



Principles of KAPU ALOHA

The following are some principles. This is a working document.
They are listed randomly and not in order of importance.

ALOHA is

Truth

Sacred

Inclusive

Righteous action

Dignity and grace

A force of good

A philosophy not just a word

Kapu Aloha is Aloha in action. When Aloha is enacted, our actions are overseen by the Akua, 'Aumakua, and Kūpuna. Every participant can act as they choose, but they are responsible for their own actions and intentions.

I.

Speak truth. Aloha cannot exist in the absence of truth.
The truth may hurt but it is meant to heal.

2.

Move Aloha. Aloha is a state of being and therefore requires action and participation.
When aloha is in action, it is felt on all levels. What is contrary cannot exist simultaneously.

3.

Look within not without.

4.

The Mana or Power remains in the breath and utterance of the word Aloha.

5.

Take Pono or Right action. Choose actions that are meant to heal, not hurt.

6.

Carry yourself with dignity and grace.

7.

Have consideration for something outside of yourself for the greater good.

8.

Be inclusive not exclusive. It is a calling in and not a calling out.

9.

Recognize the mole or root where we are all 'ohana and connected.

IO.

Protect all life and the earth.

II.

Choose to redirect anger in righteous, non-violent, and peaceful actions in a collective way.
Anger is a normal human response to injustice and Kapu Aloha gives us a way to seek justice in non-violent ways.

www.maunakeaanainahou.org

SOURCES: [Oiwī TV Kapu Aloha 101](https://oiwi.tv/kapu-aloha-101/), featuring Ms Luana Busby Neff, Kaho'okahi Kanuha and Billy Freitas: <https://oiwi.tv/maunakea/kapu-aloha-101/>
[Aloha No or No Aloha](https://www.hawaii-nation.org/adb.html) by Kealoha Pisciotto: <https://www.hawaii-nation.org/adb.html>