nā miliona miliona makahiki a hānau ' ia ma ke ' ano he bipi e ho' iho' i i nā mea a pau āu i lawe ai mai ka po' e ' ilihune a no ka mea i kēia lā ua hā' awi mai ' oe ia' u i kahi ka' a piha i ka raiki, he huelo ko kēia bipi.

' O ho' okahi euro mai ka mea ' ilihune ua like ia me ho' okahi miliona mai ka miliona miliona. Inā makemake ' oe e lilo i miliona, e hā' awi i ka mea hiki iā ' oe i ka po' e nele, i ka po' e ' ilihune ma mua o ' oe, a e loa' a iā ' oe ka uku o ka lilo ' ana i miliona. Inā makemake ' oe e lilo i miliona, ' o ke ala wale nō ke kōkua i ka po' e e pono ai ma mua o ' oe. ' O kāu mau ha' awina a pau i ka po' e nele e ho' onui ' ia i ho' okahi haneli a miliona paha manawa i uku. ' O ke ala wale nō e pakele ai i ka ' ilihune, ' o ke kōkua ' ana i nā po' e ' ē a' e i ' oi aku ka ' ilihune ma mua o ' oe, e kōkua ana iā lākou e like me kou hiki. Wahi a Buddha, e loa' a iā ia kāna uku a ' a' ole wahahe' e ' o Buddha, mālama mau ' o Buddha i kāna mau ' ōlelo ho' ohiki. ' Ekolu kaukani makahiki i hala mai ka make ' ana o Buddha, a ' o nā mea a pau āna i ' ōlelo ai ua kū a hiki i kēia lā.



NUI HUI

4.- KA WAHINE

Pepahi a pepahi. He poe keiki kakou na ke Akua. ' A' ole hiki iā mākou ke pepahi i kekahi i kekahi, kanaka, holoholona a mea ola paha. ' O ka mea pepahi kanaka, pono e uku i ho' okahi miliona manawa me kona ola i ka mea i pepahi ' ia, e like me nā kānāwai o ke Akua. ' A' ole ma lalo o ka inoa o ke Akua a i ' ole kekahi inoa ' ē a' e, ' a' ole pono ke pepahi kanaka, ' a' ole hiki ke pepahi. ' A' ole hiki ke kala ' ia kēia ma nā kānāwai kanaka a me nā kānāwai o ke Akua. ' A' ole hiki ke pepahi ' ia nā holoholona a me nā kānaka. ' Ai mākou i nā holoholona ' oi aku ka nāwaliwali o mākou. No ka mea, ' ai mākou i ka ' i' o, pepahi nā kānaka i nā holoholona no mākou. Inā ' a' ole lākou e ' ai i ka ' i' o, ' a' ohe mea e pepahi i nā holoholona. E ola a e ola. E ho' omana' o, ' o ka pepahi ' ana i kekahi mea ola, pololei a ' a' ole pololei paha, e uku i ko lākou mau hewa, ' o lākou a pau, me ke keiki hānai, e ku' i nei ka na' au. He kuleana ko kēlā me kēia mea ola e ola, e like me ' oe a me a' u, e like me nā mea ' ē a' e. ' O ia ke kumu ' a' ole hiki iā mākou ke pepahi, ' a' ohe kumu, ka inoa, ma lalo o kekahi inoa o kekahi Akua, ' a' ole hiki iā mākou ke pepahi. E ho' omana' o ' o nā mea a pau āu e pepahi ai, pololei a ' a' ole pololei paha, e hele lākou i Gehena ke make lākou a hele lākou ma waena o kahi mauna lau. ' A' ole make ka ' uhane, akā hiki iā ia ke ' eha i ka ' eha o ka hele ' ana i kahi mauna lau a make mālie. I ka manawa e make ai, e ala hou ' o ia a make pinepine no ho' okahi tausani makahiki no kēlā me kēia ola āna i lawe ai. ' A' ohe kala ' ia, ' oi aku ka hewa o nā kānāwai o ke Akua ma mua o ke kānāwai kanaka. ' Oi aku ka pa' akikī o ke ola ' ē a' e ma mua o kēia ola, me nā daimonio, ' oi aku ka pa' akikī. Mai no' ono' o pono e ' ike ' ia e mana' o ' i' o' ia.



NUI HUI

5.- NA POINO OLA

Mana' o mākou' a' ohe pili o nā pō' ino kūlohelohe iā mākou akā' o ka' oia' i' o,
' o mākou ke kumu o kēia mau pō' ino.

' A' ole' o ia ka hewa o ke' ano,' o ia wale nō ka hewa o ke kanaka.

' O ka mea mua, ma muli o ko mākou mau mana' o. Ke lilo nei ka po' e i ka mana' o
pono' ʻa' oi aku ka nui o ka po' e i mana' o' ino.

Ho' opilikia kēia ikehu maika' i' ole i ke' ano a me ke ao holo' oko' a.

No kēia kumu,' a' ole maopopo ka po' e e alaka' i kēia i nā pō' ino kūlohelohe.

' O ka mana' o ka pilikia mua a' o ka lua ka mea a mākou e hana nei.' O ka haumia a
me nā mea' ē a' e e ho' opō' ino ana i ke kaiapuni a no laila ke pilikia nei mākou i nā
waikahe, nā' ino, nā' ōla' i ... Ke hana nei mākou i nā mea āpau. No ke aha ke kumu o
kēia iā mākou? No ka mea' a' ole lākou i ho' omaopopo he' āpana mākou o ke' ano,
holo' oko' a mākou a' a' ole lākou makemake e' ae i kēia' oia' i' o.' O ke' ano,
ke ao a me mākou ho' okahi,' a' ole' elua.

Inā' ike mākou he' āpana nā mea a pau iā mākou,' a' ole ia e hō' eha hou i ke' ano
a me ke ao holo' oko' a. Pono kākou e' ike i kēlā mea e pale aku i nā pō' ino kūlohelohe.

' O mākou wale nō ka mea hiki ke ho' oponopono. Ua hō' ino mākou i ke' ano a i kēia
manawa ke kū' ē nei ke' ano iā mākou, akā' a' ole na ke kūlohelohe a i' ole nā
pō' ino kūlohelohe, na mākou wale nō ka hewa, pono mākou e hana i kēia me ka pollution
a me nā' oihana e' ike wale i ko lākou pono pono' ʻi,' a' ole mākou mālama i nā
kānaka. ka honua a i' ole ke' ano,' o ia ke kumu e pilikia ai mākou i kēia mau pilikia e
ulu a' e nei i kēlā me kēia lā.

No ka la' ana, he ate, pu' upa' a, pu' uwai ko mākou kino ... he' āpana lākou o ko
mākou kino.' A' ole hiki ke hō' eha' ia ko mākou' ōpū, ko mākou na' au, nā
pu' upa' a, nā' ōpū, ka lima a me ka manamana wāwae, no ka mea, he' āpana lākou
o mākou. Pono mākou e ho' omaopopo he ho' okahi mākou, pono mākou e
ho' omaopopo he holo' oko' a mākou. Ke mālama nei mākou i ko mākou kino, ko mākou
na' au, ko mākou pu' upa' a, ke ho' ā' o mau nei mākou e mālama iā mākou iho. Inā
loa' a iā' oe kekahi pilikia olakino pono' oe e hele i ke kauka e ho' oponopono i ka
pilikia.

Pono mākou e hana like me ke' ano a me ke ao holo' oko' a, a laila e lilo mākou i
paradiso. Inā' oe e hana i kēia, i kēia mua aku' a' ole e loa' a iā' oe nā pō' ino
kūlohelohe. Aia nā mea a pau iā mākou iho.



NUI HUI

6.- KANAKA WAIWAI A KANAKA ilihune

No ke aha ka poe ilihune? Wahi a ka mana' o Buddhist, ' o ka po' e' ilihune a pau, he' ilihune lākou i ko lākou mau ola i hala, no lākou nā mea āpau a' a' ole lākou i kōkua i nā po' e' ē a' e, ' o ia ke kumu i' ilihune ai lākou i kēia ola.

' O ka po' e waiwai, i ko lākou mau ola i hala, he manawale' a lākou i ka po' e' ilihune a kōkua i ka po' e nele, no laila i kēia ola' ana, ua waiwai lākou, he mau miliona. Inā' ilihune' oe i kēia manawa, pehea' oe e ho' omaika' i ai i kāu kālā?' A' ole nui ke kālā o ka mea' ilihune, akā he mau peni kāna. Ua like ka waiwai o ka haneri mai kahi kanaka ilihune me ka miliona miliona mai ka miliona. Ke hā' awi ka mea' ilihune iā' oe i kahi peni, ua like ka waiwai me kekahi miliona a me ka miliona miliona. Ma ko Buddha mau maka, 1 peni a me 1 miliona ua like ia, e pili ana i kou kōkua' ana i nā po' e' ē a' e mai kou pu' uwai. Inā makemake' oe e waiwai, pono' oe e kōkua i ka po' e' ilihune ma mua o kou hiki.

Nā kānaka no ka mea ua kōkua lī' ili' i lākou iā' oe, i kou wā' elemakule, loa' a' oe i ka waiwai a me ka po' e e kōkua iā' oe, e ho' oikaika' ia kou ikaika maika' i a me ka ikaika maika' i a pau o ka po' e i kōkua iā' oe e kōkua iā' oe no ka mea He kanaka maika' i a kōkua nā kānaka maika' i iā' oe.

' A' ohe mea kōkua i ka mea' ino, ' a' ohe mea kōkua i ke kanaka pono' ī, ' a' ohe mea, no ka mea, inā' oe pa' akikī, ' a' ole' oe e mahalo i kekahi a no laila' a' ohe mea e kōkua iā' oe. Inā makemake' oe i kōkua, loa' a iā' oe kahi manawa e lilo ai i kanaka maika' i a laila kōkua nā mea a pau iā' oe.

Ma mua, he hoaaloha ko' u i' ilihune loa. Noho' o ia ma mua o kona hale e' au' au lā. Ua hala kekahi huaka' i i kona puka.

He kauwela, wela loa a make wai ka mea hele.

' Ī akula ke kanaka' ilihune i ka huaka' i: "E hele mai' oe i ko' u hale, e noho i lalo, e ho' omaha iā' oe iho a inu i ke kī, hiki iā' oe ke ho' omau i kāu huaka' i ma hope".

I mai la ka huakai: "He kanaka maikai oe, aole oe i ike ia'u, a kono mai oe ia'u i kou hale no ke ti, hoomaha a hoohuli oe i ka pe'ahi e hooluolu ia'u, he kanaka maikai oe, heaha kau hana i keia manawa.?" Olelo mai ko'u hoa: "Aole" A pane mai la ia: "No ke aha?"

' Ōlelo ka po' e' ilihune: "No ka mea' a' ohe o' u kālā a ua a' o iki wau' a' ole i loa' a iā' u kekahi mea"

I mai la ka huakai: "Ke ike nei au he kanaka maikai oe, e kōkua ana au ia oe, ke hana nei au i ka lōle, a kuai aku au ia oe a haawi mai ia'u i ke dala, hilinau au ia oe no ka mea he maikai oe." kanaka Ua hana ka huaka' i a i kēia manawa he piliona kālā ko' u hoaaloha no ke kōkua' ana i kahi huaka' i

e ho' omaha. Inā makemake' oe i ka wā e hiki mai ana, pono' oe e kōkua i ka po' e me ka noi' ole' ana i kekahi mea.

Inā ho' omāinoino ka miliona miliona i ka po' e, mana' o' i' o' o ia, ' a' ole' o ia e kōkua i nā po' e' ē a' e, makemake wale' o ia e le' ale' a i kona ola me nā pā' ina a ho' olilo wale i ke kālā iā' ia iho a me kona' ohana a' a' ohe mea' ē a' e, ' o kēia kanaka e le' ale' a nei i ka pōmaika' i. kona ola mua, e pau koke ana keia laki. ' O ka hapa nui o nā miliona miliona i ka wā' elemakule, pau lākou i ka ma' i a me ka' ilihune a' a' ohe mea mālama iā lākou. Nui nā pā' ani a me nā kālā i ho' olilo' ia no nā hoaaloha i mālama' ole iā lākou i ka wā' ilihune.

Ke loa' a iā' oe ke kālā a makemake' oe e loa' a ke kālā hou a' e, loa' a ke olakino maika' i, pōmaika' i a lō' ihi ke ola, ' o kāu hana wale nō ke kōkua i ka po' e' ilihune a laila e waiwai mau' oe, ikaika mau, lō' ihi kou ola a maikai ke ola kino, no ka mea, i ka wa

e hana' oe pēlā, e hana mākou i ka ikehu maika' i a na ke Akua e kōkua iā' oe, mana' o' i' o a' a' ole paha, e kōkua ke Akua iā' oe.



