

MANA OLA OF HAWAI'I ALOHA

Three components of
Hawaiian healing are
found within the word
Hawai'i itself:

HA *breath*
WAI *water*
I *spirit*



WHO WE ARE

Hui Mālama Ola Nā 'Ōiwi, the Native Hawaiian Health Care System for Hawai'i island, is dedicated to improving the health & well-being of Hawai'i island so that all residents can Live Longer & Feel Better, Together. Hui Mālama Ola Nā 'Ōiwi is a 501(c)(3) nonprofit organization.

SERVICES ISLAND-WIDE

Traditional Hawaiian Healing
Nutrition, Hypertension, & Diabetes Classes
Disease Prevention Education
Community Outreach
Health Resource Referrals
Support Groups
Exercise & Fitness Program
Specialty Transportation
Medical Services


CONTACT US!

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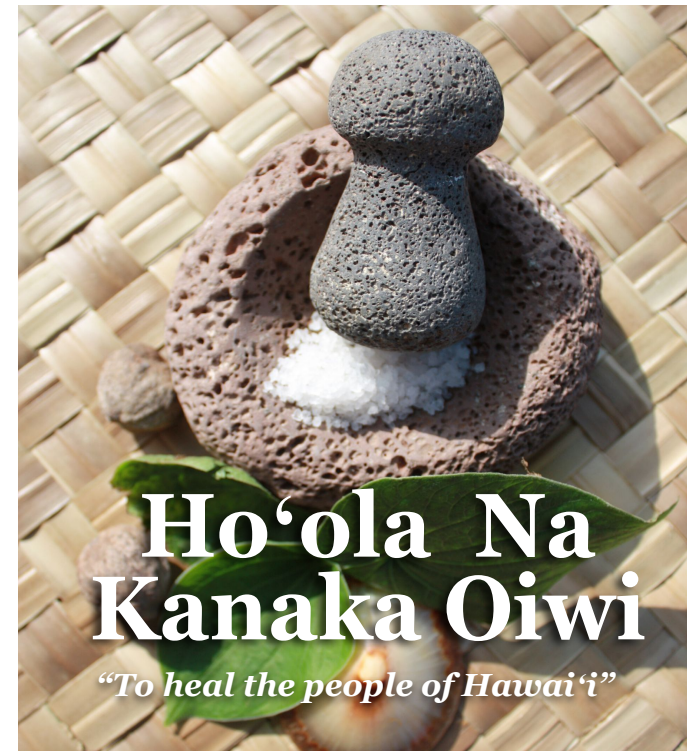
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TRADITIONAL HAWAIIAN HEALING



Ho'ola Na Kanakanaka O'iwi

"To heal the people of Hawai'i"

LA'AU LAPA'AU

Workshop

One-day La'au Lapa'au workshops offer an introduction into La'au Lapa'au, Ho'oponopono, and Lomilomi Ha ha.



Classes

Educational classes teaching about La'au, how to identify the plants, and their healing uses.



Presentations

Presentations are offered for schools, businesses, and community events.

Consultations

Po'okela Ikaika is available for individual appointments and consultations for Ho'oponopono and Lomilomi by appointment.

“Nana I Te Tumu”

(Look on to the source)

Po'okela Ikaika Dombrigues

He is a Hawaiian Healer, High Priest, La'au Lapa'au, Ho'oponopono, La'au Kahea, Lomilomi Ha Ha, and Maiola Kahuna throughout Hawaii nei and around the world for well over 50 years.

He continues to heal and educate about spiritual knowledge and the art of healing-as his Kahuna once did. According to Po'okela Ikaika, *“Without our po'e Hawai'i (people), we have no Hawaii nei or Aloha.”*

Kahuna are the “Keepers of the Huna Mana (secret energy)” whose purpose is to help the people know Hawaiian Culture, teach the traditions of our Tupuna, and spread the faith of Lapa'au healing.

He does all of his work in honor of them and has been steadfast in keeping the Ancient One's protocols unchanged.

Po'okela Ikaika does all of his work in honor as he says, *“what is Pono, must remain Pono.”*

Po'okela Ikaika was personally trained by: Papa-Kahuna Nui Sam H. Lono, Hanai father Kahuna Pule Kawika Kala'akea, Kahuna Lapa'au Harry Mitchell, and Ho'oponopono Tupuna Abby Napeahi.

PROGRAMS & SERVICES

La'au Lapa'au

- | Classes
- | Workshops
- | Trainings

Ho'oponopono

- | Island-wide introductory sessions
- | One-to-one consultations
- | Training

Lomilomi

- | Lomilomi massage in Hilo & Kau
- | Lomilomi ha ha
- | Training

Grow Your Own La'au

- | Grow Your Own La'au classes
- | Community Garden workshops

Healthy Hapai

- | Prenatal classes
- | Breastfeeding support group
- | Papa Lawe Hanai Kaiaulu - *Perinatal Community Health Worker Training and Mentorship Program*

Makahiki Program

- | Hawaiian games in grades 2-12