

# Ka Hana Pono

## The Book & the Cards

**L**earn to master the art of living pono, reconnecting to Spirit and the higher energies of your own soul through Ka Hana Pono, an ancient Hawaiian spiritual practice presented here as simple, pragmatic tools for contemporary life.

This little book and the accompanying cards are a “navigational tool box” containing everything you’ll need to guide you on your voyage through the high seas of life.





### **About the author...**

Connie Rios is a malihini (newcomer) to the islands of Hawaii. Profoundly moved by the ancient spiritual culture of Hawaii, she reconnected to Spirit and reclaimed lost pieces of soul through the wisdom of the kupunas (elders, teachers). This book is a tribute, dedicated to all the exemplary teachers along the healing journey back to Self.

### **Ha'ina ia mai ana kapuana - Here's my tale, let it be told...**

Six years ago I was directed by Spirit to come to Hawaii, more specifically "to the Puna". Three weeks after receiving this instruction, I did, and was considerably miffed to find Spirit had not another single substantive thing to say to me for the next two years. During which, time was spent meeting my soul's agenda - namely a complete ego implosion that bore uncanny resemblance to an old fashioned nervous breakdown.

Just prior to coming here from San Francisco, I was diagnosed with a brain seizure disorder, and told if I responded to

medications, this illness need not do more than hamper me somewhat. A rather cavalier way, I thought, of referring to nervous tics, shaking limbs and a host of other medication-induced side effects, up to and including “death, in rare instances” as the miles long “beware this drug” disclaimer accompanying every prescription refill made abundantly clear.

Just to add to the general merriment, when I arrived in Hawaii, I was put on a medication that was contraindicated, increasing frequency and severacy of the brain seizures. For two years each doctor I saw increased the dosage.

I got the rare opportunity to watch my life go to hell in a handbasket, and I got to actually push the handcart along myself. I slipped off into the nadir of hell. At exactly the last moment before I combusted, was rescued by a group of kupuna of the ancient tradition of Hawaiian spiritual healing.

I literally owe my life to the powerful, healing philosophy of the Hawaiians of old. I share in this book and in classes and sessions the life affirming traditions as they were taught to me by these kupuna, keepers of an ancient wisdom. I am honored to pass on a compilation of some of the rituals and practices they shared with me - to use to heal myself and also to share with others.

Na ko’u hou’oli - it’s my greatest pleasure to do so. Thank you for joining me in the sharing!

*Aia i ka 'olelo no ke ola  
Aia i ka 'olelo no ka make*

In the word there is life  
In the word there is death

We create our own realities.  
We are so powerful, every word we say,  
every thought we think  
is life giving or death dealing.  
In Pono, we own our power -  
the power to choose.

This book is dedicated, with heartfelt gratitude, to  
three amazing kupuna who constantly inspire by  
living extraordinary lives of Pono, manawa iki i  
manawa iki, honoring their traditions,  
and generously sharing  
their mana and their mana'o.

*Aloha pau'ole i*

Auntie Kaikilani Oyama  
Auntie Mahealani Kuamo'o-Henry  
Auntie Luana Smith

*Mahalo nui no mai*

Connie Rios  
Mailanikeikionakupuna  
Puna, Hawaii, January 1, 2000

**K**a Hana Pono means the Practice of Pono.



What is it, and how can it help you?

Pono is the ancient Hawaiian belief in spirit greatness and self power, in lokahi and aloha - the unconditional compassion for, and spirit connections between, all things.

Pono, the word itself, means right, and describes that exquisite sense of rightness which comes from being *at one* with everything. It's that feeling of being completely impeccable - right with yourself, right with Spirit, right with others.

We each know what it's like to be in pono, and what it feels like to operate from that place, because we've each had moments in our lives where we've experienced it.

We all know what it's like. We know clearly, when we're in pono, and when we're not.

So why don't we all stay in pono all the time?

Why is it that sometimes we act, and react, in ways that deny our spirit greatness? What causes us to spiritually disconnect from ourselves and others?

