

# *Hawaii - A State of Being*

‘The ancient art of navigation begins with the voyage on the seas of the inner mind.’

While posed gracefully in flight the Iwa birds’ innate ability to navigate great distances with the least amount of effort, encompassing the essence of inner flight .  
Verbalized are the principles, evident in nature,  
that lead to a harmonious existence

**T**he ancient Hawaiians recognized that life is a continuum of motion. Living by these principles one could find in every person and situation a contribution to ones existence. The good the bad and the ugly can all be made to contribute equally. By becoming aware of aspects of our self, we become whole within ourselves. All inner family members become contributing members. Thus we move in self-empowering, dignified, constructive directions. These principles of living move one beyond self-limiting concepts. By practicing a life based on principle the horizon and the greatness of our true nature expands into eternity.

I was inspired to produce ‘HAWAII -A STATE OF BEING’ after applying these principles on a daily basis to practical situations. With an inner knowingness of who I am I have experienced quantum change. I felt motivated to incorporate many of these principles into the book to illuminate an essence of Kahu Abraham Kawai’is’ teachings.

‘HAWAII- A STATE OF BEING’, is collection of Kahuna principles as taught by Kahu Abraham Kawai’i , Kahuna, written and edited by his wife and long time student Ho’okahi Ho’oulu Kawai’i. The Principles within the book are magnified and illustrated by photographs that accompany the quotes. Since his teachings came out of his observation of nature, the pictures of nature, and especially Hawaii, say without words what can only be said by many words....in all cultures throughout the world lie core truths. Within the pages you will also find quotes of *yogic* origin.

‘HAWAII – A STATE OF BEING’ includes the most pristine beauty recorded on film in my career as a photographer. The book will take you on a journey through the four major islands Kauai, Oahu, Maui, and the Island of Hawaii with its’ volcano. And the book will take you on a journey within yourself.

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