

the aloha spirit

Ever fancied a trip to Hawaii? Julie Bladon lets us into a secret... with Lomi Lomi massage we can save our pennies and bring the essence of Hawaii to us. And with it comes a whole ocean of wisdom!

British summertime is upon us so let's bring some Hawaiian sunshine and Aloha spirit into your life! The ancient Hawaiian art of Lomi Lomi massage (also known as Ka Huna, Hawaiian, Ancient Hawaiian Temple and Hawaiian Sacred Massage) brings physical, emotional and spiritual renewal. Perfect for today's chaotic and stressful lifestyles.

Originating in the Hawaiian Islands, this massage has been used for thousands of years, being a central part of ancient rite-of-passage ritual, involving 7-10 days of massage and healing. Lomi Lomi massage differs from remedial massage because, not only does it work on a physical level, but on a spiritual and mental level as well. The joy of this massage is that it delivers exactly what you need at that particular moment. I work a lot with emotional issues and blocks, particularly in areas such as bereavement, and other major life changes such as redundancy, retirement, relocation, divorce and pregnancy. Often, these are the times we need extra support and, with its ancient roots, Lomi Lomi massage can ease the transition into the next stage of your life.

Lomi Lomi always begins with a Pule (prayer), either silently or verbally, which acknowledges that the healing is in the hands of 'God', a higher being or the recipient's higher self. This centres the practitioner, enabling him or her to focus the intention and invoking intuition. It also enables the recipient to be receptive to the possibility of healing, and to subtle levels of awareness. The massage combines a connection of energy with a heart-centred focus, allowing clients to fully relax and to let go of old beliefs and behaviour patterns. Negative habits can cause limitations, and are stored in the body's cellular memory. Balance and harmony are restored through the use of long flowing movements, treating the body as a whole rather than working on isolated areas. The movements of the massage can feel like gentle waves moving over the body, which encourages a reconnection between mind and body,

and a release of stress. Following a session, many feel more able to process and accept events in their life, letting negative emotions flow away. The effects can remain long after leaving the massage table.

The form of Lomi Lomi that I have studied is taught alongside Huna philosophy, with its seven easy-to-follow principles. These can be applied as part of this massage and also as a guide to everyday life. The basic assumption of Huna is that everything seeks harmony and love.

1. IKE – The world is what you think it is: Using the 'glass half-empty' or 'glass half-full' view of the world, you can use your attitude to view problems either as an opportunity or an obstacle. Change your beliefs and you can change the world around you.

2. KALA – There are no limits: This principle states that there are no limits and the universe is infinite. It is only our beliefs that put limitations in the way. This principle recognises that everything is connected energetically.

3. MAKIA – Energy flows where attention goes: Refocus your attention toward more positive beliefs and expectations. If you like what you've got then great, but if you don't then focus your attention on a new pattern of thinking and awareness.

4. MANAWA – Now is the moment of power: Your beliefs and reactions in the present moment affect and change the world around you, not those of your past or your future.

5. ALOHA – To love is to be happy with: To be deeply in love, deeply connected and away from fear, anger and doubt. This includes love for yourself. This principle is fundamental to the healing process. To increase goodness, love more! Be it your loved ones, career, vocation, yourself, the planet Earth.

6. MANA – All power comes from within: All power that creates your experiences comes from your own body, mind and spirit and NOT from outside influences.

7. PONO – Effectiveness is the moment of truth: Rather than saying the end justifies the means this principle actually translates as the means determines the end. Violent means will produce violent results, and peaceful means will produce peaceful results.

I'm always amazed by the difference Lomi Lomi can make to people's lives. Huna and Aloha spirit are certainly very powerful. My passion for this wonderful massage continues to grow alongside my own continued spiritual growth. I truly believe that with Lomi Lomi massage, Hawaiian sun can shine on us wherever we are in the world!

Julie Bladon is a qualified Lomi Lomi Bodyworker who has studied at Mette's Institute in Queensland and with Hawaiian elders on the Big Island, Hawaii. Practicing at Exeter Natural Health Centre, Julie is also a Reiki Master, Yoga Teacher, Past Life Regressionist and Future Life Progressionist. www.lomilomiuk.com • www.juliebladon.com

Hawaiian proverbs & prayers

Mai 'ena i ke kanaka i laka aku ~ Treat one who comes in kindness with kindness.

E wehe i ka umauma i ākea ~ Open out the chest that it may be spacious. Be generous and kind to all.

He kāhau ho'oma'ema'e ke aloha ~ Love is like a cleansing dew. Love removes hurt.

E ala ua ao, ua malamalama! ~ Awake, it is day, it is light! (Hawaiian prayer at daybreak, believed to determine the quality of the day)

E lawe i ke a'o a mālama, a e'oi mau ka no'eau ~ He who takes his teachings and applies them increases his knowledge.