

Health, Wellness & Fitness

Bringing The Healers Back Into The Families

by Carol Hart

In the old days in Hawaii, each village in each district, on each island had their own lomi specialist that the villagers relied upon and trusted. Although lomilomi was a common treatment shared among family members for minor aches and pains, it was the village lomi specialist that treated the more complex problems. Traditionally, the training to become a lomi practitioner could take years. The new student would not be allowed to touch a client, possibly for years, depending on his or her ability to grasp the many concepts of lomi. The student's ability to be pono (conflict-free) with himself/herself and to a person, place or thing was also a determining factor.

The concept of kokua (helping, assisting) na kupuna (respected elders) was also widely practiced. Many types of dis-ease were, and are, very preventable with some simple practices such as lomilomi. Diabetes, high blood pressure (exasperated by stress), poor digestion, stiffness and immobility are just a few of the problems that are benefited by regular, loving touch. Practicing outreach, where students and experienced practitioners go into the community to "give back", especially to those who bring forward the traditional practices from their kupuna, or ancestors; this is inclusive of all cultures. This was, and can be again, the foundation to restoring community and sustainability in every district.

New students often ask me, "Aren't there already too many massage therapists on Kaua'i? Isn't it hard to get a job?" My answer is always that if one gives from the heart and is connected to Kumukahi (One Source), and recognizes that

we are all a part of Kumukahi, there will always be a place for this person in the community. When we transition from "doing it because of the money" into "serving community and sustainability", there is an old/new paradigm that includes abundance for all!

At the Aloha Lomi Massage Academy, our mission is to Bring The Healers Back Into The Families by providing a quality, affordable massage certification program based on indigenous practices of pule (prayer), ho'opono (alignment) and self-healing. Students are prepared for the Hawaii State Board Exam with training in many modalities, with the primary base being Mana Lomi®, developed by Dr. Maka'ala Yates, D.C. The Mana Lomi® technique is based on Hawaiian concepts of working with the "mana" of the body, mind, and soul of an individual. Scholarships are available for kanaka maoli, and payment options are also available for those who have the need.

Carol Hart, LMT6285, is owner and instructor of Aloha Lomi Massage Academy, and has been touching the community of Kaua'i since 1994. For more information go to www.alohalomiacademy.com or call 808-245-LOMI (5664).



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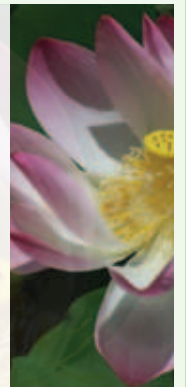
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