



WORDS OF ENCOURAGEMENT

VOLUME 2
JANUARY - MARCH 2021

A Message from Pacific Health Ministry

2020 brought with it many challenges and Pacific Health Ministry (PHM) chaplains searched for ways to provide support and encouragement. The first confirmed COVID-19 case in Hawaii happened on March 6, 2020. Soon after, PHM began a response at Straub Medical Center, titled "Encouraging Word of the Day" in the hopes of lifting and strengthening the spirits of those working at the hospital.

Their idea was to begin shifts with a word of encouragement. This practice was so well received, that we compiled the first 90 words in an easy-to read e-book, which was released in October of 2020.

At the end of this year over 200 individual words had been given and translations were provided by two nurses from Kapi'olani Medical and a PHM Chaplain from Pali Momi Medical Center.

Staff members from various hospitals have shared that they look forward to the Hawaiian translation even more than the English equivalent. A number of the Chaplains have heard from staff and administrators that they need and look forward to these words and ask the Chaplains to continue.

We are pleased to release the next 90 words in our Words of Encouragement Volume 2, which provides a word for each day from January 1 through March 31, 2021.

Throughout the pandemic our group of PHM contributors has grown to fourteen chaplains from 8 different health care facilities where PHM provides spiritual care. The words have encouraged thousands of healthcare staff from these facilities and we hope that they continue to uplift all of our first responders and essential workers.

Your generous donation with the download of this e-book will support our mission to provide the highest quality inter-faith spiritual care to the people of Hawai'i. We hope our Words of Encouragement will bring peace, comfort and inspiration.

- Rev. Anke Flohr, Executive Director



**Mahalo to the following Pacific Health
Ministry Chaplains and Rev. Anke Flohr who
contributed to this book.**

Chaplain James Bell

Chaplain Jennifer Crouse

Chaplain David Hendrickson

Chaplain Thomas Hong

Chaplain Phyllis Hormann

Chaplain Sarah Rentzel Jones

Chaplain Lena Ann Keanu-Reichel

Chaplain Bora Kim

Chaplain Nathan Kohashi

Chaplain Puanani Lalakea

Chaplain Grace Lee

Chaplain Leavitt Thomas

Mahalo to our collaborators at Kapi'olani
Medical Center for Women & Children for
their kokua providing the Hawaiian
translations.



JANUARY 1

YEAR
(MAKAHIKI)

The 365 days that made up the year of 2020 have seemed like a marathon.

May we welcome this new year with the strength and endurance we gained from the last as we move toward the challenges and opportunities that await us in 2021.



JANUARY 2

REFLECTION (NO'ONO'O)

Self-reflection is the key
to transforming our
experience into wisdom.



JANUARY 3

LETTING GO (HO'OKU'U)

One of the hardest things to do in life can be to let go of old hurts.

Sometimes those painful memories can be decades old and older; it can feel like you are carrying around a lot of heavy baggage.

Today, take some time to identify what you are willing to release. As you let go, take a deep breath and allow love and healing to settle into that new space you have created within.



JANUARY 4

ACCEPTANCE (HO'ĀPONO)

A wise saying suggests that in dealing with difficult situations, the first step is awareness, then acceptance, and then action.

To be able to take appropriate action, acceptance is necessary so that we can fully understand what we're dealing with.

As the Serenity Prayer says, we seek to “accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.”



JANUARY 5

AUTHENTICITY (MAOLI)

Authenticity is one of those qualities that we know when we experience it. Authentic people feel real; when we are with them, we know that they are who they say they are. We believe they don't have hidden agendas and they won't change their personality the minute we turn our backs.

Authentic people inspire us to be even more ourselves, to not hide because someone might not like the "real me." Today, allow your whole, authentic self to shine.

Feel how liberating it can be to be completely you, and to inspire others to do the same!