It's because our reactions are dictated by our beliefs. We say, think and feel the things we do, based on our belief systems. In order to align our actions with greatness, we must harmonize them to a belief system of greatness.

A third of the cards in this book provide insights into the belief system of Pono. They highlight the basic tenets of a philosophy of spirit greatness. Understanding it is important because it provides the psychological underpinnings, the motive, for staying in harmony.

The belief system provides the motive... but not the means. *The practice* provides the means. It's no good, just knowing the philosophy. You have to work it, or it won't affect meaningful change. And you can't work it, if you don't know how.

The remaining two thirds of the cards in this book relate to the practice, the how. Ka Hana Pono, as it's presented here, says, "These are the beliefs, and this is how you practice them in everyday life."

Each card you draw is an opportunity to learn and use a pragmatic tool to align your reactions... to the philosophy of Pono.

Ka Hana Pono teaches you to see yourself, and everyone else, as spirit greatness. Learn to do that, and you step full force into the energy stream of Spirit.

Draw the cards whenever you feel out of alignment with your own sense of greatness, or at any time throughout the course of your day that you need inspiration from Spirit. They're valuable tools offering practical advice and simple methods. They energize your ability to reclaim personal power and reconnect with lost pieces of your own soul.

Constantly use the cards. Do so, and you'll become skillful at aligning your reactions to your higher Spirit self. You create a practice of always coming from your own place of spirit greatness.

Anyway, that's the ideal. The reality is, we're human beings, and humans fall short of ideals.

No matter how hard you work it, as long as you're alive and breathing on this planet, bet on it, you will screw up. You'll be human. You'll slip into these places where you react in a way that is not at all in alignment with spirit greatness.

Ka Hana Pono helps to shed Spirit light into all those dark places where you do stuff that's out of sync with who you really are. It's a particularly good aid for the times when you don't like how you're behaving, but don't know how to stop it.

The ancient Hawaiians had a solution for times like these. They turned first to kalana - a conscious release of emotions not conducive to pono, in order to clear the pu'uwai, the heart space. This permits the heart to reconnect to feelings of aloha, and from this place of compassion, make the shift to pono.

By interacting with these cards, and the tools contained on them, you allow yourself access to that ancient solution. You learn to release emotions that block you from your own spiritual connection, and create for yourself a safe place from which to facilitate the process.

Then, it's 'mahalo pau' (thanks, I'm done with that), followed

by a return to the hana. In order to come back into pono, you always return to the hana, the practice.

The Hawaiian insight on practice is contained in the word they use for it. The 'ha' in hana means breath, the breath of life, and 'na' is plural meaning 'many breaths'.

Inherent in the understanding of hana is that you breathe in and out, all the time. You do it over and over, day in and day out, and face immediate peril if you stop.

Ka Hana Pono is something you do constantly so you can get really comfortable stepping into, and becoming one with, the energy stream that is the center of your own greatness.

You learn to always see and seek Spirit - in yourself and in others. You become skilled at taking little steps and applying simple tools to keep your reactions aligned with Spirit.

Can you do it perfectly? No. Although I've met kupuna (elders, teachers) who come so close, the difference cannot be seen with the naked eye! Can you get really skilled at working it? Yes, you can. And it's really worth it, too.

Ancient Hawaiians - the originators of Ka Hana Pono - understood that a pragmatic practice of Spirit connection gave them the ability to create for themselves anything they required. Nothing was impossible.

Part and parcel with living a life of spirit greatness came the mastery of many things which we, in the Western world, view

as extra-sensory, paranormal or just plain magic.

Astral travel, precognition, telepathic communication, shape shifting, the ability to heal, create and manifest through thought and move physical objects with mana (energy) were considered commonplace among the Ancients, a natural outgrowth of living in pono.

Their ability to stay in pono allowed them to transcend time and space, and move energy in such a way as to master these skills. They understood that human thoughts and emotions are simply energy, and time and space, a relative construct of the linear mind.

Ka Hana Pono allows you to become facile at manipulating emotional and mental energy, and is entry level training for attaining these other, graduate level, capabilities.