NUI HUI

7.- HAEAKA

Pono kākou e kala aku i ka mea nāna i hō' eha mai iā kākou. Wahi a ka mana' o Buddhist, ma waho a' e o ka kala' ana, pono mākou e ho' omaika' i. Mai ukiuki a poina i ka hewa a kekahi e hana mai ai iā' oe, no ka mea, ke mālama' oe i kēia mau mea a pau i loko ou, e hō' eha wale' oe iā' oe iho.' Oia i nā pololei' oe, me ka ho' opa' i a me ka huhū e ho' okō wale' oe i ka hō' eha iā' oe iho.' A' ole hiki iā' oe ke noho me ka maluhia, ' a' ole hiki iā' oe ke noho mālie, no' ono' o mau' oe i ka maika' i' ole a pili kēia i kou olakino a' a' ole hiki iā' oe ke loa' a ka maika' i o ke ola.

Wahi a ka mana' o Buddhist, ' o kēlā me kēia kanaka e hō' eha iā mākou no ka mea ma ke ola i hala ua hō' eha' oe iā lākou. No laila, i kēia ola, uku' o ia iā' oe no ka hewa āu i hana ai iā ia. Inā kala' oe iā ia, pau ka' ai' ē, maluhia' oe.

Inā hō' eha kekahi kanaka iā' oe i kēia ola, a' eha' oe iā ia i ke ola e hiki mai ana, a laila e hō' eha hou ka mea' ē a' e iā' oe a hō' eha' oe iā ia i ke ola a' e. a pēlā aku, ' a' ole pau kēia pō' ai, ' a' ole pau.

Inā hō' eha ke kanaka iā' oe, mai hopohopo, e ho' opa' i' o ia iā ia iho, e ho' opa' i kona lunamana' o iā ia. Malia paha i mua o ka po' e' a' ole makemake' o ia e' ae, akā i loko, ke hiamoe' o ia, ke noho ka' awale, ho' opa' i mālie' o ia iā ia iho.' A' ole pono ke Akua e ho' opa' i. Loa' a i kēlā me kēia kanaka ko lākou mana' o pono' i a inā ' eha kekahi, ho' opa' i' o ia iā ia iho ma mua o ka ho' opa' i' ana. Ho' opa' i' ia ' oi aku ka lohi, ' oi aku ka pa' akikī ma mua o kou ho' opa' i pono' i. ' O ia ke kumu ' a' ole pono e ho' opa' i a ho' opa' i paha. Inā hō' eha kekahi iā' oe, e lawe' oe me he mea lā e nānā ana' oe iā' oe iho, me he mea lā e hele ana' oe i kahi ho' okolokolo. Inā hiki iā' oe ke hele i kēia hō' ike a laila pi' i' oe. No laila, pono' oe e ho' omana' o' a' ole pono' oe e ho' opa' apa' a i ka po' e i hō' eha iā' oe. Inā mālama' oe, e loa' a iā' oe nā pilikia he nui: nā a' alolo, ke kaumaha, ka pō' ino maika' i' ole. .

' A' ole loa' oe e ho' āla i kou po' o. No ka maika' i, ' o ka kala wale nō kāu e hana ai. E kala mai me he mea la e kala ana oe ia oe iho. Pono' oe e kala i ka noho maluhia a me ka mālie, no ka mea, ' o ka ho' opa' i wale nō e lawe mai i ka ho' opa' i a' oi aku ka ho' opa' i a' oi aku ka ho' opa' i. no laila' a' ole hiki iā' oe ke ola maika' i. Inā makemake' oe e ola maika' i, e ho' ā' o e kala aku, ' o ia wale nō ka hopena, ' a' ohe mea' ē a' e. Mai hopohopo, na ke Akua a me kona lunamano e ho' opa' i iā ia no' oe.' Oia' i' o, e ho' okō pono' o ia i kāna ho' opa' i' ana, ' o ke Akua, a nāna nō e ho' opa' i iā' oe.

' A' ole pono' oe e hana. Mai ho' opa' a i ka inaina. E ho'ā' o e ola maika' i.
' O kēia ka mana' o Buddhist o nā hakakā.



NUI HUI

8.- PUHI

Make mālie ka puhi paka. Aia kēlā me kēia paka i 5 mau minuke o kou ola. Ke 'ōlelo nei kēlā me kēia pū'olo: ' eha nui ka puhi paka, make ka puhi' ana, ho' omaka ka puhi paka i ka ma' i kanesa a me nā mea puhi puhi a pau, heluhelu i kēia a mai mālama. Maka' u kekahi a ho' ā' o e ha' alele i kēia hewa. Ma mua, ua ho'ā' o kekahi o ka' u mau haumāna yoga e ha' alele i ka puhi paka. Hiki ke ho' opa' a' ia no ho' okahi makahiki akā ke kū' ē nei. Ho' okahi makahiki ma hope mai, ' a' ole hiki ia' u ke ho' omanawanui hou. Ma mua o ko' u ha' alele' ana ua puhi au i ka' eke i ka lā a ma hope o kēlā makahiki, ua puhi au i 3' eke i ka lā. ' A' ole i li' uli' u, ua ho' i' o ia i kēlā makahiki me ka uahi' ole. ' O ia ke kumu e ha' alele ai i ka puhi paka, ' a' ole pono' oe e ho' oikaika iā' oe iho, no ka mea, ' a' ole ia e hana a' a' ole hiki iā' oe ke ha' alele. No ka ha' alele' ana i ka puhi paka no ka wā pau' ole, pono' oe e hō' oia iā' oe iho a me' oe iho. Inā ' a' ole' oe e hō' oia' i' o iā' oe iho, mai ha' alele. E hō' oia' i' o iā' oe iho inā makemake' oe e ola lō' ihi, loa' a ke olakino maika' i, loa' a ke ola lō' ihi. Pono' oe e ha' alele i ka puhi paka inā makemake' oe i ke olakino maika' i a' a' ole e loa' a i ka ma' i kanesa ma' i. No kēia mau kumu a pau, pono' oe e hō' oia' i' o iā' oe iho. I kekahi manawa hiki ke hooki i ka puhi paka me ka hypnosis. Ke hypnotized' oe, hiki iā' oe ke' ike i kou mau māmā i piha i ka nicotine, pelapela a ho' opailua. ' O kahi ala e ha' alele ai i ka puhi paka, ' o ia ka nānā' ana i kou mau māmā. ' O ke ala maika' i a ho' okahi wale nō e hō' oia' i' o iā' oe iho he mea makemake wale ia, ' a' ole ia he mea e pono ai. E no' ono' o' oe he ' ohana maika' i kāu, he' oihana maika' i /' oihana, e noho mālie me kāu mau keiki a' olu' olu loa a i kou wahi maika' i loa o kou ola, e make ana i ka paka. ' A' ole anei he mea hilahila? Inā he' ōpio' oe, ' ilihune a' a' ohe mea' ole, mana' o paha' oe ua maika' i, no ka mea, ' a' ohe ou mea e nalowale ai, akā hiki mai kēlā i ka wā kokoke i 50 mau makahiki. Ho' omaka ka po' e e make i ka hapa maika' i o ko lākou ola, ke ho' oholo' ia nā mea a pau, kūpono nā mea āpau. Aloha' oe i kāu wahine, kāu mau keiki a me nā mea āpau, akā i kēlā me kēia manawa e lawe' oe i ka paka a puhi' oe, e lawe ana' oe i 5 mau minuke o kou ola. Inā makemake' oe e ola i 80, he mea hilahila e make paha' oe ma 50 a i' ole 60 i ka wā e pau ai ke ola. No kou pono iho, no kou ' ohana, kāu mau keiki, e no' ono' o a hō' oia' i' o iā' oe iho e ha' alele i ka puhi paka.



NUI HUI

9.- ALAILA

Ua pāpā' ia ka' ai' ana i ka wai' ona. ' O ia ho' i, mai inu i ka wai' ona. Inā hana' oe, inu li' ili' i. Ua luku ka wai' ona i nā' ohana he nui. Ke ona kekahi, ehia na hewa e hiki ke hana? Ma ka inu' ana i ka wai' ona, ' ehia ka po' e i make i nā ulia ka' a? A' o ka hopena, nui nā' ohana i nalowale i ko lākou makuakāne, makuahine a i' ole kā lākou mau keiki, ma muli o ka' ona.

' A' ole' ōlelo' o Buddha e inu i ka wai' ona. E ho' omana' o' o ka wai' ona wale nō ke kumu o ka pō' ino, ' a' ole ia e lawe mai i nā mea maika' i, ' o ka pō' ino wale nō i kou' ohana, iā' oe, i ke kaiāulu a me nā mea' ē a' e he nui. No laila' a' ole pono' oe e inu i ka wai' ona. Inā ho' omaka' oe e inu a lilo i mea' ona, pehea' oe e lanakila ai i kou' ona i ka wai' ona? E ho' opau' oe i kou ola, e pō' ele' ele kou wā e hiki mai ana, ' a' ohe mea, ' a' ohe mea e pili ana i ka mea' ona. Mai inu i ka wai' ona, inā makemake' oe, hiki iā' oe ke inu li' ili' i. He' ino ka inu' ona iā' oe, no kou' ohana, no ke kaiāulu, no ka Moku' āina, no kēlā me kēia kanaka. Ke' ona' oe hiki iā' oe ke pepehi i kekahi kanaka, a i' ole e hana i kekahi mea' ino. E ho' omana' o' a' ole pono' oe e inu i ka wai' ona, ua pāpā' ia e nā kānāwai o nā Buddhist, mai inu. Inā makemake' oe e noho hau' oli me kou' ohana, mai inu' oe i ka wai' ona no ka mea e pili ana ia i kekahi. Mai inu.



NUI HUI

10.- KAUA

' O ke kua wale nō ka pō' ino. I ke Kaua Honua II, ho' okahi haneri kānaka i make, 500 biliona kālā i ho' ohana' ia, a ma ke Kaua Vietnam, 18 biliona kālā i lilo. E no' ono' o i nā kālā a pau i nalowale. Inā ua ho' okomo' ia kēlā kālā i nā' āina ' ekolu e ho' omaika' i i ko lākou ola a ho' opau i ka' ilihune, inā he paradaiso ka honua. Nui nā kua a me nā make, he aha ka mea maika' i no mākou?' A' ohe mea, ' ino nā mea a pau.

I mea e pale aku ai i ke kua, pono nā' āina a pau e mahalo kekahi i kekahi. No ka mea? No ka mea ho' okahi mākou a pau, ho' okahi nā' āina a pau. Me ke kua, make nā' āina a pau, kahe ka nui o ke kālā, make ka po' e, lilo lākou i mea' ilihune a pau ka luku. ' A' ohe mea maika' i, hewa nā mea a pau. Pono ka po' e e' ike he pō' ino wale nō ka make. ' O ka pepehi' ana i nā pēpē, ka make' ana o ka pēpē a i' ole ka make holoholona e lawe wale mai i ka luku i ko mākou honua, ' a' ohe mea maika' i. Pono kākou e a' o i ka lokomaika' i, ka pu' uwai pumehana a me ke kala' ana i ke ao holo' oko' a a i' ole kēlā me kēia' āina. Mai hao i ke kua, e make ana na aoao elua, o keia wale no ka mea e puka ai oe mai ke kua aku. Pono kākou e' ike he ho' okahi nō nā kānaka a pau, a ho' okahi ke ao holo' oko' a, a ho' okahi nō ke' ano. Inā' a' ole mākou e mana' o' i' o he ho' okahi mākou a no' ono' o wale nā mea āpau iā lākou iho, i kēia manawa ke' ike nei mākou i nā hopena, ke luku nei mākou i ke' ano a ke ho' opilikia nei ke kaiapuni iā mākou.

kaiapuni me ka ho' omehana honua a ke pi' i nei ka nui o na po' ino kulohelohe. Ke hana nei keia no ka mea ' a' ole makou i' ike he ho' okahi makou a pau. E ho' omana' o, pono e hana ' ia keia mau mea a pau e ho' ohuli i ka Honua i paradaiso. ' O ka makou mea e hana ai, ' o ke koku kekahi i kekahi, no ka mea, ho' okahi makou. Ina pilikia ka ' aina, hiki ia ia ke ho' opilikia ia makou. E like me ka AIDS, ua ho' omaka ka pilikia ma ' Apelika a pili i ke koena o ka honua, no laila pono makou e koku i kekahi ' aina i pilikia me ko makou na' au a pau. Ina ' a' ole makou e koku koke ia lakou, pili ia ia makou a me ke koena o ka honua. Ho' okahi makou, ho' okahi makou a me ke ao holo' oko' a, ho' okahi ' aina a ho' okahi ' aina, ho' okahi makou, ' a' ole ' elua. ' A' ole pono makou e mana' o pono' i, ina ' a' ole e hana. Ina makou e hana like, e maika' i na mea a pau. ' A' ole maika' i ke kaua.

