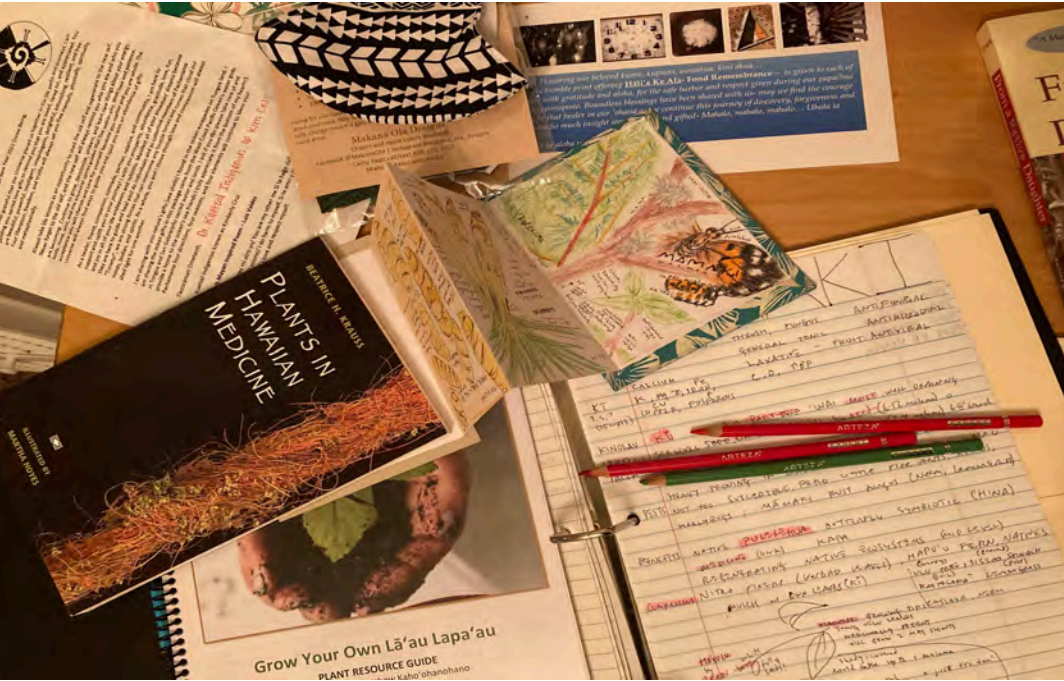


KAPUKE
HANUT



PKAKER





COLLECTIVE TRANSFORMATION through INDIVIDUAL EXCELLENCE & INDIVIDUAL EXCELLENCE through COLLECTIVE TRANSFORMATION!





GUIDANCE FOR USING KA PUKE HANA NUI

? "PUKE"?! LIKE VOMIT?!

GREAT QUESTION! NO, NOT LIKE VOMIT!
"PUKE" IS AN 'ŌLELO FOR "BOOK"!
(POO-KAY) WORD

? "DO I NEED TO KNOW HAWAIIAN
LANGUAGE TO USE KA PUKE HANA NUI?"

YOU DO NOT NEED TO KNOW 'ŌLELO
HAWAII TO USE KA PUKE HANA NUI!
KA PUKE HANA NUI CONTAINS A
RICH AMOUNT OF 'ŌLELO AND FEATURES
A COLORFUL "IN ORDER OF APPEARANCE"
GLOSSARY ON THE FIRST PAGE!

? "WHO IS KA PUKE HANA NUI FOR?"

KA PUKE HANA NUI IS FOR YOU!

FROM KEIKI TO KUPUNA, CHILD TO
ELDER, KA PUKE HANA NUI IS FOR ALL!

? WHAT IS KA PUKE HANA NUI?

KA PUKE HANA NUI IS AN INTER-
active! WORKBOOK LOVINGLY CREATED
TO SHARE ASPECTS OF HAWAIIAN CULTURE
WITH THE PARTICIPANT READER
THROUGH THE PERSPECTIVE OF AUTHOR
PTKAKE PŌ. USING ASPECTS OF
HO'OPONOONO, PTKAKE PŌ SHARES
HERSELF & HER CULTURE, ENGAGING
READERS WITH CONTENT-BASED PROMPTS,
WITH PLENTY PAGE SPACE FOR WORKING
DIRECTLY IN KA PUKE HANA NUI!