JANUARY 6

FORGIVENESS (KALA)

Many people resist forgiving another because they are still angry, hurt, or feel the other person doesn't deserve forgiveness.

But there is a saying that holding a grudge is like drinking poison and waiting for the other person to die.

Forgiveness is actually a gift for ourselves.

It doesn't mean we need to forget, and it doesn't mean we need to renew our relationship with the one who hurt us. It can mean releasing ourselves from suffering and giving ourselves greater freedom.



JANUARY 7

CALM (MĀLIE)

From wehewehe.org, we learn mālie means “calm, quite, serene, still, silent, gentle.”

Mālie can be used to describe a soft breeze or a calm sea. When a loved one dies we bid them E moe mālie, sleep calmly and peacefully.

When we enter a conversation or situation, do we bring with us an energy of mālie? Calm begets calm, peacefulness inspires peacefulness.

May we find ways to turn our anxiety into calm and may this calmness steady the qualms of those in our presence.



JANUARY 8

BALANCE (KAULIKE)

The point of having balance is not to always be balanced, it's the willingness to learn how to regain your balance when you stumble.



JANUARY 9

PEACE (MALUHIA)

While it is natural for us to want things to be a certain way, there are not many things that we can control.

The writer Lori Deschene said, "Peace is accepting today, releasing yesterday, and giving up the need to control tomorrow."

Let's take a moment to pause.

Ask yourself what do you find the hardest to do of the three?



JANUARY 10

DAY (LĀ)

One may view a day in hours, minutes or seconds – life giving moments of work, rest, and play.

However we view it, what matters is how we choose to live the day.

May you choose to live each day fully by embracing all the wonder and challenges it has to offer!



JANUARY 11

STAND FIRM (‘ONIPA‘A)

On September 2, people throughout Hawai‘i celebrated the birthday of Queen Lili‘uokalani, the last reigning monarch of Hawai‘i prior to the illegal overthrow of the Hawaiian Kingdom.

‘Onipa‘a was her motto, she composed a song of the same title in addition to over 165 other compositions.

How might we stand firm today in the midst of so much uncertainty?



JANUARY 12

WAYMARK (HŌ'AILONA)

Waymarks are objects that help guide a traveler. Today a map app might serve as a waymark.

Long before the Digital Age, the now-famous wayfinders easily crisscrossed thousands of miles of ocean with all-natural waymarks, such as the sun, the stars, and ocean currents.

As you travel the open oceans of your own life's journey, may you have abundant waymarks along the way to help keep you happy, healthy, and confident until the next island appears.



JANUARY 13

VISION (HIHI'O)

A wise friend once shared that the best definition he knew of leadership is "inviting people to a place they have not seen yet."

As leaders what vision is on your horizon and how will we invite others to that place that they do not yet see.



JANUARY 14

SOUL (‘UHANE)

The soul is the light that shines within all of us and when it's bright, it's contagious.

What allows the light to shine bright in your life?



JANUARY 15

NAMASTE (WELINA)

In India, “Namaste” is a common greeting, like “Hello.” But there is a beautiful meaning to “Namaste.” It means, “The divine being within me bows to the divine being within you.”

We are much greater and more sacred than we think. Imagine a day where our inherent worthiness is accepted and respected regardless of our differences, who we are, or what we own.

Our lives would be filled with more peace and reverence of self and one another, and we might be inspired to create a better world for the next generation. So with that hope and reverence, I bow to you and say, “Namaste!”



JANUARY 16

ATTITUDE (KUANA)

In stressful times, we often get reminded that we need to adjust our “attitude.”

People tell us we need to “Look at the glass as half full, not half empty.” Sometimes, though, that doesn’t help.

Sometimes, all we can do is to “Be grateful for the glass.”



JANUARY 17

ONE DAY (HO'OKAHI LĀ)

Ah, the wistful 'one day.' You know, the "One day I'll start (fill in the blank)" or "One day I'm gonna (fill in the blank)" or the variant "One of these days . . ."