No ka la' ana, i ke Kaua Honua II, ua ho' a' o' o Hitler e ho' ohui i na ' aina ' Eulopa a pau me ka ikaika, ma ke kaua ' ana. Hiki ia ia ke ho' oko i kana kumu? ' A' ole. Ua ho' a' o' o ' o Iapana me ke kaua e ho' omalu i na ' aina ' Asia, hiki ia lakou ke ho' oko? ' A' ole. Ma mua, ua ho' a' o' o ka po' e Roma e ho' omalu ia ' Eulopa a pau, hikianei ia lakou ke lanakila? ' A' ole. No ke aha ' a' ole? Ma muli o ka ikaika a me na mana' o maika' i ' ole ' a' ole hiki ia ' oe ke ho' oko i kekahi mea, i ka hopena, e lilo ' oe i mea hemahema. Nui ka po' e hala ' ole i make, ' oi loa ke kumuku' ai o ke kaua a ua po' ino ka honua holo' oko' a, ' o ia ke kumu ' a' ohe kumu. hiki ia makou ke kaua, ' a' ole makou ho' okahi, ' a' ole pono hakaka ma waena o na ' oha i ' ohe kumu. Ua holo makou e ua papa' ia. ka ke Akua ua papa' ia, ' a' ohe kumu, ' a' ole hiki ia makou ke pepehi kekahi i kekahi. Ina loa' a i na kanaka a pau ka pu' uwai gula, e lilo keia honua i paradaiso. ' O ka mea nui, he pu' uwai gula ko na alaka' i o na ' aina a pau. ' O na alaka' i he po' e kaua na ka lehulehu, ' a' ole lakou he po' o o ka lehulehu, he mau kaua ha' aha' a lakou no ka lehulehu.

Pono e hana ' ia na mea a pau e pono ai na kanaka. ' A' ole pono lakou e ho' olilo i ho' okahi keneta ma kahi mea pono ' ole i na kanaka. Pono e hana ' ia na mea a pau me ke aloha, ' a' ole pili i ka ' ao' ao politika. ' O ka mea nui, ' o kelā me keia ' ao' ao kalai' aina e hana, a ke mana' o ' i' o nei au ' o ia ka mea maika' i loa no ka lehulehu. ' A' ole pili i ka mana' o politika, ' o ka mea nui e hana i ka mea maika' i loa no ka po' e a' a' ole e kaua.

I keia manawa ua hewa na kaua a pau, lawe wale lakou i ka make, hiki ia lakou ke ho' opau i ka honua holo' oko' a. Pono e pale ' ia keia no ka mea ho' okahi lakou. He kaua keia a me ka maluhia. Ina makemake ' oe e ola maika' i, mahalo a malama i ke ' ano, malama i na holoholona a me na kanaka, a na lakou e malama ia makou, i hiki ia makou ke hana i ka paradaiso ma ka Honua. Ke luku nei kekahi mau alaka' i a me na kanaka i ka honua. I mea e ola maika' i ai, e ho' omana' o he ho' okahi makou. ' O na ' aina ' e a' e, kanaka, holoholona, ' ano a i ' ole ke ao holo' oko' a, ho' okahi makou a pau. Ina makou e ho' omaopopo i keia, e noho makou i loko o ka paradaiso. Mahalo ia ' oe.



NUI HUI

11.-KOLOHE

I kēlā me kēia lā, nui ka po' e e pepehi iā lākou iho. Mana' o ka po' e e pepehi iā lākou iho i ka wā i make ai ua ho' oholo' ia nā mea a pau. ' Ae, hewa' oe, hewa loa lākou.

E like me kā Buddha palapala hemolele i maopopo loa, ' o ka mea e pepehi iā ia iho no ke kumu, inā pono kēia kanaka

e ola i 80 mau makahiki a pepehi iā ia iho ma 30, pau ke ola 50 makahiki. Ua lawe' o ia i kona ola pono' i. Wahi a ka palapala hemolele a Buddha, ' o kēlā kanaka i kēlā me kēia 7 lā e pepehi hou ana kona' uhanē. ehia ka eha! Nani ka ehaeha! Pono kēia ho' opunipuni a pau i kēlā me kēia 7 lā.

Inā pepehi kekahi kanaka iā ia iho ma ka inu' ana i ka wai' awa' awa, i kēlā me kēia 7 lā pono e inu hou i kēlā wai' ona. Inā kau kēlā kanaka iā ia iho me ke kaula, i kēlā me kēia 7 lā e kau' o ia iā ia iho i ke kaula.... keia no ke koena o kona ola ana. E no' ono' o, inā lele ke kanaka mai kahi ki' eki' e loa, pono lākou e lele hou mai luna mai i kēlā me kēia 7 lā. Ma mua o ka make' ana, e no' ono' o i ka' eha i hala! Ma hope o ka pepehi kanaka, hele ka' uhanē i Gehena a ho' opa' i' ia ma waena o 100 a 500 mau makahiki ma laila. A laila hānau' ia' o ia ma ke' ano he holoholona no nā makahiki he nui. ' A' ole' ike kēia po' e a pau a kahaha: aia ke ola hou?' Oia' i' o. No ka mea? e nīnau i kekahi kumu hypnosis, e nīnau i kekahi puke, ' a' ohe mea pili i ka Hypnosis me ka Buddhism, akā e hō' oia' i' o ana he mea i hala, kahi manawa a me ka wā e hiki mai ana i ke ola. ' A' ole pau kēlā ola i kēia ola, ' o ia ke kumu e pa' akikī ai ke ola. ' A' ole ia e ho' onā i kekahi mea. ' O kekahi pilikia ko' iko' i āu, ua like ia me ke aumoe, pō' ele' ele nā mea a pau, akā ma hope o ka pō he aha ka mea? pi' i li' ili' i ka lā, ho' omaika' i iki nā mea. ' O ia ke kumu inā loa' a iā' oe nā pilikia, e pa' a i ka lō' ihi e hiki ai iā' oe no ka mea e ala li' ili' i ka lā a e ho' oponopono' ia nā mea a pau. Ke laki loa ke kanaka, ' a' ole ia e hau' oli no ka mea, ma hope o ke awakea, hiki mai ka napo' o' ana o ka lā a me ka pō, pouli.

He mau manawa maika' i ko kēlā me kēia kanaka i ke ola, akā ' a' ole pono' oe e kaumaha no ka mea e pi' i koke ka lā. Ke puka mai ka lā piha, ' a' ole' oe e hau' oli no ka mea e hiki koke mai ana ka pō' ele' ele. ' O kēia ke ola.

No laila ' o kēlā me kēia pilikia āu e loa' a ai, mai ho' ā' o e pepehi iā' oe iho.

Ke pepehi kanaka kekahi, ' o ka mea e kali nei iā lākou ma hope o ke ola he manawa pau ' ole o ka' eha, ho' opa' i a me ka' eha. ' A' ole pono. Inā ho' oholo ka pepehi kanaka i nā mea a pau, a laila e pepehi nā mea a pau a hau' oli nā mea a pau a e like mākou me nā' ānela a me nā haipule ma hope.

' A' OLE! Inā pepehi' oe iā' oe iho a pepehi paha i kekahi, e loa' a iā' oe kou ho' opa' i.



NUI HUI

12.- KAHIKI.

Aloha. No laila ' a' ole pili ke kaiapuni iā mākou, pono mākou e a' o e ho' one' e i ko mākou kaiapuni: ne' e mākou i ke kaiapuni. ' O kēia ka mea e hiki ai ke ola i ka lokahi. Mai ' ae i kekahi kūlana e ho' opilikia iā ' oe.

Pono kākou e ho' one' e i ko kākou kaiapuni me ke aloha, e ho' omaika' i aku i nā mea a pau a pēlā e loa' a ai ke ola me ke aloha nui. ' O kēia ka ' ōlelo a Buddha. Inā ho' omaika' i ' oe i nā mea a pau hiki iā ' oe ke ola olakino me ke aloha nui.

' O kēia ka ' ōlelo a Buddha. Pono ' oe e ho' omaika' i aku i nā po' e āpau me ke aloha nui a no laila hiki iā ' oe ke ola maika' i loa. No kēlā me kēia kūlana, pono ' oe e noho lokahi, e ho' omaika' i i nā mea āpau a me nā mea āpau.

Inā he po' e e hō' eha iā ' oe, e hō' ino iā ' oe ... ' a' ole pono ' oe e huhū, pono ' oe e ' ae i nā mea a pau e hiki mai ana. E like me Buddha. E ' ae i nā mea a pau e hiki mai ana, mai ho' opa' apa' a a ' ōlelo mahalo. Nīnau ka po' e: no ke aha mākou e ho' omaika' i ai i ka mea makemake e hō' eha iā mākou?

' Ae, ua like ia me ka hele ' ana i kahi ho' okolohua. No laila pono ' oe e ho' omaika' i me kou pu' uwai, me kou mana' o, i kēlā kanaka nāna ' oe i ' eha. ' A' ole pono ' oe e huhū a ho' opa' a i ka inaina. Ke hana ' oe i kēia, hewa ' oe, hewa loa ' oe.

Pono mākou e a' o e like me Buddha: Inā he kūlana, ' ae mākou me ko mākou na' au a pau, e ola mākou me ke olakino maika' i, ola lō' ihi, me nā hoaaloha he nui, me ka wā e hiki mai ana.

' Ōlelo ka Buddha: "He lā maika' i kēlā me kēia lā, he hola maika' i kēlā me kēia hola, he kanaka maika' i kēlā me kēia kanaka, he mea maika' i nā mea a pau, he mea maika' i nā mea a pau...." Inā pēlā ' oe, e ola maika' i ' oe. E a' o e pili ana i nā pono o ka Buddhism. ' O ka mea makemake e ho' onāukiuki iā ' oe, mai ho' olohe ' oe iā lākou a kū' ē paha, ' o ia ke ' ano o ko lākou pa' i ' ana. Inā makemake kekahi e hō' eha iā ' oe a ala ' oe a ho' omaka i ka hakakā, ' a' ole e pau. Inā ha' i kekahi iā ' oe i kahi mea āu e makemake ' ole ai, e ha' i iā lākou. ' Oiai ' a' ole ' oe e ho' olohe, ' a' ole hiki iā ia ke hana i kekahi mea. ' O kāna makemake e ho' onāukiuki iā ' oe. Inā ' a' ole ' oe e ' ae iā ia e ho' onāukiuki iā ' oe, ' a' ole loa ' oe e hakakā. Pono kēia kanaka e minamina iā ' oe no ka mea ' a' ole lākou i ' ike a no laila ke ho' ā' o nei lākou e hō' eha iā ' oe. Akā, ua hana ' ia ka pō' ino iā ia iho. ' A' ohe mea maika' i nona.

Pono mākou e a' o ' a' ohe mea e pili i ko mākou no' ono' o a i ko mākou ' ano. No laila hiki iā mākou ke ola maika' i.

E hana like me kēia i kou ola i kēlā me kēia lā, i kou ola i kēlā me kēia lā.

' O kēia ke ' ano o ka no' ono' o e ola hau' oli, me ke olakino maika' i, ka wā e hiki mai ana a me ke ola lō' ihi.

Mahalo nui iā ' oe.



NUI HUI



MAHELE EKOLU. KA MANAO YOGA A ME KA HANA

KA MANAO O YOGA

' O ka yoga, no ka yoga e hana, e ho'ā' o e kōkua i ka po' e, pōkole ke ola, inā kōkua ' oe i nā po' e hiki iā ' oe ke loa' a i ka wā e hiki mai ana a me ke ola lō' ihi, olakino maika' i a me nā makemake āpau āu e ho' okō ai. Akā ma mua o kēia, pono ' oe e hana no nā po' e ' ē a' e. Inā e noi wale ' oe i ke Akua a hana ' ole no nā mea ' ē a' e, ' a' ole hiki ke hiki mai kēia makemake. ' O ka mea mua, kōkua i ka po' e ' ilihune me kāu mau hana, kōkua i ka po' e nele, kū' ai i nā lā' au lapa' au no ka po' e ' a' ohe kālā e kū' ai ai, i hiki ai iā lākou ke ho' olō' ihi i ke ola, ho' omaika' i i ke olakino, no ka mea, ke hana mākou i kēia, hau' oli mākou a hau' oli loa mākou. loa' a ka ikaika maika' i i loko o mākou ma hope o ka hana ' ana i ka cacti maika' i no nā po' e ' ē a' e. Hiki i kēia mana' o hau' oli ke kōkua iā ' oe e ho' omaika' i i kou olakino a ho' onui i kou ola. ' O ia ke kumu e ho' omaopopo ai ' oe e ho' okō i kāu mau moe' uhane.

' O ' oe wale nō ka mea hiki ke kōkua iā ' oe.

Mahalo nui iā ' oe.



