



# Na'auao Ola Hawaii: Hawaiian Principles and Practices of Being Well

By Maka'ala Yates

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Native Hawaiian writer Maka'ala Yates shares timeless wisdom and practical tools for vibrant health from the forgotten Hawaiian past. The deeper 'aumakua principles deals with the idea that matter, mind, consciousness, and life are all manifestations of Kumukahi (One Source). Ho'oponopono teaches how to live responsibly to bring peace and harmony to one's self, the community and ultimately the world.

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### **Editorial Review**

#### **About the Author**

Maka'ala Yates D.C. is a Kanaka Maoli (Hawaiian ancestry) trained in Hawaiian medicinal practices since the age of six. He is the founder of Indigenous Botanicals and Mana Lomi. He enjoys traveling around the world teaching traditional Hawaiian medicinal practices including fasting, ho'oponopono and bodywork therapies. In 2005 he was awarded the "Kaonohi Award" for excellence in Hawaiian medicine and community support. His focus is "breaking the blueprint" from disease and illness and his mission is "bringing the healer back into the family" Maka'ala was one of the original crew-members in 1976 that sailed on the Hawaiian double hull canoe "Hokule'a" which was filmed by the National Geographic Society. Maka'ala is the Ambassador at Large and Minister of Health for the Polynesian Kingdom of Atooi, a Hawaiian Nation recognized by the U.N.

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