

ALOHA SPIRIT

"Aloha Spirit" is the coordination of mind and heart.
It is within the individual...it brings you down to
yourself. You must think and emote good feelings to
others.

A stands for *AKAHAI*, meaning kindness,
expressed with tenderness

L stands for *LOKAHI*, meaning unity,
expressed with harmony

O stands for *OLU'OLU*, meaning
agreeable, expressed with pleasantness

H stands for *HA'AHA'A*, meaning
humility, expressed with modesty

A stands for *AHONUI*, meaning patience,
expressed with perseverance