NUI HUI



YOGA I KE OLA ME KE OLA LOA.

E a' o aku wau iā' oe pehea ma o ka yoga a me ka no' ono' o' ana e hiki ai iā' oe ke olakino a me ke ola lō' ihi.

Inā ho' olohe kekahi i ka' u e' ōlelo ai i kēia manawa, no ka mea, laki loa lākou, he ha' awina mō' aukala. ' A' ole ia he no' ono' o. Ua ho' oma' ama' a au i kēia ' enehana no ka manawa lō' ihi, 40 mau makahiki i hala. I kēia mau makahiki he 40 ' a' ole loa au i ma' i. ' A' ole maopopo ia' u he aha ka' eha, ' a' ole wau' ike i ka ma' i. ' O kēia' enehana i haku' ia e a' u, i hui pū' ia me ka mana' o TAO. E like me kekahi kanaka, hiki ia' u ke ma' i a loa' a i ke kuni, ka ma' i ma' i ... akā ma o ka yoga a me ka no' ono' o' ana, ho' ōla wau ia' u iho.

' O nā lā' au lapa' au āu e kū' ai ai ma ka lā' au lapa' au, he kemika ma' ema' e, ho' ohana ' ia ia e ho' ōla i nā ma' i, akā ho' okahi mea e ola ai a' o kekahi mea e hō' ino iā' oe. Ho' okahi mea ho' ōla iā' oe a ho' onāukiuki kekahi iā' oe.

A laila' ino ke kino holō' oko' a. Pono' oe e ho' omaopopo. Pono' oe e ho' oikaika i nā pale o kou kino. No ka mea, ua hana ke Akua i ko kakou kino i mea kupanaha, aole nae kakou i ike pehea e hoohana ai.

Laki loa' oe i ka lohe' ana i ka' u mau' ōlelo.

Ho' omaka wau e a' o iā' oe: e ho' omaka, e noho ma kēia ala e like me ka' u e hana nei, me kou mau wāwae i ke' a, ' o ia ka yoga ma ka pae ki' eki' e. ' O kēlā me kēia ' ano o ka noho' ana a i' ole ka moe' ana, e hele ana, ma kahi moe, ma kahi noho ... maika' i, no ka mea, ' o ka no' ono' o yoga mai ka no' ono' o, ' a' ole mai ke' ano o kou noho' ana. ' O ka mea nui, ' olu' olu a' olu' olu' oe, e noho me kou kuamo' o pololei a hui pū kou mau lima a ho' omaha ma kou mau wāwae. Aia kekahi po' e e ho' oka' awale iā lākou a ho' omaha kēlā me kēia ma nā kuli, akā inā hiki i kou mau lima ke kama' ilio maika' i. Akā inā makemake' oe i kahi ala' ē a' e, ' a' ohe pilikia. Pono ' oe e' olu' olu. ' O nā mea āu e makemake ai. Pono ke kūlana a me ka' olu' olu, ' a' ole e ho' one' e' ia e mālama i ke kūlana kūpono. No ka la' ana, ke ho' ohui ' oe i ka manamana lima a me ka manamana lima, e like me ka nui o nā po' e e makemake ai, pono e maka' ala ka no' ono' o' a' ole e ho' oka' awale i nā manamana lima, a i' ole me nā poho lima, ... a ho' opau' ia ka no' ono' o ma ka mālama' ana i ke kūlana kūpono. ' O ke kūlana kūlohelohe loa e like me ka' u e ha' i aku nei iā' oe, no laila' a' ole pono' oe e ho' oikaika e ho' ohui i kou manamana lima a i' ole nā poho lima... Ua pani nā maka, e alelo ma luna o ka' ā' ī me ke koi' ole a pani' ole i kou waha. Hāpai lākou i ko lākou ihu, ' a' ole ko lākou waha. Pono a lohi ka hanu, ma kahi o 30 kekona ke komo a 30 kekona. E hele i waho. Ke ho' omaha' oe' a' ole' oe e' ike i kou hanu' ana, e ho' omaha' oe. Ke ikaika ka hanu, ' a' ole maika' i ia no ke olakino. ' Oi aku ka nui o kou hopohopo, ' oi aku ka nui o kou hanu ikaika...

No ke a' o' ana i ka' enehana yoga, ' ekolu mau mea nui āu e pono ai:

1.- KA HANAU.

Pono mua' oe e a' o i ka hanu. Ke komo ka ea, pono' oe e pehu e like me ka baluna. Ke ho' oulu' oe i ka baluna e nui a' e ka baluna a ke lawe' oe i ka ea i waho, ua ho' oemi ka baluna. ' o ia ka mea i loa' a iā' oe

e hana. Pono ka ea ma lalo o kou piko. E like me ka po' e hīmeni hiki ke hīmeni no ho' okahi minute me ka hanu' ole. Komo lākou i ka lewa a hiki i lalo o ka piko. Hāpai mākou a hiki i ke akemāmā, no laila e luhi koke mākou, pono' oe e hanu i lalo i lalo o ka piko. E like me ka po' e ha' uki, hiki iā lākou ke holo i nā kilomita he nui me ka luhi' ole, no ka mea, ho' ohana lākou i kēia' ano hanu; komo lakou i ka ea a lalo, lawe malie a komo palupalu.' O ia kāu e a' o ai a ho' oma' ama' a a lilo i mea ma' amau a hanu' oe e like me kēia 24 hola o ka lā.

E ho' omana' o maika' i, ' a' ole' o ka hana yoga wale nō' oe e hanu e like me kēia, pono' oe e ma' a i ka hanu' ana e like me kēia 24 hola o ka lā' oia' oe e hiamoe ana.' O ke olakino o ke kino e hilina' i nui' ia i ke ka' a' ana o ke koko, pono ke koko i ka oxygen, a me ka' ole o ka oxygen' a' ole ia e holo maika' i. Ke hiki ke koko i ka pu' uwai, pono ia i ka oxygen e ho' oma' ema' e iā ia, e ho' iho' i i ke koena o ke kino ma' ema' e. Ho' oma' ema' e ka pu' uwai i ke koko a ho' oma' ema' e ia no ke koena o ke kino me ka oxygen. Inā li' ili' i ka oxygen, hele maika' i' ole ke koko, inā ' a' ole e holo ma' ema' e ke koko i kēlā me kēia' elua a' ekolu e loa' a ana' oe i ka ma' i a loa' a iā' oe nā ma' i nui a li' ili' i paha. Hiki ke koko i nā a' a pau, nui a li' ili' i paha. Inā ' a' ole hele ke koko i loko o nā' a' a li' ili' i, noho ia ma ia wahi. A i ka wā lō' ihi, lilo ia i pu' upu' u hiki ke lilo i ka ma' i kanesa a i' ole kekahi pilikia' ē a' e. No ka mea, ua paa ke koko i kekahi manawa. A ma laila ka pilikia.

No ka hana yoga, pono' oe e nānā i:

Inā he kāne' oe a he wahine' a' ole makemake e hānau keiki, ' o ka mana' o o ka mana' o he' ekolu manamana ma lalo o ka piko. Ma waenakonu o ke kino.

Inā he wahine' oe a makemake' oe e hānau keiki, pono' oe e kau i kou mana' o i' ekolu manamana ma luna o ka piko. Ma waenakonu o ke kino.

E no' ono' o e pili ana i kēlā pūnaewe.

E ho' omana' o pono: pono e lō' ihi ka hanu a ma lalo o ka piko 24 hola o ka lā. Inā lō' ihi ka hanu, lō' ihi ke ola, inā pōkole ka hanu, pōkole ke ola.

No ka mea? No ka mea, inā' oe e hanu pōkole, ' a' ole lawa ka oxygen i ke koko a haki koke kou kino. Inā hiki mai ka nui o ka oxygen, ' eleu kou kino, olakino a maika' i.' O ka oxygen ke ola, inā' a' ohe oxygen e like me ke kanaka make: he aha ka mea i make? ' A' ole ia e hanu, ' a' ole komo ka ea, ' a' ole komo ka oxygen, no laila ua make' o ia. Inā emi ka oxygen i loko o kou kino, ' oi aku ka pōkole o ke ola.

2.- KA AI.

He' oko' a nā ma' i o kēlā me kēia' ano holoholona. No ka la' ana, loa' a i ke kanaka ka ma' i kanesa a mai ke kahe koko.

Nui nā ma' i i loa' a i ke kanaka mai ka' i' o holoholona. Ke' ai mākou i kā lākou ' i' o, ua haumia mākou i ko lākou mau ma' i. Mai ka monkey mai ka AIDS.' O ka monkey ka mea lawe mau i ka ma' i AIDS a' a' ohe pilikia a hiki ke noho maluhia. E like me mākou i hiki ke loa' a i ka ma' i ma' i a' a' ohe mea i hiki. Lawe mākou i nā ma' i ma' i a' a' ohe mea i hiki.' O ka pilikia, ' a' ohe o mākou pale i nā ma' i o nā' ano holoholona' ē a' e, ' o ia ke kumu he hopena' ē a' e ka AIDS iā mākou.

He mai ko na holoholona a pau. E like me ma' Asia, ' o nā manu' āhiu ka lawe' ana i nā ma' i ma' i, a ua ma' i ka po' e i' ai i kēia mau manu, ua loa' a i ka ma' i mai

keia mau manu. ' O ka mea ko' iko' i, ' o ia ka laha' ana ma ka lewa, ma ka hana wale
' ana ua loa' a' oe a make' oe. Pono nā kānaka a pau e hana a' a' ole hiki ke lawe i ka
' ōmole oxygen 24 mau hola o ka lā e hana i ka ea' ole.

No laila, ' a' ole pono mākou e hana me nā holoholona. ' A' ole maopopo iā mākou ke
' ano o nā ma' i hiki i nā holoholona ke lawe. Aia nā ma' i ma' i inā' oe e kuke iā lākou,
' a' ole lākou e make.

E like me nā makahiki i hala aku nei me nā bipi hehena, loa' a iā lākou nā ma' i a' ai nā
kānaka i kā lākou' i' o a make. He mea weliweli loa kēia. E ho'ā' o e' ai' ole i ka' i' o
no kou olakino a no kou ola.

' A' ohe mea ho' oponopono. ' A' ohe mea ma kēia ao i manuahi. Inā makemake' oe i
ke olakino a me ke ola lō' ihi, pono' oe e ha' alele, ' a' ohe mea lapa' au, aia nā mea
āpau i kāna kumukū' ai. I kēia manawa a i kēlā me kēia lā, ' oi aku ka nui o nā mea' ai
mea' ai, ' a' ole wale no nā mana' o ho' omana akā no ke olakino. Ke ho'ā' o nei kekahi
mau ho' omana e ho' omaopopo i ka po' e e makemake ana kēlā me kēia mea ola e ola,
no ka la' ana he' anoanu li' ili' i, e ho' ā' o e pepehi iā ia a' ike' oe i kona holo' ana,
' a' ole makemake e make. A e like me kā mākou e' ōlelo nei, e ola a e ola. E ho'ā' o e
ho' opilikia i nā po' e' ē a' e, inā' a' ole lākou e hō' eha iā' oe, mai hō' eha iā lākou.
Inā' a' ole makemake nā holoholona e pepehi iā' oe, mai pepehi i nā holoholona.
Mai hana i ka mea āu e makemake' ole ai e hana mai lākou iā' oe. ' O ia ka' ōlelo a ka
ho' omana.

Ua like ia me ka mana' o kanaka: he holoholona mākou, ' oi aku ka na' auao ma mua o nā
mea' ē a' e akā he mau holoholona mākou. Ua iho mai mākou mai ka monkey, a ma muli
o ka evolution ua lilo mākou i ko mākou' ano i kēia manawa. ' O ia ke kumu he 80% a i
' ole 90% nā genes o ka monkey e like me ke kanaka. Mai ka monkey mai ko mākou kumu.
He holoholona wale nō mākou i' oi aku ka na' auao a' a' ole pono mākou e ho' ohana i
ko mākou na' auao e hō' eha i kekahi, e pepehi i ka mea nāwaliwali loa. A' ole kūpono!

E like me nā kāne i' oi aku ka ikaika ma mua o nā wahine a ke loa' a ka pilikia, pepehi lākou
i kā lākou wahine, hoaloha a hoaloha paha. Ma Sepania i ka makahiki 2011 ua pepehi
lākou ma mua o 50 wahine. Ho' ohana ka mea ikaika i ka mea nāwaliwali loa. A' ole kūpono.

Ua like nā kānaka a pau i mua o ke akua.

Aole pono ke pepehi kanaka i na holoholona no ka lealea. No laila e ola a e ola. ' A' ole hiki
i kekahi ke hō' eha i kekahi, ' a' ole hiki i kekahi ke ho' ohana i kekahi, ' a' ole hiki i
kekahi ke pepehi i kekahi, ' oia' oi aku ka nāwaliwali. Pono mākou e aloha i nā holoholona
a' oi aku ho' i me nā wahine, ' oia' oi aku ka nāwaliwali o nā kāne, ua like ke' ano me
nā kāne, ua like lākou me nā kāne, ' a' ole lākou i ha' aha' a, aia lākou i ka' āpana like.
Mai kuhi hewa.