You know what a well nurtured and watered "One Day" turns into? It blooms into "Two Day," otherwise known as "Today," where one begins to work to bring one's future dream into the present.

What "One day" plant do you have in your garden that is itching to blossom into "Two day?"

Your 'Two day' just may be your today.



JANUARY 18

SIMPLICITY (MA'ALAH)

Our desire for simplicity is a spiritual craving. As well as simple things, rituals or traditions can be our source of grounding and presence.

What simple things help you to be grounded and connected, and aware of your spiritual needs?



JANUARY 19

ADVOCATE (HO'OKOI)

Ruth Bader Ginsburg served as an associate justice of the Supreme Court of the United States from 1993 until her death in 2020 and spent much of her legal career as an advocate for gender equality and women's rights, winning many arguments before the Supreme Court.

She said, "Fight for the things that you care about, but do it in a way that will lead others to join you."

What do you care about and how are you doing it?



JANUARY 20

FUTURE (MUA)

We're often cautioned to avoid looking too far into the future because it can take us away from the present moment.

However, sometimes the present moment is pretty frustrating, and even with all the mindfulness we can muster, we'd rather be somewhere else!

A few minutes of escape into the future can be a welcome relief from today's stress.

If it feels good, why not allow yourself a few moments to daydream about the promises of the future?



JANUARY 21

NOW (I KĒLA MANAWA)

It is wise to honor the past and prudent to plan for the future, however, we must remember to give ample space for the here and now.

What can we do i kēia manawa (now) that we have been avoiding? Start a new book? Try a new recipe? Take time to rest?

Today may we collectively live in the now and may we find it to be meaningful.



JANUARY 22

OPPORTUNITY (MANAWA KŪPONO)

This crisis continues to give us opportunities to learn and grow.

Let's not let any get away!



JANUARY 23

WELL

2020 called upon each of us to draw deeply from the well of compassion and resilience that lies within. And it has been remarkable to witness the ways our community has come together to share the cup when the well of one of our neighbors has threatened to run dry.

May we continue to gather around the well, sustaining and nurturing one another both now and in the times to come.



JANUARY 24

CELEBRATE (HO'OLAULE'A)

Celebrate has been defined as “to observe a notable occasion with festivities.” What defines a “notable occasion,” however, may vary from person to person.

Today, I would like to invite you to wear your “celebration glasses” and notice reasons to celebrate.

It may be a moment where you said “just the right thing,” or perhaps you will see someone achieve a goal or maybe it will be simply making it through the day.

Whatever your “notable occasion” looks like today, take time to celebrate it.

Life is short and nothing is too small or too big to celebrate!



JANUARY 25

IMAGINATION

The world of 'now' is the one we can see and touch. The world of imagination takes us where we want to go.

When these two worlds touch, "we swim in the heartbeat of desire and transform that into reality."
(Frank Watson)



JANUARY 26

LESS (MA'ALAH)

In recent years, there has been a rise in the trend of minimalism, or choosing to live with less.

In 2020, many of us were forced to do more with less, and we might protest that we didn't sign up for it!

But what can we learn from minimalism? Where can we appreciate doing less, accumulating less, maybe even having less burdens?

As we continue into this new year, we can allow the idea of "less" to teach us something about what is just enough.



JANUARY 27

RESPONSIBILITY (KUMUHANA)

We are responsible for our life experiences.

No one and nothing can stop us!



JANUARY 28

LIMITS

Often limits are seen as something to exceed or to break through.

It can also be seen as helpful signposts to signal where one's energy or time can be better utilized or to signal the finish of an accomplishment well done.

What limits are you seeing in your life that can free you for other endeavors?



JANUARY 29

PUZZLE (NANE)

Life, like a puzzle, is filled with different colors, shapes, and sizes that, when joined together, create the picture of our lives. Every piece is needed to complete the puzzle.