WELINA MAI!

WELCOME!

KO'U MAKUAHINE

MY MOTHER

(also, MAKUAKĀNE
"KU'U") FATHER

KĀNAKA

HAWAIIAN

(also "person," "people")
(also clitoris!!!)

HO'OPONOONO

TO MAKE THINGS RIGHT,
TO HEAL CONFLICT

KUMU

TEACHER, EXPERT
(also, "TREE"!!!)

HUAKA'I

JOURNEY

ALOHA

LOVE LOVE LOVE

'OHANA

FAMILY, CHOSEN, BLOOD
& ADOPTED

NĀ PILIKIA

PLURAL "THE" TROUBLE(S)

KULEANA

RESPONSIBILITY

'ŌPIO

"JUNIOR" ("YOUNG ADULT", also)

KEIKI

CHILD, YOUNGER THAN 'ŌPIO

KA MOANA

THE OCEAN
(SINGULAR)

KINO

BODY

TŪTOHINE

GRANDMOTHER

HONU

GREEN TURTLE

MOE'UHANE

DREAM

PAU

DONE, COMPLETE

KĒIA

THIS

'IKE

WISDOM

'ANAKE

AUNTY

MANA

POWER, ENERGY

MANAWA

TIME

ALOHA

WELINA
MAI! ♡

'O PĪKAKE KO'U INOA! ♡
MY NAME

NO KEAWE MAI AU ♡
from HAWAII from I

'O JACQUI KA INOA 'O
KO'U MAKUAHINE,
'O ALIKA KA INOA 'O
KO'U MAKUAKĀNE ♡



O WAI

WHAT IS YOUR NAME?

KOU INOA?

WHERE AND WHOM DO YOU COME FROM?

NO HEA MAI 'OE?

KUKULU KUMUHANA: A POOLING OF MANA DIRECTED
TO A POSITIVE GOAL.

A UNIFIED FORCE.

WELINA MAI O

WELCOME TO THE GREAT WORK BOOK!

KA PUKE HANA NUI! ♥

MY GOAL FOR THIS HANA PUKE IS TO SHARE MYSELF &
MY KĀNAKA CULTURE WITH YOU!

TOGETHER WE WILL EXPLORE SOME ASPECTS OF THE
KĀNAKA HEALING PRACTICE HO'OPONO PONO,
AS TAUGHT TO ME BY KANAKA KUMU HO'OPONO PONO
'ANAKĒ LYNETTE PAGLINAWAN ♥

I HAVE BEEN FORTUNATE IN MY RICH KĀNAKA CULTURE
TO HAVE HEALING PRACTICES SUCH AS HO'OPONO PONO
TO GUIDE ME ON MY HUAKA'I, HEALING FROM GLOBAL &
PERSONAL EVENTS SUCH AS: CHILDHOOD TRAUMAS,
INTERGENERATIONAL TRAUMAS, INDIGENOUS
TRAUMAS, ENVIRONMENTAL TRAUMAS,
DEATH OF SELF & LOVED ONES, & OTHER SUCH
THEMES THAT COLONIAL INTERVENTIONS & SYSTEMS
HAVE FAILED TO REMEDY; IF NOT ALREADY INHERENTLY
TRAUMATIC BY THEIR EXISTENCE, COLONIAL ATTEMPTS TO
ADDRESS THESE THEMES LACK CULTURAL & ANIMISTIC
COMPETENCY.

I HAVE FOUND SOLACE REDEMPTION HEALING
BELONGING STRENGTH HUMILITY
COMPASSION SUPPORT LOVE PEACE
ACCEPTANCE FORGIVENESS & OTHER SUCH
THEMES THROUGH MY KĀNAKA CULTURE.

I AM GRATEFUL TO BE GUIDED BY ALOHA ON MY
HUAKA'I.

I AM GRATEFUL TO SHARE SOME ELEMENTS OF HO'OPONO PONO
WITH YOU, WITHIN THE FRAMEWORK OF MY HUAKA'I.