E ho'ā' o e' ai' ole i ka mea' ai canned me nā preservatives, e' ai i ka mea' ai kūlohelohe
' oi aku ka maika' i.

3. KA MANAO.

Hooiaio na kauka. Aia kekahi po' e e pepehi iā lākou iho, lele lākou mai kahi skyscraper a
ma mua o ka hiki' ana i ka honua make kēia po' e. No ka mea? no ka mea, mana' o' o ia
"e pa' i ana wau i ka honua a e like wau me ka mush" me kēia ha' alulu ma mua o ka pa' i
' ana i ka honua ua make kēia kanaka. Ma ka manao wale. Hiki i ka mana' o ke hana
maika' i a maika' i' ole paha. ' O ia ke kumu e ho' ā' o ai' a' ole e loa' a a mālama
paha i nā mana' o maika' i' ole, ' a' ole e ho' opa' a i ka inaina no ka hana a kekahi iā
mākou, ' a' ole e mālama i ka' ōpala a nā kānaka e ho' olei aku iā' oe. Inā mālama' oe
i nā mana' o maika' i' ole i loko ou e hō' eha wale iā' oe iho,

No ka mea, inā ' oe e ho' opa' a i ka inaina, ka ' eha, ke a' alolo, ke kaumaha ... i loko ou e pili ana i ke kahe koko. Ua ike na kauka a pau. No ka mea, pili ka lolo i ke koena o ke kino ma o nā a' alolo e hele ana i ka iwi kuamo' o, i hana ' ia me "nā apo iwi" e kama' ilio me ke koena o ke kino. Ke loa' a iā ' oe nā a' alolo a i' ole nā mana' o maika' i' ole, pili ia i ke kino holo' oko' a. No ka mea, pa' a ke kama' ilio a me ka mea' ai a' a' ole hiki i ke koena o ke kino a laila ma' i' oe. ' A' ole pono' oe e loa' a i nā mana' o maika' i' ole' oi ai inā pololei' oe, ' oi ai inā' o' oe ka mea i hō' eha' ia. Pono' oe e no' ono' o maika' i.

Pono' oe e aloha i kēlā po' e i' eha, no ka mea, ' o ka' ohana, ke kula, ka' aha kanaka i a' o maika' i' ole iā lākou. ' O ka po' e a pau e hana' ino, ma hope a ma hope paha, e uku nui lākou i mua o ka lehulehu, i mua o ke kānāwai, me ko lākou ola. E hele hewa ana nā mea a pau, e make ana kona ola. Makemake nā kānaka a pau i ka maika' i nona. A ua hewa kēia po' e, no ka mea, mana' o lākou he mea maika' i ka hana' ino, ka ho' opōmaika' i' ana a me ka ho' opunipuni. ' A' ole, ' a' ole pēlā. ' A' ole' o ia i ho' omaopopo' o ka hō' eha' ana i nā po' e' ē a' e e hō' eha wale ' o ia iā ia iho. Hiki iā ' oe ke ho' opunipuni i nā po' e' ē a' e akā' a' ole' oe iā ' oe iho. Ua' ike ' oe e ho' opunipuni ana' oe i nā po' e' ē a' e, a i kēia manawa' a' ole' ike nā po' e' ē a' e, akā ma hope a ma hope paha e' ike lākou a i ka wā e hiki mai ai, e ho' omaka ana' oe e uku nui no ka pō' ino āu i hana ai. Inā hā' awi' oe i 1 mea maika' i i ka po' e, hā' awi ka po' e iā ' oe i 10 a i' ole 100. Inā hana' oe i 1 pō' ino i nā kānaka, uku nā kānaka iā ' oe he 10 a i' ole 100 mau manawa o ka pō' ino āu i hana ai iā lākou. ' O ia ke kumu i puka' ole ai nā helu.

E no' ono' o pono ma mua o ka hō' eha' ana i nā kānaka. I mea e loa' a ai ka maika' i o ka wā e hiki mai ana, pono' oe e no' ono' o a kōkua i ka po' e me ka pu' uwai maika' i a hā' awi ka po' e iā ' oe me ka pu' uwai. Inā ' oe e ho' opunipuni a hō' eha paha' a' ole e ho' okoko mai nā kānaka iā ' oe.

E ho'ā' o e kōkua a hana no nā po' e' ē a' e. A' o kēia mana' o maika' i e ho' oulu i ka ikehu maika' i a e lō' ihi kou ola.

No ka loa' a' ana o nā mana' o maika' i, pono' oe e hana i kahi mea maika' i no nā po' e' ē a' e. Ma kahi o ho' okahi mea. I ka po' e āu i' ike' ole ai.

No ka mea? E like me ka' ōlelo a ka ho' omana, inā e hana maika' i' oe no kekahi, e kōkua ke Akua iā ' oe. Inā kōkua' oe i nā po' e e hau' oli' oe i loko, e' ike' oe i ka ikehu' olu' olu. E hau' oli loa ' oe a hau' oli. ' O kēia ikehu maika' i, e' olu' olu i kāu mau hana, e ho' omaika' i nui i kou olakino, e loa' a i ke ola lō' ihi a me ka mālamalama o kou wā e hiki mai ana. No ka mea, loa' a iā ' oe ka ikehu maika' i a hō' ike' ia ma kou alo. No laila makemake nā mea a pau e ho' okoko iā ' oe. Inā ' oe e kau i ka helehelena daimonio, ' o wai ka mea makemake e ho' okoko iā ' oe? ' A' ohe kanaka.

No laila, inā maika' i' oe, ua like ia me ka lekiō i loa' a nā ala like' ole, inā makemake' oe e ho' olohe i ka maika' i, e maika' i nā mea a pau, inā e ho' opili' oe i kahi ala' ino, ' ino nā mea āpau a puni ' oe. He nalu' oko' a ko kēlā me kēia channel, pili ia i ke kahawai āu e makemake ai e ho' olohe.

No laila' ike' oe i ka' u' ōlelo?

I kēia manawa ke a' o aku nei au iā ' oe pehea e ho' ōla ai iā ' oe iho.

' O ka mea mua, pono' oe e kāpae i nā mana' o a pau mai kou mana' o. 2 trillion mana' o e hele i loko o ko mākou lolo i kēlā me kēia kekona.

' A' ole maopopo iā mākou. A pehea e ho' opau ai a kipaku paha i kēia mau mana' o? Ma o kahi mantra. Inā he Katolika' oe, hiki iā ' oe ke heluhelu i ko mākou Makua a i' ole Iesu Kristo a i' ole Maria. Mai ho'ōki i ka hana hou' ana i kēlā inoa i loko ou. Pono kou mana' o e kau' ia ma ka inoa o ke Akua.

Ina aole oukou i manaio i ke Akua; ke hanu ' oe a no' ono' o i ka 1, ke hanu hou ' oe e no' ono' o i ka 2 a pēlā aku a hiki i ka 10.

Inā kuhi hewa ' oe, ' a' ohe mea e hana, pono ' oe e no' ono' o a hiki i ka 10 me ka hana ' ole. Inā ua no' ono' o maika' i' oe, pau ' oe i ka no' ono' o' ana i ka inoa o ke Akua a i' ole nā helu āu e helu nei.

A laila pono ' oe e no' ono' o i kahi āu i loa' a ai ka ma' i; iwi, ' ōpū, ma nā wahi a pau o ke kino kahi e' eha ai.

E no' ono' o e pili ana i kēlā pūnaewe. Ma hope o ka ho' omaha ' ana, pono ' oe e no' ono' o i kahi āu i loa' a ai ka pilikia a kauoha i kou kino e kōkua i ka ho' ōla ' ana i kēlā wahi. Me ka no' ono' o ikaika, me ka makemake a pau, e kāhea i kou kino e ho'ōla i kēlā wahi: "ho'ōla, ho'ōla"

Me he mea lā aia ' oe i kahi kaiāulu, kāhea mākou i nā hoalauna āpau e kōkua iā mākou. Inā pilikia kekahi hoalauna i kekahi lā a' e, e kōkua ke kaiāulu holo' oko' a.

Loa' a i ke kino kāu mau kauoha, pono ' oe e kauoha me kou mana' o pa' a e ho' ōla ' ia kēia pūnaewe: "cure, cure, cure, and cure." I loko o kekahi mau lā e' oi aku ka maika' i, no ka mea, ' o ia kou makemake. Hiki i ka no' ono' o ke kōkua a hō' eha paha i kou kino. Ua like ia me ka pahi ' ao' ao' elua.

Inā mana' o' oe e loa' a ana nā pilikia ma kahi o kou kino, ke hō' oia' i' o nei au i ka manawa pōkole e loa' a iā ' oe nā pilikia ma ia wahi.

I kekahi lā ua ha' i mai ke kauka iā' u i kēlā me kēia lā i loa' a iā ia kahi wahine penisiona ma kāna ke' ena, i kēlā me kēia lā e ho' opī' i' o ia no kahi wahi ' ē a' e. ' A' ole ' o ia e ho' ōki i ka ho' opī' i' ana. I kekahi lā, hā' awi ke kauka iā ia i ka ' ōmole pilala me ka ' ōlelo ' ana: "E nānā ' oe e Madam, he kupanaha kēia mau lā' au lapa' au, inu ' oe i 1 i kēlā me kēia lā a' ike ' oe i ka maika' i o kou maika' i. E pau nā pilikia olakino. Ke hilina' i nei ' oe ia' u? Pane ka Lede: Ae.

Ma hope o ' ekolu mahina, ho' i ka lede i ke kūkākūkā. Nīnau ke kauka: pehea ia? A pane ka lede: ke kauka maika' i loa, me kēlā mau lā' au kupanaha ua ho' ōla ' ia nā mea a pau. ' A' ohe a' u mea. ' A' ohe mea a ka lede, aia nā mea a pau i kona mana' o. Mana' o' o ia ua ' elemakule a' o ia ke kumu e loa' a ai iā ia nā pilikia.

He mea ' ole nā lā' au lapa' au, akā hilina' i ka lede i ke kauka a me nā lā' au a ua ola ' o ia. Aia ka pilikia holo' oko' a i kona mana' o.

Hiki i ke kauka ke kōkua iā ' oe i ka 30% i ka mālama ' ana i kou ma' i, ' o ke koena 70% e pili ana iā ' oe. E noonoo naauao. Aia nā mea a pau iā ' oe i kou mana' o.

He lumi yoga ko' u ma Barcelona. Ke hana nei au i nā papa yoga ma mua o 10 mau makahiki, manuahi.

' A' ole au e uku no kēia hana yoga. Pono kēlā me kēia o kou ola e ho' oholo i nā ho' oholo ko' iko' i. A no nā ho' oholo āpau e pono ai ' oe e ho' omaha, no ka ho' okō ' ana pono ' oe e hana mua i ka yoga a i ka wā e ho' omaha ai ' oe, hā' awi ' oe iā ' oe iho i ka hopena kūpono i kāu mau pilikia. No ka mea, inā hopohopo nui ke kanaka, ' a' ole hiki iā ia ke ho' oholo maika' i. No ka hana ' ana i kahi ho' oholo maika' i, pono ' oe e ho' omaha a' a' ohe a' alolo. No laila hiki ke kōkua nui iā ' oe i kou ola. Aia ke ola ma muli o kāu ho' oholo pololei a' a' ole paha. Inā ' oe e ho' oholo pololei e nani kou ola. Pela anei?

' O ia ke kumu e ho' ā' o mau ai e kōkua i ka po' e i kāko' o nā mea a pau iā ' oe a loa' a iā ' oe kahi ala kūpono. Mai ho'ā' o e uha' i a ho' ohana i nā kānaka, no ka mea e lawe mai kēia i nā hopena maika' i' ole i kou ola.

' A' ole pono. ' O kou mau mana' o maika' i a me kāu mau hana e kōkua iā ' oe e loa' a ke ola olakino a lō' ihi, kahi lā maika' i a me kahi ' ohana maika' i. Pono ' oe e hana i nā mea āpau me ka pu' uwai gula a me ka lokomaika' i, ' oia' i' o e ho' i mai nā mea a pau iā ' oe me ka pu' uwai gula a me ka lokomaika' i. No laila e nani kou ola. Inā ho' okomo ' oe i kahi helehelena maika' i i mua o ke aniani, ho' omaika' i ke aniani iā ' oe. E hoomanao

pono, inā pilikia ' oe ma kahi pūnaewe, e nānā i kēlā pūnaewe. Ke hana ' oe i ka yoga, ho' oka' awale i nā mea āpau; kelepona, kelepona, lekiō, TV... ' A' ole pono ke ki' i.