Who are the people that complete your puzzle and whose puzzles do you help complete?

Thank you for the many ways you complete the puzzle.



JANUARY 30

ANTICIPATION

Anticipation, as the song goes, keeps us waiting.

The gift of the waiting is that we have time to choose how we will respond to that which we are expecting.

Notice your feelings in this moment, and trust in the blessing that is on its way.



JANUARY 31

HORIZON

The horizon is the limit of our sight, but it is not the limit of what exists ... just because we cannot yet see it does not mean that it is not there.

Keep walking toward the horizon with curiosity and allow the joy of discovery to inspire your next step.



FEBRUARY 1

FREEDOM (KŪ'OKO'A)

When you think of freedom, you may first go to something political or patriotic, but the dictionary defines freedom as “exemption from external control, interference, regulation; the power to determine action without restraint.”

Freedom can also be a feeling that anything is possible.

What feels like freedom to you today?

How can you liberate your thoughts to include ways to feel free?



FEBRUARY 2

TREASURE (MEA MAKAMAE)

Thornton Wilder said, "We can only be said to be alive in those moments when our hearts are conscious of our treasures."

What are your treasures and how are you treating them?



FEBRUARY 3

HEAD & HEART

Some of us feel trapped either in our heads or in our hearts.

Having both work together is freedom.



FEBRUARY 4

TIME (MANAWA)

During the epic fantasy trilogy, The Lord of the Rings, Frodo the Hobbit realizes he must go save the world.

As his stress level spikes, he shares with a reliable friend, Gandalf the wizard: “I wish it need not have happened in my time.” “So do I,” Gandalf replies, “and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us.”

How is your “inner Frodo” in such a time as this? Rest assured that your local hospital chaplain is here for you.



FEBRUARY 5

NAME (INOA)

Names are something to which we refer every day, yet we might not spend much time thinking about these names.

Whose name do you carry? A beloved grandmother? What ancestral lineage do you bear? On what lands did you grow up? What are the name of the waters, winds, and rains that surround us?

Our names carry not only our mo'olelo (stories) but also the mo'olelo of all who have come before us. Remembering the name of another speaks volumes.

Let us honor our inoa always in all ways.



FEBRUARY 6

ENTHUSIASM (OHOHIA)

What in your life do you do with enthusiasm? What are you drawn to just because you enjoy it and it makes you feel happy and excited?

Even in the midst of these pandemic times, carve out some time for those things that you can do enthusiastically.

Finding joy and fun keeps us balanced and motivated in the midst of struggles.



FEBRUARY 7

BLESSING (PŌMAIKA'I)

Blessing could be the act or words of one that blesses, a thing conducive to happiness or welfare, or a prayer.

When you take a moment to think about blessings in your life, what comes to your mind?

Today, make a list of blessings and count them all, one by one, with a grateful heart. And follow where it will lead you.



FEBRUARY 8

SAND (ONE)

A grain of sand may be insignificant but collectively serves many purposes.

Let us continue to support each other and be reminded that we are not alone.



FEBRUARY 9

HEN (MOA WAHINE)

Some would say a hawk is more powerful than a hen. However, when a mother hen sees a hawk, she becomes a fierce protector.

She spreads out her wings and calls her chicks to her, and the chicks come running and the hen folds them under her wings, protecting them from the hawk.

Sometimes, we are so much more powerful than we feel or than we look. Sometimes we just need to remember to have faith in ourselves.



FEBRUARY 10

LIGHT (IAMA)

On the topic of light, Desmond Tutu said, “Hope is being able to see that there is light despite all of the darkness.”

Maya Angelou said, “Nothing can dim the light that shines from within.”

Oprah Winfrey said, “Know what sparks the light in you. Then use that light to illuminate the world.”

Today, take a moment to notice the ways that others are a light for you as well as the ways that your light illuminates the world for others.