I WILL BE GRATEFUL TO RECEIVE YOUR ALOHA, TOO ♥

DO YOU HAVE ANY GOALS OR GRATITUDES
WHILE ON YOUR HAKA'I WITH KA HANA NU, PUKE?

H O ' O M A I K A ' I .
I AM GRATEFUL FOR
A U

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[Faint, illegible text and markings on the page]

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'OHANA ?"

ASKS

KUMU LYNETTE PAGLINAWAN



HAKU

ONE WHO IS
RESPECTED
BY ALL.
AN UNBIASED
MEDIATOR.

ON MY **HUAKAI** OF LEARNING HO'OPONOPOONO, I'VE
BEGUN TO ORGANIZE TRAUMATIC EVENTS INTO THE ASPECTS
OF HO'OPONOPOONO SO AS TO BETTER UNDERSTAND &
THEREFORE BEGIN TO HEAL FROM NĀ PILIKIA THAT HAS
HAPPENED TO ME BY MY 'OHANA, THE INTERGENERATIONAL
PILIKIA OF KŪ'U 'OHANA, & NĀ PILIKIA I HAVE CAUSED.

WHEN I LEARNED OF **HAKU** I BEGAN TO IDENTIFY
THOSE PEOPLE THROUGHOUT MY **HUAKAI** WHO MAY HAVE
ACTED FROM OR HELD A **HAKU** POSITION, WHETHER THEY
ACCEPTED THE KULEANA OF THIS POSITION OR NOT.

13 MY AGE WHITE, STRAIGHT, MANDATED SCHOOL COUNSELOR. SHE TELLS ME
ABOUT HER DRUG-USING SISTER. I TELL HER NOTHING.

15 WHITE, STRAIGHT, UPPER CLASS ART TEACHER. SHE FEEDS ME &
GIVES ME BOOKS TO READ. WE SHARE A NOTEBOOK & WRITE TO
EACH OTHER BUT SHE ALWAYS WARNS ME OF "MANDATORY
REPORTING." I LET HER OFF.

17 BODY BRUISED FROM KŪ'U MARUA KĀNE'S GRIP, THE COPS I CALL
ARREST ME. WHITE SCHOOL COUNSELOR TELLS ME "AT LEAST YOU'RE
NOT 18 & WON'T BE CHARGED AS AN ADULT. DCF WON'T TELL ME DETAILS.

21 MY WHITE & QUEER SOCIAL WORKER FROM A HOMELESS QUEER
YOUTH PROGRAM.

22 THE DOCTORS TAKING CARE OF MY BROTHER DON'T REALIZE HIS
DIAPHRAGM STOPS WORKING & HE CAN NO LONGER BREATHE.

27 "STOIC STRENGTH" CIS WHITE MAN THERAPIST COMMENDS MY
TRAUMA RESPONSE OF ACCEPTING A LOT OF CADS & PAIN AS NORMAL.

30 "RESOURCEFUL & RESILIENT. I APPRECIATE YOUR THOUGHTFULNESS &
HOW DEEP YOU GO WITH THESE THINGS, YOUR VULNERABILITY,
HONESTY & AUTHENTICITY." MY MIXED RACE, QUEER & TRANS THERAPIST SAYS.

30. "YOU'RE GOING THROUGH A HECK OF A LOT RIGHT NOW; IT IS OK
TO HAVE STRONG EMOTIONS." A MIXED RACE, QUEER & TRANS THERAPIST
DECLARES IN GROUP THERAPY.

30. "HOW YOU LABEL SOMETHING AFFECTS HOW YOU TREAT IT. LET GRACE
BE THE UNDERLYING FACTOR. SLOW MOTION IS BETTER THAN NO
MOTION." MY BLACK STRAIGHT THERAPIST SAYS.

*NOTE, I AM IMAGINING "MEDIATOR" TO NOT ONLY BE A MEDIATOR DURING
CONFLICT-RESOLUTION ORIENTED DISCUSSION, BUT ALSO TO INCLUDE
THOSE WHO ACT, THROUGH POSITION, AS MEDIATORS FOR
FEELINGS, JUSTICE, SAFETY, HOUSING, & HEALTH.