I kēlā me kēia lā, i kēlā me kēia manawa, i kēlā me kēia wahi: maika' i nā mea a pau. Inā ' oe e hana i kēia, e ho' okō ' oe i ka' u mea i loa' a ai, i loko o 40 mau makahiki ' a' ole wau i loa' a i kekahi ' ano ma' i. Inā ' a' ole ' oe olakino, ' a' ohe āu mea. Inā he ' ohana maika' i kāu, he hana kūpono, he miliona ' oe....

Akā ' a' ohe ou olakino, ' oi aku kou make ma mua o ke ola ma kahi moe, ' a' ole hiki iā ' oe ke hau' oli i kēia mau mea a pau, ' a' ole hiki iā ' oe ke hau' oli i kekahi mea.

' O ia ke kumu i ke ola, ' o ka mea mua ke olakino. Inā ' a' ohe ou olakino, ' a' ohe aloha, ' a' ohe kālā a mea ' ole paha, no ka mea, ' oi aku kou make ma mua o ke ola. E ho' olohe a ho' oma' ama' a. Inā he mau nīnau kāu, hiki iā ' oe ke ho' oka' a' ike mai iā ' u ma o Skype a na' u e pane aku iā ' oe.

E ho' omana' o: ho' okahi mākou a pau. Inā maika' i ' oe, maika' i wau a maika' i nā mea a pau. Inā hewa wau, hewa ' oe a hewa nā mea a pau. Kōkua kekahi i kekahi. Inā kōkua ' oe i kekahi e kōkua iā ' oe. A maika' i nā mea a pau.

' Ae, ma hope o ka hana yoga, hanu ' ekolu manawa, e like me ka nui o ka ea e hiki ai iā ' oe. A pau ' oe, e hamo i kou mau lima ma kou kino a pau e ho' i i ka hana ma' amau.

He 100% pono kēia ' enehana. No ka mea, ua ho'ā' o wau i kēia ' enehana no 40 mau makahiki a ua hana. Ma luna o kēlā, manuahi, he aha hou kāu e noi ai?

Pōmaika' i iā ' oe. A hau' oli nā kānaka a pau. Mahalo nui iā ' oe.



NUI HUI



HANA YOGA

' E kolu mau kūlana no ka ho' oma' ama' a yoga.

' O kēia ke kūlana mua. Inā ' a' ole hiki iā ' oe ke hana, hiki iā ' oe ke ho' olō' ihi i kou mau wāwae e like me kēia.

Pili wale ia i ka mea ' olu' olu loa iā ' oe. E kau i kou mau lima me nā manamana lima. E mālama pono i kou kua akā ' olu' olu. E kau i kou ' auwae i lalo. E pani i kou waha, nā maka a kau i kou alelo ma ke kua o kou ' ā' ī. Ma mua o kou ho' omaka ' ana, e ho' oku' u i ' e kolu manawa no ka loa' a ' ana o ka ea e like me ka hiki. E wehewehe au pehea e hanu pono ai. Pono e hanu mālie ' ia ka ea.

I ka wā e hanu ai, ' ike paha ' oe ' a' ole ' olu' olu ka inhalation a me ka exhalation no ka mea ' a' ole ' oe ma' a i ka hanu ' ana i kēia ala.

' ano.

' O kēia ka pilikia mua āu e hālāwai ai, ' a' ole like ka inhalation a me ka exhalation.

' O ka pilikia ' elua āu e hālāwai ai, ' o ia ka wala' au ' ana ke hanu ' oe i loko a i waho. ' O ke kolu o ka pilikia āu e hālāwai ai, ' o ia ka maika' i, akā ' o ka inhalation o ka exhalation he ' ano pa' a. I kou hanu ' ana, hanu hohonu i loko o kou ' ōpū lalo a i ke komo ' ana o ka ea, pehu.

Exhale.

Inhale.

Mai hanu wale a hiki i kou māmā, he hewa ia.

' O ka lō' ihi o kou inhale, ' oi aku ka lō' ihi o kou ola.

' O ka pōkole o kou hanu ' ana, ' oi aku ka pōkole o kou ola.

' A' ole pololei ka hanu ' ana a hiki i kou māmā.

' O ka lō' ihi o kou inhale, ' oi aku ka lō' ihi o kou ola.

' O ka pōkole o kou hanu ' ana, ' oi aku ka pōkole o kou ola.

Pono kou koko i ka nui o ka oxygen e ho' oma' ema' e ' ia.

' O ka ma' amau, hanu wale nā kānaka a hiki i ko lākou māmā, a i kēia hihia, hā' awi

' ia kahi oxygen li' ili' i.

Ma muli o kēia nele o ka oxygen, loa' a iā lākou ka maika' i o ke kahe koko a ke kumu kēia i nā ma' i a me ka nele o nā pale.

E ho'ā' o e ho' oka' awale i kou koko i loko o kou ' ōpū, 24 mau hola inā hiki.

E ho'ā' o mau e hanu hohonu i loko o ka ' ōpū o lalo, e ho' omaha mālie. Pono e lawe ho' omaka ' ae e hana yoga i kēia me kēia, ' o ia kēia pololei e hanu ai. Ke lalo, piha kou mana' o i nā mana' o, ' o ia paha ka pilikia mua āu e loa' a ai. ' O ka pilikia ' elua, inā li' ili' i kou mana' o, e ho' omaka ana ' oe e hiamoe.

' O ke kolu o ka pilikia āu e hālāwai ai ma hope o ka lanakila ' ana i ka pilikia mua a me ka lua, ' o ia ka luhi. ' O ka pilikia ' ehā, noho mālie ' oe a ' a' ole holomua i ka yoga. I kēia me kēia kekona, loa' a iā mākou he ' umikūmālua miliona mau mana' o e ku' i i ko mākou mau mana' o, i kēia hihia, pono ' oe e no' ono' o i nā mea āpau i ho' okahi. ' O ke ala e hana ai, ' o ka helu ' ana mai ka 1 a hiki i ka 10.

Inhale a helu 1, hanu hou a helu mai ka 2 a hiki i ka 10.

I kekahi manawa inā pōina ' oe i ka helu ma hope, pono ' oe e ho' omaka hou mai ka 1 a hiki i ka 10. Ke ho' oma' ama' a hou a ho' okahi

hiki iā lākou ke helu mai ka 1 a hiki i ka 10 me ka hewa ' ole, hiki iā lākou ke holomua i ka pae ' elua. Ma ka pae ' elua hiki iā ' oe ke no' ono' o e pili ana i ka inhale a me ka exhale. E ' ike li' ili' i ' oe he palupalu ke ola, pili wale ia i ka ho' oweliweli o ka ea e ola ai.

' O kēia ka pae ' elua. Inā mana' o ' oe he pa' akikī ka helu ' ana mai ka 1 a hiki i ka 10, e ho' ā' o e ho' ololi i nā helu no nā mantras. No ka la' ana, ' o Iesū, ' o Maria a i ' ole ke Akua, a i ' ole kahi mantra Buddhist "Amitufo". E lawe i ka mantra āu e makemake ai.

E ho'ā' o e kālele i kou mau mana' o a pau i ho' okahi.

Ke hiki iā ' oe ke ho' oma' ama' a i kēia, e kau i kou mau mana' o a pau ma kahi, e kāpae i kēia mana' o ho' okahi a i ' ole mantra, a laila e hele ana ' oe i ke ki' eki' e o ka yoga.

Mahalo i ka yoga hiki ke ho'ōla i nā ma' i āpau.

' O mākou ka mea e hō' ino i ko mākou olakino, no laila, hiki iā mākou ke ho'ōla iā mākou iho. Hiki i nā kauka ke ho'ōla i ka 30% o mākou, ' o ke koena 70% e pili ana iā mākou, hiki iā lākou ke ho'ōla iā mākou iho, hilina' i lākou i ko mākou kūlana o ka no' ono' o, ko mākou mau mana' o.

No ia kumu, hilina' i nā ma' i olakino a pau iā mākou. ' O ia ke kumu o ka yoga.

Ua hō' oia ka po' e ' epekema hiki iā ' oe ke loa' a ka mana' o o ka maika' i me ka yoga. Hiki iā ' oe ke ho' omaika' i a ho' ōla i ke kaumaha a me ka hopohopo, nā pilikia kino a me ka no' ono' o, akā pono e ho' oma' ama' a ' ia ka yoga ma ka li' ili' i ho' okahi i ka lā, ' elua a ' ekolu mau manawa ' oi aku ka maika' i. E lawe i kou manawa i ke kakahiaka, i ke awakea a me ka pō. I ke kakahiaka ma hope o ke ala ' ana, i ke awakea a i ka pō ma mua o ka hiamoe ' ana. E lawe i kou manawa, 10, 20 a i ' ole 30 mau minuke, ma muli o kou manawa ka' awale. ' A' ole hiki i ke Akua a me nā kauka ke hā' awi iā ' oe i ke olakino maika' i, pono ' oe e ho' omaopopo ' o ' oe wale nō ka mea hiki ke hā' awi i kou kino i ke olakino maika' i. He mea nui kēia, i ka wā e ho' oma' ama' a ai i ka yoga, pono e hana ' ia ma kahi ventilated, akā me ka ' ole o ka huki ' ana, pono e noho mālie a pono e ho' oka' awale ' ia nā mea uila a pau, no laila ' a' ole e ho' opilikia ' ia. Pono ' oe e kuhikuhi i kēia wahi, ' o ka ' ōpū ha' aha' a, 2 iniha ma lalo o kou ' ōpū, aia i waenakonu a aia kahi chakra. ' O ka helu kuhi no nā wahine ' ōpio he 2 iniha ma luna o kou ' ōpū, ma waenakonu o kēia wahi kāu chakra. ' O ke ko' iko' i kēlā wahi no ka mea ' o ia kahi e hō' ili' ili ai ke koko a pono mākou, ma o ka no' ono' o ' ana a me ka no' ono' o ' ana, e ho' ā' o e ka' a i ke koko me ko mākou no' ono' o.

Inā holo maika' i ke koko, ' a' ole ' oe e loa' a i ka ma' i a i ' ole ka ma' i, he mea nui kēia. Inā ' a' ole ka' apuni maika' i ke koko, ' a' ohe li' ili' i li' ili' i, inā ' a' ole ka' a ka' a' e ke koko, lilo ia i ' oki a laila ma' i ma' i a ma ka hopena e make ' oe.

Inā makemake ' oe e loa' a ke olakino maika' i a me ke ola lō' ihi, ' o kāu hana wale nō ka ho' oma' ama' a yoga ma ka home a hahai i ka' u mau ' ōlelo a' oa' o i ka ho' oma' ama' a ' ana. Inā hana ' oe i ka' u i ' ōlelo ai, e ola maika' i ' oe.

' A' ohe o' u pilikia olakino no ka mea ho' oma' ama' a wau i ka yoga.

I kēia hihia, pololei ke kūlana o ka maka a me ka waha.

Ke pau ' oe, pono ' oe e ho' ohālua i ' ekolu manawa e like me ka hana mua.

Ke ho' opau ' oe, pono ' oe e hana i kēia me kou mau lima a me kēia e ho' iho' i hou i kou wela kino ma' amau. ' O kēia ke ala e ho' oma' ama' a ai. Pono e hele ka ea inhaled ma' ane' i a e kau i kēlā chakra. ' Ae, he yoga kumu kēia. Inā he mau nīnau kāu, hiki iā ' oe ke ho' oka' a' ike mai ia' u ma o Skype a i ' ole leka uila.

Inā ' ike ' ia kekahi ki' i a kani paha i ka wā e hana ana ' oe i ka yoga, kēlā me kēia ' ano ki' i a kani paha, e ho' omana' o ' a' ole ia he ' oia' i ' o, he ki' i wale nō.

nani.

Inā makemake ' oe e no' ono' o maika' i a ke hana nei ' oe i ka yoga, maika' i, i loko o ho' okahi pule a i' ole 2 a i' ole 3 mau pule, e pili ana i kēlā me kēia kanaka, inā hiki iā ' oe ke no' ono' o, e mana' o ' oe e ho' omaka ke kino, mai' ane' i, e ho' omaka i ka mahana. . Inā pololei kāu hana ' ana, ma hope o ka hapalua hola o ke kau ' ana o ka hou ' ana, ' o ia ka mea hiki ke hana.

