

OCTOBER

26

FREE WORKSHOP



KAKOU  
LET'S WORK  
IT OUT!  
WORKSHOP  
SERIES

## HO'OPONO PONO KE ALA

Making Right More Right, the Path

Friday, October 26, 2018 from 5:00 <sup>pm</sup> to 7:00 <sup>pm</sup>  
UH-Hilo Campus Center Room 301

*Introduction by Rotary Peace Committee  
on "Hawai'i Nei: Vision of International Peace"*

**Workshop Presenter: Kumu Mahealani Kuamo'o-Henry**  
Hawaiian spirituality teacher and practitioner

"To make right more right is to help people release self-limiting thought patterns and emotions and become more connected with their highest selves," says Kumu Mahealani. "You can't let the mana'o (intellect) and pu'uwai (emotions) run amok; they're destructive if you don't train them to become skillful parts of you." This workshop will teach and provide an opportunity to try out specific new skills for better interactions that will help your "self-best" path.

[Register online here](#), scan the QR code, or RSVP to Majidah  
at (808) 935-7844 x 3 or [majidah@hawaiimediation.org](mailto:majidah@hawaiimediation.org).



**Ku'ikahi Mediation Center**  
*Finding Solutions, Growing Peace*

**Rotary**



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