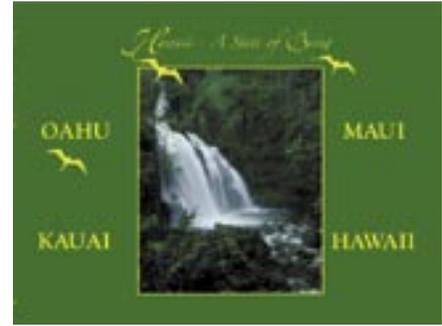


New Book Release

HAWAII - 'A STATE OF BEING'

Article by co-author Ho'okahi Ho'oulu Kawai'i
Photography by Heather Titus



Health is a balance in our bodies and minds that allows us to thrive.

This balance is enhanced when we have an awareness of where our sails are pointed and how the waters of our mind are moving.

Tension, a major contributing factor to non wellbeing is brought about by resisting what is at hand to be dealt with- or what we see or would like to see in the future that is not there yet. When we are physically present in the now but our thoughts are in the past or in the future a great deal of stress and tension are created. Tension in itself is an alarm bell that notifies us to open our eyes and minds and look around to see where we are not present in the moment. Tension is a positive contribution in drawing our attention to this imbalance

There are a lot of practices available for those times when our bodies are depleted and in need for down time. Physical disciplines like yoga, massage, Tai Chi... can bring about physical relaxation; detoxification and rejuvenation. The balances of nature can ease out thought processes that might be going around in tiny circles and going nowhere.

We are nourished by the landscape that our inner thoughts create. We manage this balance by where we place our focus. The seeds of our thoughts that we plant daily are contributing or non-contributing. Giving our thoughts a new and expanded direction-whether through physical action or mental action we bring these aspects into balance. And by bringing these two aspects of who we are into balance and alignment, we give ourselves the possibility to start fresh with greater possibilities of success.

There is no Aladdin's lamp to take us through life. But by being attentive to the signals our being gives us we have the possibility to make a collaborative effort between body, mind and soul. With our 'team' moving into the same direction, the voyage we call life is an exciting adventure full of rewards and beauty.

HAWAII — 'A STATE OF BEING' contains the wisdom of many cultures. Abraham Kawai'i a native Hawaiian; taught throughout the world for more than four decades the values of the Hawaiian way of life - the values reflected in the land itself. The poetic expression of this Hawaiian is magnified through the pictures.

Available: All Borders in Hawaii, Native Books, Sedona, Book Ends Hilo, Waimea shops,
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