

Hula Skills



Hula Skills incorporate learning:

- 'Ōlelo Hawai'i
- Sense of place
- Chanting
- Mythology and storytelling
- History
- Lei making
- Making of Hula implements
- Sewing of hula garments
- History
- Plants, their uses, and symbolism

...and learning about yourself!!!

"Conveying stories through hula and oli has taught me so much about myself, my own experiences, and past trauma. It's shown me the beauty of inner strength, of finding oneself along the journey, and overcoming obstacles" ~ haumana in recovery from substance use

Hula Resources

- mele.com/halau-hula/
- kaahelehawaii.com/recommended-books-about-hawaii/hula-study-resources/
- hawaiianmusichistory.com/hula/
- hulapreservation.org/archive/online-resources/
- hawaii.hawaii.edu/hawaii-lifestyles

References

Special Mahalo to Kumu Malina Kaulukukui and her haumana

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HAWAII HEALTH
& HARM REDUCTION CENTER



Papa Ola Lokahi
Nana Ika Pono Na Ma

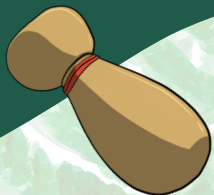
Hula is Healing

The practice of Hula preserves significant aspects of Native Hawaiian culture through dance, oli (chant), mo'olelo (stories), and mele (songs), with strong ties to health and spirituality.



Hula is Healing

Mauliola (Native Hawaiian health) is a balance between:
Na'au (Emotion) - Mana'o (Mind)
- Kino (Body) - 'Uthane (Spirit)



The study of hula brings together aspects of physical, mental, spiritual, and emotional health along with social connection. Hula explores the meanings, stories, and metaphors of accompanying mele (songs) or oli (chants), which ties together mental and spiritual health along with physical endurance.

The Healing Art

Hula is a healing art that can help combat mental health disorders including substance use by way of grounding oneself. It serves as a protective factor in helping one cope through learning the skill of hula, while connecting with the mo'olelo (story) and becoming a conduit for it.

How do you see Hula in Healing?

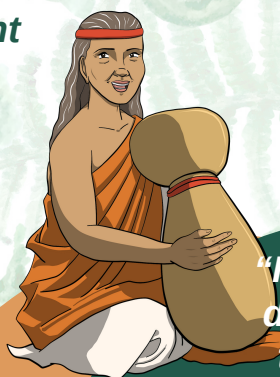
Quotes provided are reflective of diverse hula genealogies and perspectives

"I see a really great relationship between hula and health in all aspects of health, not just physical health, but mental and emotional health, spiritual health; and I think hula is one of the few physical activities where you can" ~Kumu Hula

"Finding hula again, in here, has grounded me. When I dance, nothing else matters. It's part of me learning to love myself first."
~ haumana Soares while incarcerated



"I tell the (haumana) I want them to know their own na'au – standing in my own truth, knowing my own na'au, has to come first. Once you have that you can start to heal," ~ Kumu Malina Kaulukukui



Benefits of Hula



- Connection & relationships
 - To one another and your Kumu Hula
 - Ka'ao (stories & mythology)
 - Ancestral knowledge
 - Spiritual
- Development of a supportive nurturing environment
- Leaving personal pilikia (trouble) outside - coming in clear
- Learning mo'okū'auhau (genealogy)
- Finding inner strength,
- Overcoming obstacles
- Healing your waialua (spirit)

"Hula is not only dance, it's all of these things."