FEBRUARY 11

FRAGRANCE (ONAONA)

Smells have the ability beyond just smelling. It can bring us back in time to a cherished or sacred memory (the fragrance of certain trees, or an old jacket), bring joy or anticipation (the fragrance of a morning coffee), or even bring a feeling of overwhelming compassion or love (the fragrance of a newborn child, or puppy).

What are the fragrances that bring you relaxation, joy, remembrance with love?

May your today be blessed and fragrant.



FEBRUARY 12

SHARE (KA'ANALIKE)

The ability to share our burdens and joys allows us to care for ourselves as well as each other.

Sharing our burdens brings lightness to our heavy shoulders while sharing our joys brings so much hope.

Take some time this week and share with someone what's been going on in your life because sharing truly is caring.



FEBRUARY 13

ALONGSIDE (MA KA 'AO'AO)

There are times we wish that we can take away another person's pain but cannot because we cannot cure their illness, bring back their loved one as they were before, or restore that which someone has lost. We do not have that ability. But we are not helpless.

What we can offer is the tremendous gift of walking alongside someone in their pain and loss, to let them know that there is someone who will keep them company for a time in their grief, and will give them space when they need it. We may not be able to take away their pain or loss, but we can help 'shoulder' it to the extent that we can and the other will let us. That is the sacred gift.



FEBRUARY 14

LOVE (ALOHA OR 'ANO'I)

We use the word “love” so often and so freely that we may take for granted what it really means.

It seems silly to go to the dictionary for a definition of such a common word, but it's helpful to see what's there: “an intense feeling of deep affection,” and “a great interest and pleasure in something” are two of the results you'll find.

Mother Teresa is quoted to have said, “We can do no great things, only small things with great love.” Let us today be more mindful of love and of being loving.

Let us infuse all that we do with affection, interest, and enjoyment.



FEBRUARY 15

TOUCH (HO'OPĀ)

"Winning is fun, but those moments that you can touch someone's life in a very positive way are better," said Tim Howard, widely regarded as one of American soccer's greatest goalkeepers and always a fierce competitor.

May you "play to win" each day and also plant seeds of gratitude in each life you touch along the way.



FEBRUARY 16

WORDS (HUA 'OLELO)

Our lives are full of words: on computer screens, smart phones, TVs, signs, newspapers, books... words, words, words. So many... words.

What we say is important. Words can create and words can destroy. Words can lift up and words can put down. Words can give courage and words can cause fear.

Today, let us pay attention to our words and strive to use them in ways that heal and offer comfort.



FEBRUARY 17

COMMUNITY (KAIĀULU)

Martin Luther King Jr. said, "we are tied together in the single garment of destiny, caught in an inescapable network of mutuality."

We wear face masks and connect via video because we are part of a network of mutuality that is committed to building a beloved community that joins together in celebration of the unique gifts that each one of us has to offer.



FEBRUARY 18

FAVOR (PAIKANO)

While in financial cardiac arrest, Adolph Ochs took ownership of The New York Times in 1896.

As his journalistic peers continued to practice shoddy and unethical work practices, Ochs vowed “to give the news impartially, without fear or favor.”

The NYT did just that and rose to world-class standing.

What empowers you to live life without fear or favor? Hold tightly to it and be blessed!



FEBRUARY 19

BEAUTY (NANI)

As humans, we are drawn to beauty, whether in nature, in other humans, in artwork, or other areas of life.

Scientists suggest that our brains have evolved to see beautiful things as beneficial to our survival, though this is still debated.

No matter what, beauty enriches our lives and uplifts our spirits.

Today, may you seek beauty and allow yourself to bask in what you find.



FEBRUARY 20

BOLD (MAKA KOA)

To be bold is to be
unapologetically yourself.

Therefore, be courageous and
confident knowing you are
one-of-a-kind.



FEBRUARY 21

STONE (PŌHAKU)

Is a stone “spiritual?” Of all the substances on earth, many cultures and spiritual traditions concur that stone, as simple and plain as it can be, definitely possesses a powerful spiritual nature.

