



**The "Aloha Spirit" is the coordination of mind and heart.**

**It's within the individual - it brings you down to yourself.**

**You must think and emote good feelings to others.**

- A** stands for *akaha'i*, Hawaiian meaning kindness, to be expressed with tenderness.
- L** stands for *lokahi*, Hawaiian meaning unity, to be expressed with harmony.
- O** stands for *olu'olu*, Hawaiian meaning agreeable, to be expressed with pleasantness.
- H** stands for *ha'aha'a*, Hawaiian meaning humility, to be expressed with modesty.
- A** stands for *ahonu'i*, Hawaiian meaning patience, to be expressed with perserverance.

**"Aloha" to the Hawaiians of old is the Great Spirit within us. It means, "Come forward, be in unity and harmony with your self, Spirit, and mankind. Be honest, truthful, patient, kind to all forms of existence, and humble."**

***ALOHA to All!***

***Truth Endures***