



# No Na Mamo: Traditional and Contemporary Hawaiian Beliefs and Practices

*Malcolm Naea Chun*

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*No N? Mamo* is an updated and enlarged compilation of books in the acclaimed Ka Wana series, published in 2005-2010. The books, revised and presented here as individual chapters, offer invaluable insights into the philosophy and way of life of Native Hawaiian culture:

Pono (right way of living)

Aloha (love and affection)

Welina (welcome and hospitality)

A`o (education)

Ola (health and healing)

Ho`oponopono (healing to make things right)

Ho`omana (the sacred and spiritual)

Alaka`i (leadership)

K?k?`lelo (oratory)

Ho`onohono (cultural management)

Kapu (gender roles)

Hewa (wrong way of living)

Readers both familiar and unfamiliar with Native Hawaiian traditions and practices will find much to reflect on as well as practical guidance and knowledge. Chun draws on first-hand accounts from early Hawaiian historians, early explorers and missionaries, and nineteenth-century Hawaiian language publications--as well as his own experience, gained from a lifetime of engagement with the language and culture. *No Nâ Mamo* contains new and updated information throughout, a completely new chapter on Aloha, color illustrations, prefaces by the author and editor, a new Afterword, and an Appendix describing the challenges faced in creating this book.

84 illus., 53 in color

Published in association with the Curriculum Research and Development Group (CRDG), University of Hawai`i

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