If that is the case for the simple stone, how much more must that be the case for the most precious creation on earth: you!

As you appreciate the beauty and spiritual essence of all creation, take a moment to also appreciate the beauty and spiritual essence that is you! You are the most precious gemstone on the planet.



FEBRUARY 22

DRAW (NANA I LOKO)

Look within, and draw
nourishment from your own well.

You will soon discover that we all
draw from the same source.



FEBRUARY 23

TEMPERATURE (ANA PIWA)

We are all in the habit of taking our body temperature every day.

Today, take the temperature of your soul.

See where you are spiritually and emotionally, and tend to your inner being.



FEBRUARY 24

PEAS (PĀPAPA)

Peas are a symbol of strength and community. Not only do they cleave together in pods as they grow, but it is said that peas were a staple that kept famine at bay during the Middle Ages.

As a community, we have grown together to sustain and comfort one another.

May we continue to embody this wisdom as we move forward.



FEBRUARY 25

DEFINITION (WEHEWEHE'ANA)

Many of us define ourselves by what we do.

Today, ask yourself,

"How would I define who I am, without title or role?"



FEBRUARY 26

FASCINATING (KUPAIANAHA)

There are some topics in life that we find endlessly fascinating. Other things, our friends may be captivated by but they are so very boring to us.

A wise man once said, “It’s interesting if you’re interested.”

The areas of life that fascinate us also energize us, renew and refresh us, and give us something to look forward to.

Today, think about what fascinates you. Be sure to carve out some time to explore it more —soon!



FEBRUARY 27

MAP

A map is something we use to know how to get to a place we haven't been before and to see what we have not yet seen.

However a map can also be a legacy we leave behind for others to help them on their journey.

When all is said and done, what map will you leave behind for others to be inspired by and follow?



FEBRUARY 28

IN BETWEEN (MA WAENA)

Many of us are so focused on getting to the "new normal" that we are missing this in between space.

We are floating in the "waiting" point between what was and what is to come. While this can feel uncomfortable, in fact, our lives are filled with these "threshold places."

Today, may the breath of creativity that exists in this liminal space fill you with expansive imagination.



MARCH 1

STARS (HŌKŪ)

It is mind-blowing to imagine that there are more than many trillions of stars in the sky and many galaxies beyond our own Milky Way.

And yet, gazing at the stars can be a very personal, intimate experience.

We can wish upon a star, we can watch for shooting stars, we can locate our favorite constellations.

The next time you look up at the stars in the sky at night or near dawn, may the experience of their beauty and expansiveness uplift and inspire you.



MARCH 2

TEARS (WAIMAKA)

Waimaka literally means “eye water.” Releasing tears can function as an act of rejuvenation.

We cry tears of joy. Tears of sorrow. Salt and water come together in this cleansing flow much like a plunge into ocean waters.

May we give ourselves space to feel, release, and mend through our tears.



MARCH 3

SALT (PA'AKAI)

In many traditions, salt symbolizes hospitality, transformation, and purity.

Yet “rubbing salt in one’s wounds” is an expression that is most often understood as “causing additional pain” rather than as an act of purification and healing.

Today, may we all allow the “salt in our wounds” to transform and strengthen us, as we move forward in this time of new beginnings.



MARCH 4

SONG (MELE)

Music is one of the great universal languages, a powerful force of connection.

We often passively enjoy music; have it on in the background when we are working, driving, or cooking.

Today I invite you to engage music with intentionality, listen to the stories a song or album might share. Allow a melody to move deep within you.

May a familiar song connect you with a sweet memory. May a new song spark feelings of contentment or wonder.



MARCH 5

CLOUDS (‘Ō PUA)

Light and billowy or dark and heavy, clouds, like the joys and challenges in our lives, come and go.

Today, take a moment to breathe with the clouds as you watch them walk and run across the sky.

