Hū ka Wai Māpuna

Hū ka wai māpuna
Māpuna kapu ka hāhā
Haʻa inu, haʻa ola
Haʻa kapu, haʻa noa e
E nā kupukupu o nā kūpuna
E mālama ka māpuna
mālama ka māpuna
mālama ka māpuna e
I ola loa e, I mauli ola e

The spring water swells
Sacred spring
Bend and drink bend and live
Sacred bend common bend
Sword fern of the ancestors
Care for the spring water
Nourish the spring water
Protect the spring water
For long life, for optimal health

Deeply rooted conflict is coming to surface; this is a step toward resolution
More conflict to surface, less to hide
This is regenerative and I am held
I am remembering my support systems and the ancestral resilience I come from, to sustain the process of truth-telling, healing, and emotional intelligence
To heal generational trauma and disparity to go beyond performative health and to truly be well
Hū ka wai māpuna

the spring water surges

- Deeply rooted conflict is coming to surface
- Emotions swell up
- Deep truths are revealed
Māpuna kapu ka hāhā
sacred spring, sacred breath

◦This is a step to conflict resolution
◦Our deepest emotions are our truest mentors
◦Deep truth is a catalyst for deep growth
Haʻa inu, haʻa ola
bend (crumble) and drink, bend and live

◦ More conflict to surface, less conflict to hide
◦ Let us feel it, let us heal it
◦ Let us continue to face hard truths, that we may grow
Haʻa kapu, haʻa noa e
sacred bend, common bend

◦ This “crumbling” is personal but I am not alone
◦ The feeling is private, but dealing with it is freeing
◦ This process is regenerative and I am supported through
E nā kupukupu o nā kūpuna

- Calling upon ancestral resilience
- Calling upon the potentiality of our ancestors
E mālama ka māpuna
Mālama ka māpuna
Mālama ka māpuna e

Protect, nurture, and care for the springs

°To sustain the process of truth telling, healing, and emotional intelligence
I ola loa e  
For long life

◦ To heal generational trauma and disparity

I mauli ola e  
For optimal health

◦ To grow beyond performative health, and truly be well
Hū ka Wai Māpuna

“The spring water surges” - Personal Application

- Chant/Prayer Song used to...
  - Ground into the power of ancient springs
  - Remember the importance of honoring what is true, no matter how difficult
  - Remember that truth-telling is an ancestrally protected process, and is required for healing
Applications of the Pule

“The spring water surges” - Professional Application

- Chant/Prayer Song used to...
  - Ceremonially open hālāwai/business meetings
  - Call forth our true thoughts and feelings
  - Hold each other accountable for creating safe space for those truths to surface
Hū ka Wai Māpuna Video

https://www.youtube.com/watch?v=KdgS9zk7cuA