Once you learn the practice, the choice to go to a sixth and seventh sense reality is yours. Meanwhile, learning how to better communicate with yourself, and connect more skillfully with Spirit, allows you to live a life of pono. You maintain a richer, fuller existence, in harmony with your higher self.

Which is a big enough payoff, yeah? Better to be in the canoe, on your journey through the high seas of life, than out!

Making the effort to learn and use the hana, to really work it, provides incredible results. We effect tremendous changes in our lives when we really believe in, and practice, a dynamic system of personal greatness.



# THE ORIGINS OF KA HANA PONO



The ancient Hawaiians (the originators of Pono and its practice) lived in a world that was essentially tiny bits of land surrounded by a vast expanse of ocean. Theirs was an island culture, and their language - an engaging and poetic series of verbal symbols - contained their belief system encoded in its every word.

They used a phrase 'he wai e ola' meaning 'the waters of life'. This metaphor expresses their understanding that life is not static. It's dynamic, fluid. Like the ocean, life is constantly changing. It's a huge, overpowering and awesome force.

They understood that you really cannot hope to live for any extended time in the ocean. You can surf out there, swim out there, and survive for a brief period of time, but unless you've got a canoe, a good solid boat underneath you, you cannot survive indefinitely in the ocean. It's just too big.

That's how they felt about life. They understood that life was just too big, too variable, too unpredictable. That's why they say, when you're in pono, you're in the canoe.

Pono is the safe and reassuring state of being connected to Spirit, and to your higher self - your sense of personal power and greatness. It doesn't describe life's situations; it describes your reactions to them.

Life's circumstances are like the waves - constantly in motion. They go up and down, in and out; they're calm or they're rough. They are whatever they are. Pono... is like being in the canoe. You're riding the waves, and you're safe in your own space, no matter what the sea is doing around you.

It's very clear cut, very black and white. You're either in the canoe - in pono - or you're not. We always know when we're in pono. We know when we're reacting to life in a calm, connected manner. And we know when we're not.

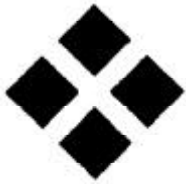
No one has to tell us when we fall out of the canoe. We're all wiggled out, mind racing, heart pounding, gut clenched - survival mode - what the Hawaiians call pilikia, the opposite of pono.

Ka Hana Pono offers a way to shift out of pilikia and into pono. It's designed to help get you back in the canoe.

Carry this book with you on your voyage through the high seas of life. Draw the cards anytime you find yourself out of the canoe. They're like tiny little life preservers, and outline actions you can take to get you back in.

There's the catch... actions you can take. Spirit gives you the starting point, the advice. But you have to work it, in order for it to work.





You are a Spirit being here to live the human experience, not a human being here to live the occasional spiritual experience.

Spirit greatness is who you really are. This is your true identity. We *are* Spirit ('uhane), first and foremost, and we *have* three aspects of human existence - mana'o (intellect), pu'uwai (emotions) and na'au (gut instincts).

Pono is automatically achieved when we identify with 'uhane, then align the human aspects with it. The easiest way to do this is to remember this simple formula:

*Never, ever attach a temporary human condition to your spirit greatness.*

For example, it's never, "I am confused, I am angry." It's "I am spirit greatness." Then identify which of the three aspects are running amok, and attribute those temporary conditions accordingly - thoughts to mana'o, emotions to pu'uwai. As in:

"Mana'o is confused right now," or "Pu'uwai is feeling angry right now."

This creates a little neutral zone between you and whatever human conditions you are temporarily feeling, and allows you to identify at all times with who you really are.

That neutral zone is your kapu space, your sacred place, wherein you recognize yourself only as you truly are - spirit greatness.

When you find yourself out of the canoe, listen to what you're saying. If it's a lot of, "I am this and that and the other," ask yourself, "Does this, that and the other represent spirit greatness?" If it doesn't, don't attach the word "I" to it.