What wisdom do they offer you?



MARCH 6

SILENCE (HO'OLA'I)

It is the silence that creates the space to hear the rhythms of life.

Indeed, Lao Tzu tells us, "Silence is the source of great strength." The silence that welcomes our inner wisdom. The silence that gives us strength.

Today, consider taking a moment to join with the silence and breathe deeply as you dance once again to the rhythms of your life.



MARCH 7

ACKNOWLEDGE (HŌ'OIA'I'O)

The definition of the word 'acknowledge' has two words (among others) that are seen as similar, that is 'to recognize' and 'to appreciate.'

Who is it that you wish to acknowledge today?



MARCH 8

CURIOSITY (HOIHOI)

When we are feeling stuck or judgmental, cultivating a sense of curiosity about another person's position or reasoning may be the antidote.

A spirit of curiosity might bring a sense of openness, exploration, and willingness to learn something new!

From this vantage point, what was a disagreement could turn into an opportunity for a positive connection.



MARCH 9

RESERVE

When we are in challenging times, we are often called to draw on our reserves to handle the tasks at hand.

The reserve cannot run on empty and needs replenishing.

Today, may you take some time to stop and breathe so you can recharge your batteries and refill the tank.



MARCH 10

DISRUPTION

While most disruptions are experienced as an attack upon our arrangements, disruptions can be a life-giving opportunity to reimagine, reframe, and re-experience reality.

When life hands you disruption, make dakine.



MARCH 11

WHOLE (HOLO'OKO'A)

The English words “whole” and “health” and “holy” all share a common root, the old English “hal.”

What can you do today to feel “hal” and to revel in whole, healthy, and holy you?



MARCH 12

AWE (KĀHĀHĀ)

When humans are in awe, it rewires the brain. Research shows that awe pulls us out of ourselves and makes us feel immersed in the larger world.

Awe helps us to stop ruminating on our problems and daily stressors.

May awe and wonder be your companions today!



MARCH 13

WAIT (KALI)

As we wait for our lives to get back to “normal,” let us treat each other with compassion knowing we are all waiting together.



MARCH 14

STORY (MO'OLELO)

Our stories are what make us unique. No two stories are the same. And because of this, every one of our stories is significant.

At the same time, we can find common ground through our stories, such as shared experiences of sadness, joys, struggles, hardships, fears and passions.

This is why sharing our stories as well as listening to others is a way to connect.

Through these stories may we continue to cultivate empathy.



MARCH 15

LEGACY (HO'OILINA)

If we are living to leave a legacy,
then we are not living fully.

However, if after we are gone, a
legacy is left, then we have fully
lived.



MARCH 16

WOOD (LĀ'AU)

Heartwood is the innermost core of a tree trunk; its innermost “being,” if you will.

Referring to it, an ancient religious leader once said, “Understanding is the heartwood of well-spoken words.”

May your heartwood remain strong and solid, enabling your words to provide grateful shade for everyone who hears them.



MARCH 17

FUN (LE'ALE'A)

Steven Bartlett said, "Don't subscribe to other people's definition of 'fun.' Fun doesn't have to mean drinking, partying and socializing. Fun can be a night in alone, getting lost in a book, a deep conversation, a walk, creating art, playing music or doing your work! Fun is yours, you define it."

When was the last time you had fun?

What would "fun" look like for you now?



MARCH 18

CRY (UĒ)

To cry is human. It is the first sound we make when we are born.

It is the sound of change.

Today, whether you find yourself crying tears of joy or tears of sorrow, know that each tear is a sacred recognition of transformation.



MARCH 19

TREES (KUMU LĀ'AU)

Trees offer an abundance of resources. They provide oxygen and clean air, give shade when it's hot and support wildlife.

These are but a few examples of an endless list.

But in order for trees to provide these resources, they need three things: water, sunlight, and nutrients. Just like these trees, we also need certain things to sustain us.