Inā loa' a kēia, ' o ia ho' i ke hana maika' i nei ' oe i ka yoga, ' o ia ke kumu e ho' omaha ai ' oe. Inā ' a' ole wela kou kino, ' o ia ho' i, he nui kou mau mana' o ' a' ole hiki iā ' oe ke ho' opau a ' a' ole komo maika' i ka ea āu e hanu ai i loko o kou ' ōpū ha' aha' a a' a' ole ' oe e hanu mālie i ka uahi. a lohi i' ole ' oe e ho' oma' ama' a pono i ka yoga. Pono mua ' oe e hilina' i i kou hiki ke hana. ' O kēia ka mea mua āu e ' ike ai, hilina' i mua iā ' oe iho. Inā 'eha 'oe ma hope o ka ho'oma'ama'a yoga, 'o ia ho'i, 'a'ole holo maika'i ke koko ma ia wahi a he pilikia kou ma laila. Inā pono, e hele i ke kauka, e ' ike ' oe he pilikia kou ma laila. Inā loa' a iā ' oe kekahi ma' i, i ka wā e hana ai i ka yoga, e no' ono' o, e no' ono' o e pili ana i kahi āu e pilikia ai, mana' o wau i kēlā manawa, e no' ono' o a mana' o e hiki ke kahe ke koko, hiki ke ho' omaika' i ' ia kēia wahi me kou ikaika a pau.

' O ka hana yoga hope loa. Ke ho' oma' ama' a ' oe i ka yoga, no kekahi po' e, ho' okahi, ' elua a ' ekolu mau mahina, akā ma hope o ka ho' oma' ama' a yoga ' elua i ka lā, ma hope e ' ike ' oe i ka ikehu wela ma ' ane' i, kahi wela wela i kēia manawa.

He ' umi lā ma hope o kou ho' omaka ' ana e ' ike i ka wela i loko o kou ' ōpū, e ' ike ' oe i ka ne' e ' ana o kēia ikehu ma ' ane' i a ma nā wahi a pau.

Mai maka' u, i ka wā e ho' omaka ai ka ne' e ' ana o ka ikehu, he kūlohelohe ia, no ka mea ke ho' opi' i nei ' oe i kou ikehu. Ua wela kou koko maanei, ua makaukau kou ikehu wela e kaapuni me kou noonoo. I kēia manawa pono ' oe e kuhikuhi i kou ikaika me kou no' ono' o i ka chakra aia ma lalo o kou anus, e holo i kou ikaika i kēlā chakra a laila ma kou kua. Pono ' oe e kuhikuhi i kou ikehu ma lalo a ma hope o kou kua. A laila e hele ma ' ane' i kahi i loa' a ai iā mākou kahi chakra hou a laila e hele i kou ikaika i lalo i kēia ala, i piha i nā chakras, ma kou alo a laila ma ' ane' i. Eia kekahi chakra hou a ho' i hou i ka chakra aia 2 iniha ma lalo o kou ' ōpū, ka mea a mākou e nānā ai i kēlā me kēia lā. I kēia hihia, ' o kou ikaika i ka ne' e ' ana a i ka wā e ho' omaka ai ' oe e hana i ka yoga e wela a i ka wā e mahana ai, e ho' omaka ka ne' e a loa' a ka ikaika.

Aia ' oe i kēia manawa, pono ' oe e pale i ka moe kolohe i loa' a ka ikaika e ho' oka' awale i kou koko a ho' one' e i ka ikehu e hele a puni kou kino.

Hiki i kēlā me kēia kanaka ke loa' a kēia pae ki' eki' e o ka yoga ke ho' omaka i kēia ikehu i loko o kona kino a ' a' ole loa e loa' a i kekahi ma' i. E like me a' u, ' a' ole au i loa' a i kekahi ' ano ma' i, ' a' ole loa, no nā makahiki he 45 a ' oi aku. I ka manawa hiki iā ' oe ke ho' omaka i kou ikehu a e kaapuni i ke kino, ke hō' oia' i' o nei au iā ' oe e ola maika' i ana ' oe no ke ola.

Ke a' o aku nei au iā ' oe a pono ' oe e hahai i ka' u mau kuhikuhi. Ma hope o kou ho' one' e ' ana i kou ikaika a puni kou kino, ' a' ole ' oe e loa' a i kekahi ' ano ma' i. ' O nā ma' i āpau ke kumu o ke kahe ' ana o ke koko, e like me ka cerebral palsy, kahe ke koko i loko o ka hapalua wale nō o ka lolo no laila ua lolo ka hapa ' ē a' e.

Mahalo i ka yoga, holo ke koko me ka ikaika e hele ai

na ka lolo, aole e like me mamua. Ma ka ho' omaka' ana i ka ne' e' ana o kou ikaika me kou no' ono' o, e alaka' i i ka ikehu e hele a puni kou kino a' o nā mea a pau i pāpā' ia ma mua e hiki ke kaapuni maika' i a laila e lanakila' oe i kou ma' i. Ke holo pono ke koko, hiki iā' oe ke ho' ōla mai nā' ano ma' i' ē a' e, e like me ka lolo, ' o' opa, a i' ole' a' ole lawa kou ikaika i kou mau lima a i' ole nā wāwae, a i' ole kekahi' āpana o ke kino kahi āu e' ike ai i ka' eha a i' ole ka lolo. ho' opulapula .

Ke noho lō' ihi mākou, ' eha nā wāwae a me he mea lā e hiamoe ana a ho' ā' o mākou e ala a' e, ' a' ohe ikaika e hele, ' o ka ma' i ma' i like. Ho' opilikia' ia ka pu' uwai ma muli o ke ka' e' ana o ke koko i ka pu' uwai.

' O ka mea i loa' a kēia mau hō' ailonā, a a' o e hana i ka yoga, i kēlā manawa ko' iko' i hiki iā' ia ke hana i ka yoga kū a noho paha, no' ono' o a hana yoga hiki ke lanakila i kēlā pilikia a ola lō' ihi.

He nui ka po' e e make ana mai nā' ano ho' ouka like' ole, ka pu' uwai pu' uwai, ka ha' iha' i hopohopo, ka hahau' ana... Me ka yoga wale nō e hiki ai iā' oe ke ho' omaha a kuhikuhi me kou no' ono' o i ke kahe' ana o kou koko a me kou ikaika a puni ke kino i' ole' oe e loa' a i kekahi ma' i. ' O kēia ka pahuhopu o ka yoga. E hilina' i mai ia' u, ' o ka mea e' ōlelo' ē a' e he hewa ia.

Ua ho' oma' ama' a' ia kēia YOGA ma mua o 5,000 mau makahiki. Ua ho' oma' ama' a' ia' o Yoga no nā makahiki 5,000 a ke a' o aku nei au iā' oe no ka manuahi, no laila' a' ohe mea, ' a' ohe hua' ōlelo i ko' u makemake pono' ī. No ka mea ' a' ohe o' u mana' o hoihoi, ke a' o aku nei au iā' oe pehea e ho' oma' ama' a ai i ka yoga ku' una, i ka wā ma mua, hiki i nā mōneka Buddhist ke a' o.

I kēia manawa ke a' o aku nei au iā' oe pehea e loa' a ai ke olakino maika' i. No ka ho' okō' ana i kēia, pono' oe e ho' omaha a ho' ōki i ka no' ono' o. I kēia manawa, e wehewehe au i ke ka' ina hana holo' oko' a: ' O ka mua, e ho' omaka i ka ne' e' ana a me ka ho' omehana' ana i kou ikehu i kēia chakra. No ka hana ' ana i kēia, inhale' oe i ho' okahi manawa a no' ono' o "ho' okahi", inhale hou a no' ono' o "' elua" a pēlā aku a hiki i ka "' umi". Inā' olu' olu' oe a hiki iā' oe ke no' ono' o a hiki i ka "' umi", me ka pōina' ole i kekahi helu ma mua, ' o ka lua o ka hana' ana e no' ono' o i ka piko o kou ihu a no' ono' o i ke' ano: "ke ea i loko a i waho", "e komo i loko a i waho", a ma hope e' ike' oe i ka piha' ana o ke ea i ke kino holo' oko' a, kona mau pores a pau. E' ike' oe i kou hanu a' o' oe ' ekahi.

E no' ono' o hou i ka piko o kou ihu, akā ma ke' ano' oko' a, ua like ia me ka no' ono' o' ana ma' ane' i, ma ka piko o kou ihu, no' ono' o me ka no' ono' o ' ole.

Ma mua, pono' oe e no' ono' o ma' ane' i, akā i kēia manawa ua like ia me ka nānā' ana i ka hapalua wale nō, me ka no' ono' o a me ka no' ono' o' ole. . Ma hope o kēlā, ke hiki iā' oe ke hana i kēia, e no' ono' o i ka ea āu e hanu ai, e no' ono' o me kou mana' o āpau i ka lewa āu e' ike' ole ai, ka ea āu e hanu ai.

E noonoo pu kou puuwai a me kou uhane i ke ea e komo ana iloko a iwaho, a liuliu iki, e manao oe aole e ola ana kou kino, no ka mea, ua pōina oe i kou noho ana a me ke ola ana o kou kino, oiai makou. ke kau nei i ka lewa , e mana' o' oe' a' ole' ē a' e ka ea ma mua o ka ea, ' a' ohe mea' ē a' e, he mea no' ono' o wale kēia ea.

Aia' oe ma kēia pae, e like ana' oe me ke kumu yoga, me he mea lā aia' oe ma ka pae like me Iesu Kristo.

I kēia manawa, ' a' ole e no' ono' o hou kona pu' uwai i ka' oko' a ma waena o ' oe, ' o ia, ' o wau a i' ole kekahi mea, no ka mea, e ho' okahi nō nā mea a pau.

E loa' a iā' oe ka pae like me Iesu Kristo, e like me kahi haipule, ' o ia ka pae ki' eki' e o ka yoga. Mahalo iā' oe.

Kōkua ka yoga iā mākou e ho' i i ke kahua ma mua o ka hānau' ana. Ma mua o ko mākou hānau' ana, he kumu yoga maika' i mākou. E no' ono' o' oe he pēpē i hānau' ole' ia' oe, ke po' o i lalo, e hanu ana ma ke kaula umbilical i pili i kona makuahine. Ke hanu nei' oe a me ka hānai' ana me kou piko, ke hanu nei' oe ma ke kaula umbilical me kou po' o i lalo i kahi ākea a hiki iā mākou ke mālama iā mākou iho no 8 a 9 mau mahina. Inā mākou e ho' okomo iā mākou iho i loko o kahi' eke li' ili' i i kēia manawa, pehea ka lō' ihi e hiki ai iā mākou ke pa' a ma mua o ka lilo' ana o ka pupule a i' ole ke' ano pilikia?

Inā hiki iā mākou ke hana ma mua, i kēia manawa pū kekahi. ' O ka yoga ka ho' i ' ana i kēlā moku' āina, i ka ho' omaka ma mua o ka hānau' ana. Ma mua o ko mākou hānau' ana, ola kino mākou a pau. Ho' oha' aha' a ko mākou kino me ko mākou makemake, ko mākou makemake a me nā' ano maika' i' ole. Me ka yoga hiki iā' oe ke ho' i i ka manawa i loko o ka' ōpū o ko mākou makuahine. Ma mua, inā hiki iā' oe ke ho' omanawanui i loko o ka' ōpū no 8 a 9 mau mahina, e like me ke kumu yoga, ma mua o kou hānau' ana, me ka hana yoga hiki iā' oe ke ho' i i kēlā manawa. ' O kēia ka pahuhopu o ka yoga, e ho' i i ka ho' omaka i loa' a iā' oe ke olakino maika' i a mahalo i ka yoga hiki iā' oe ke ola lō' ihi, e lō' ihi ke ola.



