

Just a quick intro as to why I chose to share this Mele Komo with you. I have come across various Mele Komo in my years of Hula practice, however, this one is the most recent which is potentially why it [currently] feels the most potent. In an attempt to reconnect to what made me fall in love with Hula, despite my disinterest when I was younger, I began learning with Ulu Ka Ohia, taught by Kekhui Kealiikanakaole. Not only have I reconnected to my Hula roots and reestablished my relationship to Hula, but I've been inspired to share my learning and my beliefs with you in a way that is new to me.

So, here we go.

I ask that you do not share this Mele beyond our class, not even within LSHO. I share it with you with great respect and humility, and with the intention of continued learning both as a teacher and as a student.