What are those things for you?



MARCH 20

SLEEP (MOE)

Homer said, “There is a time for many words, and there is also a time for sleep.”

On average we spend around one-third of our lives sleeping.

Do we value our sleep enough?
What patterns can we remove or add to our nights to allow us better sleep?

Tonight may we sleep deeply
and may our dreams bring us inspiration.



MARCH 21

NET (‘UPENA)

The fishing net is a common image seen in Hawaiian culture and is an item still utilized in our modern times, 'Upena Ho'olei is the act of throwing net.

Imagine you are casting your net over your life and your concerns.

What would you like to keep in your net?

What might serve you better if released?



MARCH 22

GUT (NA'AU)

Na'au: Bowels, guts, mind, heart.

In some traditions, people are encouraged to "follow their heart" when making a decision or figuring out what should come next.

In a Hawaiian context, many of our feelings and instincts are located at the core of our bodies in our stomachs, our na'au.

Our Na'au does the best communicating when we are in tune with ourselves, rooted, and grounded in what is pono.



MARCH 23

MOSAIC (MOKAIKA)

Wellness, both of the individual and the community, are big picture mosaics made up of many little pieces that unite to complete the picture.

How wonderful it is to join together, gathering all our individual talents, tools, and perspectives, to create a mosaic that encourages us to move forward as one, toward a more beautiful future for all.



MARCH 24

STRESS

In life, stress is unavoidable and the way through it is to acknowledge it and find imaginative and creative ways to change our relationship to it.



MARCH 25

BABY STEPS

Many of us make plans to take big steps toward changing our lives for the better, but end up never taking them.

Instead, focus on taking baby steps to actually begin walking.



MARCH 26

RISK (HO'Ā'O ME KA NĀNĀ'OLE)

An old saying about risk goes, “No risk, no reward.”

Perhaps Duke Paoa Kahanamoku briefly considered this more than 100 years ago before the world-famous surfer mounted a swell off the shores of Waikīkī and rode a monster wave for more than a mile.

How does risk—the possibility of loss—impact you at work, or in general?

Does it inhibit or empower you?



MARCH 27

BEST

Steve Prefontaine said, "To give anything less than your best is to sacrifice the gift."

Today, take a moment to consider what your best is and then build your day around honoring that, for when you do, you invite others to step forward as their best selves as well.



MARCH 28

IMPORTANT (MEA NUI)

Research shows that the number one thing we can do to support others is to let them know that they are important.

We can do this by listening, by expressing appreciation, and by paying attention to their thoughts and feelings.

Today, take a moment to recognize the important ways you contribute to the well-being of others and to let others know how important they are to your own well-being.



MARCH 29

GLASS (ANIANI)

Glass is an amazing substance. It's not a solid, liquid, or a gas. It can be delicate or tough, transparent or opaque, and colorless or any color at all.

Regardless of its innumerable appearances, glass is all essentially made of the same thing: liquefied sand. Aren't we much like glass, too?

We can be delicate or tough, transparent or opaque, and all manner of colors, but we're all essentially made from the same thing: love (No, not sand)!

Whatever your "glass" looks like, may your core substance of love always shine through and touch the lives of those you encounter.



MARCH 30

NO (‘A‘OLE)

What do you think of when you hear the word “no?”

Given our collective social conditioning it may bring up negative feelings. When we view “no” in a different light we may realize that utilizing the word in our lives can serve as an act of self-love and self-preservation.

The saying goes “You cannot pour from an empty cup.”

How full is your cup today and what might you say “no” to in order to keep it from running dry?



MARCH 31

RELEASE (HO'OKU'U)

You know that feeling of holding your breath until you feel like you will burst? And the ecstasy of releasing that breath and allowing a new one to enter your body?

Sometimes the burdens we carry are like that. Sometimes we need to put them down, even if just for a moment, to allow our bodies to feel the ecstasy of release.