Identify whether "this, that and the other" is an emotion or a thought, then attribute it to the appropriate aspect. "Mana'o is thinking this," or "Pu'uwai is feeling that," right now."

Identify only with spirit greatness. 'Uhane nui au - anything else is a temporary human condition. All the hana - the work - starts from here, after you have consciously connected back into your own spiritual place of being.



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Auntie Luana Smith, an incredibly aloha kupuna, after she walked the rainbow, said,

*“It all comes down to love, or the lack of it.  
In the end, that’s all that matters.”*

Pu'uwai, the heart space, governs the emotional aspect of human existence. Or the Pu'uwai Mele, as some kupuna refer to it: the Heart Song.

What makes our hearts sing? Love. What makes them stop singing? The lack of love.

The mind, the emotions, the gut instincts - mana'o, pu'uwai and na'au - these are the three aspects of our human experience. Whenever these three align with 'uhane, with Spirit, you are in Pono.

The best way to align pu'uwai with Spirit, is to shift it into love.

Ask, “What do I need to love about this situation?” You watch, notice if your first answer doesn't always turn out to be, “My self.” Love yourself - first of all, for never giving up, no matter what.

Look back over your life. Are there places where you screwed up? If you're alive and breathing on this planet, the answer will be, “Oh, yeah!”

But have you given up? The answer to that is “Oh, no,” or else you wouldn't be sitting here drawing your cards, would you? No, you are that indomitable Spirit. That is who you really are.

Love *that*, that part that never stops trying. That part that never stops *knowing in its heart* that there's a better way. A way that's more in sync with your own inner harmony.

That's Pono. And it starts, and ends, with love.  
Love of self. Love of Spirit. Love of others.

*What do I need to love about this?*



## Kapu

Taboo, forbidden, sacred

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Kapu means forbidden, but more importantly, it means sacred. To the ancient Hawaiians, things were forbidden *because* they were sacred.

Create around yourself, protect and nurture, a sacred space, a place upon which you do not tread. Always recognize yourself as 'uhane nui - spirit greatness - first and foremost.

Never allow any thought or emotion not in alignment with that inviolate truth to intrude into your kapu space. Rigorously repel anything that is not in accord with the inherent, fundamental understanding that you are Spirit greatness.

It's okay to feel all that human experience offers - even if it's anger, or fear, or uncertainty - but only *after* you have acknowledged the fact that, no matter what the situation, you are Spirit greatness.

Let nothing alter that. Do not allow anything to come between you and your unwavering belief in who you really are.

Live within that boundary, keep that neutral zone between yourself and whatever situation you are confronting. Make it your priority to honor your kapu and stay in your sacred space. Keep this place holy, allowing nothing (not your own thoughts or emotions, nor anyone else's feelings or opinions) to penetrate it.

Whenever you allow yourself to submit to old patterns of thought and emotion that deny your greatness, you offend this kapu, violate this sacred space, and create for yourself disconnection from your own 'uhane. When life seems hard, when you have no energy, when you feel disconnected from your greatness, realize that you have tread upon this sacred kapu place.

To realign with your 'uhane, to reclaim your greatness, you must define and revere this kapu, at once.

An' no worries, braddah.  
No worries, seestah.  
You get 'em!



To receive a copy of your own “navigational toolbox”  
order Ka Hana Pono, the book &  
deck of 49 Pono cards now

[dnr@aloha.net](mailto:dnr@aloha.net)

This book and the cards that accompany it are used as a divination system to augment your quest for spiritual guidance.

They are also the learning materials used for a practical study course in Ka Hana Pono. The course teaches an experiential understanding of the practice of Pono. It focuses on both the philosophy of personal greatness, and the cognitive skills necessary for maintaining it as an integral part of your daily life.

Learning the principles and exercises outlined in each session will help you master the art of living in Pono - reconnecting you to Spirit and the higher energies of your own soul.

To expand your understanding of Ka Hana Pono, and enhance your ability to create positive change in your life, please consider enrolling in this study course. For more info visit the Ka Hana Pono website at:

**<http://KaHanaPono.Tripod.com>**

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