CAN YOU IDENTIFY SOME
THROUGHOUT

HAKU
KOU HUAKA'I

WERE THEY EFFECTIVE IN THEIR APPROACHES?
CAN YOU IDENTIFY REASONS WHY & WHY NOT?



'A U M A K U A

'OHANA GUARDIAN SPIRITS.

OFTEN REPRESENTED AS LIVING CREATURES, PLANTS, "NATURE"

'AUMAKUA ARE ALWAYS HERE FOR US, KNOWN & UNKNOWN.

WHEN KU'U MAKUAKĀNE & BROTHER ALIKA 'ŌPIO DIED, THEY BECAME 'AUMĀKUA FOR OUR 'OHANA.

KU'U MAKUAKĀNE SHOWS HIMSELF TO ME THROUGH: ^{aloha!} SOUNDS OF LAUGHTER, TREES, STONES, DOGS, & CROWS & BUTTERFLIES!

ALIKA 'ŌPIO SHOWS HIMSELF TO ME THROUGH: DRAGON FLIES, WIND CHIMES, WIND, WOLVES, & LARGE BIRDS.

THESE ARE WAYS I HAVE SO FAR LEARNED TO OBSERVE & RECOGNIZE KU'U MAKUAKĀNE & ALIKA 'ŌPIO AS 'AUMĀKUA.

SOME MORE 'AUMĀKUA IN MY LIFE ARE:

MANŌ. SHARKS. MANŌ WERE INTRODUCED TO ME WHEN I WAS KEIKI, BOTH IN KA MĀANA & THROUGH KU'U KINO AS "A SIGN OF STRENGTH", A FIERCE, STRONG, & CONVICTED GUIDE.

KU'U TŪTŪHINE THROUGH MUSIC, HŌNŪ, & FOOD. & HULA!

WHEN I WAS 23, DIRECTLY AFTER THE TWIN DEATHS OF MAKUAKĀNE & BROTHER, RUNNING BEAR REVEALED HIMSELF TO ME THROUGH A LAYERED, COMING INTO CONSCIOUSNESS MOE'UHANE SEQUENCE. AFTER DREAMING OF HIM & HIS HVAKA'I, HE CAME TO ME PHYSICALLY IN THE FORM OF A PLUSH BEAR. I AM GRATEFUL HE HAS BEEN WITH ME PHYSICALLY EVER SINCE.

RUNNING BEAR IS FROM KU'U KANIENKEHA; KA 'OHANA OF TURTLE ISLAND.

'AUMĀKUA ARE FOR EVERYONE, EVERYWHERE, & IN EVERYTHING -

YOU DO NOT NEED BE KANAKA TO HAVE 'AUMĀKUA - YOU ALREADY DO.



WHAT NAMES MAY YOUR CULTURES SHARE FOR

au mākuā

WHAT WAYS HAVE YOU LEARNED TO

KOU 'AUMĀKUA?

HO'OLONO

**OBSERVE WITH
ALL SENSES**

WHO ARE *KOU 'AUMĀKUA?*



WHEW!
THAT'S A LOTTA INFO
MATION!

HANU BREATHE

OUR HUAKA'I TOGETHER IS PAU SOON IN KE'IA
PUKE HANA & BEFORE WE SAY "Ā HUI HOV"
I'D LIKE TO SHARE SOME QUICK 'IKE FROM
'ANAKĒ LYNETTE!

THE 5 RS OF CULTURAL HEALING



LIVE
ACT
BE

BALANCE LOVE
PONO
HARMONY CARING

(HINT: PONO NOT ABOUT
OUTSIDE, BUT
INSIDE -
HOW DO YOU TREAT
YOURSELF?)

HALE KE ALOHA KOKUA KE ALOHA,
LIVE WITH ALOHA HELP WITH ALOHA.

"NEVER DOUBT THE **MANA** YOU HAVE,
WHICH IS FAR BEYOND YOUR **IMAGINATION** -
YOUR MANA NEVER DENIES YOU"

HOW DO YOU TREAT YOURSELF?

WHAT ARE WAYS YOU INTERACT WITH YOUR CULTURES?

DO YOUR CULTURES HAVE SIMILAR 'IKE?