NUI HUI



E HOOMAIKAI I KA YOGA Uhane

I kēia manawa ke a' o aku nei au iā' oe pehea' oe e hana ai i ka yoga uhane.

ka hopena o ka yoga' O ka "I" ua maopopo iā mākou' a' ole ia. Inā' a' ole hiki iā ia ke ki' eki' e o ka ho' omaopopo' ana' a' ole i loa' a ka "I" o ke kino, ma ke' ano kūpono ke hana' o ia ma ke' ano he kanaka kino a' i' o. Ke hooki' oe i ke kanaka, ho' ōki' oe i ka hana' ana i ke kanaka a hana' oe me kou' uhane a me kou' uhane a pau e like me kā Iesu Kristo a i' ole Buddha. Ua hana' o Iesu Kristo i nā hana mana, no ka la' ana, hele' o ia ma luna o ka wai, hānai' o ia i ka honua āpau me kahi' āpana berena. He mea ma' alahi a ma' alahi ka hana' ana i kēia mau hana mana: hiki i kēlā me kēia kanaka ke hana i nā' ano hana mana a pau ke waiho lākou i nā mana' o a pau e like me ke kanaka, ' oiai lākou e ha' alele iā "I" o kēia kino a hana e like me Iesu Kristo a i' ole Buddha. Hiki ke hana' ia kēlā me kēia' ano hana mana me he mea lā he mea maoli.' O ka hapa nui o nā haumāna a Buddha, ke hiki mai kahi manawa a ho' omaopopo lākou, waiho i kēia "I" he kauā i kēia kino. I kona' ike' ana, ho' oku' u' o ia iā ia iho mai ka ho' oluhi' ana o ke kino, a lilo' o ia i haipule a hiki i kēlā me kēia haipule ke hana i kēlā me kēia' ano hana mana.' A' ole noi ka po' e haipule i ke kālā a me ka waiwai, he mea ma' alahi loa kēia; Ma o yoga hiki iā' oe ke hele i ka wā e hiki mai ana a' ike i nā mea e hiki mai ana, hiki iā' oe ke' ike i nā helu o ka loko, o ka loteri ... hiki ke' ike ma' alahi nā mea āpau.' O ka mea e hiki mai ana inā hiki ke kanaka i kekahi lā i ke' ano o ka haipule, ' a' ole makemake hou' o ia i nā mea āpau. Akā inā makemake' oe e hele i ka wā e hiki mai ana, ' a' ohe piilikia, ' oiai' oe e pōina i kēia manawa.' O' oe kēia manawa. Inā' a' ohe "" oe", i kēia manawa hiki iā' oe ke hele i ka wā e hiki mai ana a i ka wā i hala. E manuahi' oe. Akā i kēia manawa pono' oe e wehe iā ia mai ka no' ono' o, mai kou' ike.' O ka hopena o ka yoga' o ia ka ho' omaopopo' ana e ho' ohana ka' uhane i kēia kino e ho' ouna i kēia kumumana' o. Ua like ke kino me ke kupapa' u, e like me ka' ōpu' u kukui, inā' a' ohe' ā o ke kukui, ' a' ohe mea e pono ai, akā i ka hala' ana o ke' ā i ka' ōpu' u kukui, ' ā ia.' O ka pu' upu' u ke kino, ' o ka' uhane ke au uila.' O kēia wale nō. Inā ho' omaopopo kekahi i kēia, hiki iā lākou ke hele ma waena o nā hōkū inā e ola ana.

' O kēia ki' i he kumu a' o yoga super master i kapa' ia' o "Tamo" i kona hiki mua' ana i ka' āina' o Kina, ua komo' o ia i ka luakini o Shaolin ma kahi kūlanakauhale li' ili' i a hana i ka yoga no 6 mau makahiki me ka hele' ole i waho, me ka' ai' ole a inu' ole. E no' ono' o no 6 mau makahiki. He kumu kumu kēia, helu' ekahi o nā kumu yoga āpau. Ma ka' u pūnaewehe hiki iā' oe ke' ike i kahi hi' ohi' ona o ke' ano o kahi keikikāne 15 makahiki ma Tibet e ho' olilo i 10 mau mahina e hana yoga me ka' ai' ole a inu' ole, hō' ike kēia i ka yoga' a' ole he no' ono' o. Ma o yoga hiki iā' oe ke ho' okō i kāu mea e makemake ai, pono' oe e ha' alele a pōina i ka "I". Inā' a' ole' o "I", ' a' ole ola kēia kino a kū' oko' a' oe. He mea ma' alahi ia, ' o mākou ka mea e pa' akikī iā mākou iho. Lawe mākou i ka no' ono' o a mana' o' i' o he' oia' i' o.

E like me ke' ike' ana i kahi ki' i' oni' oni weliweli a maka' u mākou, i ka wā e pau ai ke ho' omāu nei mākou i ke ola' a' ohe mea i hiki mai iā mākou, aia wale nō ma ka no' ono' o ke mana' o' i' o nei mākou he' oia' i' o ka mea a mākou e' ike nei, ' a' ole na' e he' oia' i' o, he moemoeā. No laila, inā makemake' oe e lilo i haipule, he kanaka hana mana, makemake' oe e waiwai, mana, miliona miliona, lō' ihi kou ola, e' ike i ka ho' okō' ia' ana o kou makemake a pau, e lilo i kanaka super, pōina i kēia manawa "I" a hooki i ka hana like me "I" o keia kino. Hana e like me Iesu Kristo

a i' ole' o Buddha a e ho' okō' ia kāu mau makemake a pau, ' o ia ka ma' alahi, ' a' ole pono
' oe i nā makahiki he nui o ke a' o' ana, a i' ole yoga, ' a' ole.

' O kēlā me kēia mana' o o Buddha a me Iesu Kristo e like me ka lā' au lapa' au. Ua huikau mākou i
kēia manawa, ua pupule mākou, ua piha ko mākou lolo i nā no' ono' o. ' O ka mana' o o Buddha a
me Iesu Kristo ua like ia me ka lā' au lapa' au, inā mākou e lawe i kēia lā' au e ola mākou i kēia ma' i
pupule e huikau ai i ka ' oia' i' o me ka no' ono' o. Ke lawe ' oe i kēia lā' au a' ike ua ola ' oe i
kēia pupule, ' a' ole pono ' oe i kekahi ' ano mana' o. Me he mea lā e pono mākou e hele i ka
muliwai a pono mākou e lawe i ka wa' a, maika' i, ' o kēia mana' o (o Buddha a i' ole ' o Iesu
Kristo e like me ka wa' a, kau mākou i ka wa' a a a' o i ka mana' o, a hiki mākou i kekahi ' O ka
' ao' ao he aha kā mākou e hana ai? E ha' alele mākou i ka wa' a a lawe mākou i ka wa' a ma luna
o ko mākou po' ohiwi a i' ole e waiho mākou i ka wa' a ma kapa o ka muliwai?

Ua ' olelo ' o Buddha: "Ua like kēia mana' o āpau me kahi lā' au lapa' au, ke ho' ōla ' ia ' oe,
' a' ole pono ' oe e ho' ōki i ka lawe ' ana i kēlā lā' au. ' O kēia ka wā e kali nei iā mākou.
Mana' olana wau e hui hou mākou a me ' oukou a pau i kekahi lā ma hope. Hiki iā mākou ke hō' ea
i kēlā paradāiso, ka ' āina o Buddha a i' ole ' o Iesu Kristo a hiki iā mākou ke ' olelo i nā mea i loa' a
iā mākou i kēia ola. Inā ho' olohe ' oukou i ka ' u' olelo, hiki iā ' oukou a pau ke ho' i i ko mākou
kumu. Ma hea mākou i hele mai ai.

Pono mākou e ha' alele i kēia no' ono' o a ho' i i ka home. Ke kali nei ko mākou hale iā mākou no
nā piliona makahiki, e ' olu' olu e hana a e ho' i kākou i ka home. He akua mākou a pau, he hōkū
mākou, e ' olu' olu e ho' i mai i ka home. E ho' i kākou i ko kākou kumu, ' o ia ke ao pau ' ole kahi
make ' ole, kaumaha, nani nā mea a pau.

Ke noi aku nei au iā ' oe e ha' alele i kēia no' ono' o "me" a ho' i pū kāua i ka home.

Mahalo nui iā ' oe.



NUI HUI

HOPE O KA BUKE MUA

MAHALO me ka PUUWAI



Mahalo, mahalo me ko'u pu'uwai a pau.

' O ka mea nui, pono mākou e ho' omaika' i i kou makuahine a me kou makuakāne, nā hoaaloha, ka' ohana, ke kaiāulu, ke ao holo' oko' a. Inā i loko o kou pu' uwai e ho' omaika' i mau' oe i nā mea a pau, e loa' a iā' oe ka wā e hiki mai ana, ke olakino maika' i. No ka mea? Inā' ike ke kanaka i ka ho' omaika' i' ana me kāna mau hana, ' a' ole ma kāna' ōlelo wale nō, e lilo' o ia i keiki maika' i, makua kāne maika' i, makuahine maika' i ... inā' a' ole' ike ke kanaka i ka ho' omaika' i' ana, ' a' ole ia e ho' omaika' i. maika' i ka wā e hiki mai ana, no ka mea, ke ho' ā' o wale nei kēlā kanaka e ho' ohana i kona' ohana o ka po' e kaiāulu. ' A' ole maika' i ka wā e hiki mai ana kēlā kanaka. No ka mea, inā ho' ohana' oe i ho' okahi manawa, ' a' ole e' ae ka po' e i ka lua o ka manawa e ho' ohana' ia. Inā loa' a iā' oe ka 1 pono' oe e ho' i i 10 mau manawa. Inā' ike' oe i ka hana' ana i kēia, e loa' a iā' oe kou mau hoaaloha a pau, kou' ohana a pau, nā kaiāulu āpau ma kou' ao' ao a e kōkua mau lākou iā' oe i holo pono nā mea a pau. No laila, he mea nui loa: ' o ka' oko' a ma waena o ke kanaka a me nā holoholona, ' o ia ka mea e' ike ai i ka ho' omaika' i' ana me ko mākou na' au, me ka hana, ' a' ole ka' ōlelo wale nō. E like me ka mea i hana mua' ia ma kekahi kūlanakauhale: Aia kekahi kanaka i aloha nui i kāna' ʻīlio. I kekahi lā make' o ia a hele kāna' ʻīlio e kipa i ka lua kupapa' u o kona haku i kēlā me kēia lā a hiki i kona make' ana.

Ua' ike nō ho' i ka holoholona i ka ho' omaika' i' ana i kona haku no ka nui o kona aloha iā ia. A pono kākou e' ike nā kānaka i nā mea a pau i loa' a iā kākou, ' oi loa mai ka makua kāne a me ka makuahine nāna i hā' awi mai i ke kōkua nui. Inā' a' ole kou makua kāne a me kou makuahine' a' ole' oe i kēia lā. 1° inā ua hā' ule kou makuahine, ua make' oe ma mua o ka hānau' ana. 2° inā hānau' oe a mālama' ole lākou iā' oe, ' a' ole' oe e noho ma' ane' i i kēia lā. No kēia mau mea a pau, pono mākou e ho' iho' i i kēlā lokomaika' i i ko mākou makuakāne a me ko mākou makuahine nāna i mālama iā mākou me ke kūlana' ole. ' A' ole wale me nā' ōlelo maika' i e uku aku ai i kou mau mākou no nā mea a pau a lākou i hana ai iā' oe, akā me kāu mau hana pū kekahi. ' O kou makuakāne a me kou makuahine mua. Inā he pā' ai kā mākou, pono' oe e hā' awi mua i kou makuakāne a me kou makuahine, i nā manawa a pau. Inā hana' oe i kēia, e hana like kāu mau keiki iā' oe. He mea maika' i kēia iā' oe, no kou makuakāne a me kou makuahine a no kāu keiki e hiki mai ana, nā mo' opuna... pili ia i kāu hana me kou pu' uwai a pau. Pono' oe e hana like me nā hoaaloha; Inā kōkua kou mau hoaaloha iā' oe, ' a' ole pono' oe e' ōlelo mahalo, ' a' ole. Kōkua kou mau hoaaloha iā' oe i nā hana me nā' oia' i' o, ' a' ole hiki iā' oe ke' ōlelo mahalo a' o ia wale nō. E like me ka mea i' ōlelo' ia ma' ane' i: "lawe' ia nā' ōlelo e ka makani" ' a' ole helu. ' A' ole helu wale ka' ōlelo mahalo.

Inā' o ka' ohana, ka' ahahui, ka moku' āina, ka honua holo' oko' a... e hana ' oe i kekahi' ano lokomaika' i, pono' oe e ho' iho' i i kēlā mau lokomaika' i me nā hana, ' a' ole nā hua' ōlelo wale nō, a pono' oe e ho' iho' i iā lākou i ho' onui' ia i ka 10 a i' ole 100. e mālamalama a e like me ke ala o nā roses. ' O ka mea hana i kahi' olu' olu' li' ili' i iā' oe, pono' oe e ho' i me ka lokomaika' i nui. Inā' oe e hana i kēia, lanakila' oe i nā pu' uwai o ke ao holo' oko' a a aloha ke ao holo' oko' a iā' oe. E like me kāu hoaaloha: kuke' o ia no' oe, mālama i ka hale, hā' awi iā' oe i ke aloha ... no kēia mau mea a pau ' oe e mahalo. Inā noho kekahi kāne me ka mahalo i kekahi i kekahi, ola lākou me ka hau' oli loa a maika' i ka hana. ' A' ohe inaina a ho' opa' i. Inā' oe e ho' omaika' i me kou pu' uwai, me nā' ōlelo, me nā hana... aloha nā kānaka a pau iā' oe. Inā' ike' oe i ka ho' omaika' i' ana, ua lanakila' oe i ka honua holo' oko' a. Inā mahalo' oe i mua o ke aniani, mahalo ke aniani iā' oe. E ku' u hoaaloha, makemake wau e noho kākou a pau i loko o ka paradaiso, a aia kēlā paradaiso i lima.

E noho me ka pu' uwai nui i piha i ke aloha ma' ema' e a me ka mahalo.
Mahalo nui iā' oe.



na Kumu Roger

www.yogaspain.es

' O ka puke mua' o Barcelona ma Iune 14, 2013

NUI HUI