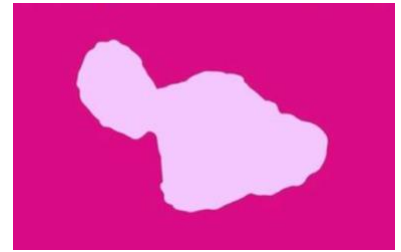




TODAY'S 'ŌLELO NO'EAU IS:

He kēhau ho'oma'ema'e ke aloha.

Love is like a cleansing dew.



Mahalo to everyone who reached out to me following the *He Momi* on lu'ulu'u, that heavy, bent over sadness and kaumaha - sad, heavy weight. Mahalo for all you are doing to support Maui's residents affected by the wildfires. Mahalo to those who prayed, who hugged one another, who reached out in so many ways.

It's been a lot, hasn't it? Not a day goes by that I don't shed tears for Maui, for lives lost, properties lost, those injured and hurting in body, mind and spirit. It is a heavy toll. We are now on week three post fire and people are going through all the stages of grief in their own ways.

I have had to limit my social media scrolling! How about you? There are some negative things happening that I can't handle. Understandable. But not helpful. Not for me at least. I try to stay on top of things that are going on in other ways and I marvel at the moments of brilliance, incredible beauty and aloha that I am witnessing.

We had a "Code Lavender" at QNHCH, a moment for caregivers to gather, pray, share thoughts for loved ones. One important message shared was that each of us has the ability to do something every single day (in addition to the prayers, donating time and money to our Maui 'ohana). That is, we can all share aloha with one another -- Fellow caregivers, patients, community (and your Instagram and Facebook friends). Stay positive. Focus on the good. My motto is *Aloha will Save the World*.

It reminds me of the song, [Look for the Good](#), by Jason Mraz. Some of you are thinking, "Hey, why aren't you sharing a Hawaiian song?" And others are saying, "Who the heck is Jason Mraz?" He is none other than one of my favorite singers. Click [here](#) to listen. Here are just a few lines:

*Look for the good in everything. Look for the people who will set your soul free.
It always seems impossible until it's done. Look for the good in everyone.*

Instead of one word this week, I want to share an 'ōlelo no'eau (wise saying): **He kēhau ho'oma'ema'e ke aloha** – Love is like a cleansing dew. Sharing aloha with one another is healing. It can be a restorative breath and a release of burden. How to best share aloha? Look for the good. Don't judge. Be patient. Give a hug. Forgive. Check in on your co-workers. Talk story with your patients. You never know how your positive attitude, your smile and kind words, will set their souls free, as well as yours.

Share aloha, my friends. E ola!

Liana Honda

Native Hawaiian Health

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