& NOW, KA MANAWA HAS COME TO SAY

A HUI HOU! UNTIL NEXT TIME!
MĀLAMA PONO! TAKE GOOD CARE!

I OFFER THIS PULE HO'OPAU CLOSING PRAYER

'OLI MAHALO NĀ KEHAU SMITH

ŪHOLA 'IA KA MAKALOA LĀ
PŪ'AI I KE ALOHA Ā
KŪKA'I 'IA KA HĀ LŌA LĀ
PAWEHI MAI NĀ LEHUA
MAI KA HO'OKU'I A KA HĀLĀWAI LĀ
MAHALO E NĀ AKUA!
MAHALO E NĀ KŪPUNA LĀ 'EĀ!
MAHALO ME KE ALOHA LĀ.
MAHALO ME KE ALOHA LĀ!

the makaloa mat has been unfurled
Love was shared
the GREAT BREATH has been exchanged
the Lehua honors & adores
from zenith to horizon
Gratitude to our GODS!
Gratitude to our ELDERS, ANCESTORS!
Gratitude, Admiration & Love
to all Present, Known & UNKNOWN!


ALOHA!


'A'OLE PAU ... TO BE CONTINUED ...


TO BE CONTINUED


WHAT DO YOU LOOK LIKE?
WHAT & WHO FILLS YOUR LIFE?


SOME OF MY RECENT PROJECTS & PUBLICATIONS ARE:


 **COLIBRI** a curated book of 11 artists to raise \$\$ for medical costs for those seeking gender-affirming surgeries.

 **PACIFIC ISLANDER HEALTH, EQUITY, AND LIBERATION (HEAL) ASSESSMENT**, a survey for P.I. who live, work, organize, & access services in Oregon.

 **ASIAN PACIFIC ISLANDER NETWORK OF OREGON'S 'INTERNSHIP: AMERICAN**
"BUILDING CIVIC POWER", TO SUPPORT A.P.I. civic leaders to use their stories to advocate for their communities legislatively.

 **OREGON PACIFIC ISLANDER COALITION**, P.I.s organizing to support our communities during the COVID-19 Pandemic.

 **UTOPIA PDX** PROVIDING SACRED SPACE TO STRENGTHEN MINDS & BODIES OF QTPIS, Queer & Trans Pacific Islanders, via community organizing, political engagement & cultural stewardship.

 **WEAVING OUR SAILS** Harnessing the power of our QTPIS narratives, histories, identities & stories through visual & performance art.
Talanoa video on facebook.



FUTURE PROJECTS INCLUDE:

HEALING TRAUMA & ACCEPTING GRIEF:
'AVWĒ, KAUMAHA & KĀ KAV 'UHI
VIA WRITING & CEREMONIAL TATTOO

LEARNING TO BREATHE WITH TŪTŪ MAHINA: GARDENING, GRATITUDE & **GROUNDING WITH GRANDMOTHER MOON**

MĀNŪ MO'OLELO: DEEP RECLAMATION, EXAMINATION, & EXCAVATION OF OUR MANA.

NĀ LIMA O KŪ'U MAKUAKĀNE:
MY FATHER'S HUAKA'I

PIKAKE PŌ: KŪ'U MO'OLELO

'AUMAKUA ALIKA 'ŌPIO

MO'OLELO O KA PŌHAKU HO'OMAIKA'I: THE STORY OF THE GRATITUDE STONE

& MORE! STAY TUNED:

INSTAGRAM @ PIKAKE_PO

FACEBOOK.COM / PIKAKE.KAHANANUI

ALOHA!

IN KA PUKE HANA NUI,
PIKAKE PŌ GUIDES
PARTICIPANTS ON
A HUAKA'I -

JOURNEY - OF
HAWAIIAN CULTURE.

KA PUKE HANA NUI,
THE GREAT WORK-
BOOK, IS AN
INTERACTIVE
DIGITAL & PRINT-
ABLE WORKBOOK.

AS READERS LEARN
ABOUT PIKAKE &
HAWAIIAN CULTURE
THEY ARE ENCOUR-
AGED TO WRITE,
DRAW, & SHARE
ABOUT THEMSELVES,
THEIR CULTURES,
& THEIR HUAKA'I!