

# 'Aumākua Trail

The concept of 'aumākua (personal or family diety) is based on universal energy (mana) and the connectivity in energy. 'Aumākua are na mana (energies) that take you back to the essence of creation and the original energy forms mentioned in the Kumulipo (Hawaiian Creation chant). They are natural life forms that exhibit or draw from the same energy as the person or family.

The 'aumākua remind us of the connection of all things through Aloha, the spirit in and through all things that orders the cosmos into a proper and respectful relationship. The values expressed in 'aumākua is to mālama (to care for) and 'ohana (the family) and this is to hō`ihi (honor/respect) all that is about energy. To identify with an 'aumākua is to honor God's creation by understanding that we need all relations in order to have the world that the creator made. This inter-relationship is as simple as animals breathing out carbon dioxide and plants inhaling carbon dioxide while plants breathe out oxygen and animal forms take in oxygen. Each depends on the other to live and complete the cycle of life.

Most people relate 'aumākua to only animal forms; however 'aumākua is any energy form that exists in the universe, including animals, plants and weather. The following are examples of 'aumākua and the energy and characteristics they exhibit. As you walk along the trail, you will find sculptures of several of these 'aumākua created by the Health Center's resident artist, Sooriya Kumar.



## **PUEO (HAWAIIAN OWL)**

Wise, creature of the night, guardian of Po. The Pueo is featured in the entryway of our 'Aumākua Trail. This beautiful copper artpiece was designed by our resident artist, Sooriya Kumar.



## **MANŌ (SHARK)**

Alpha species, hunter, gatherer, leader, quick, flexible.



## **HĪHĪMANUA / LUPE (STINGRAY)**

Graceful strength and wisdom.



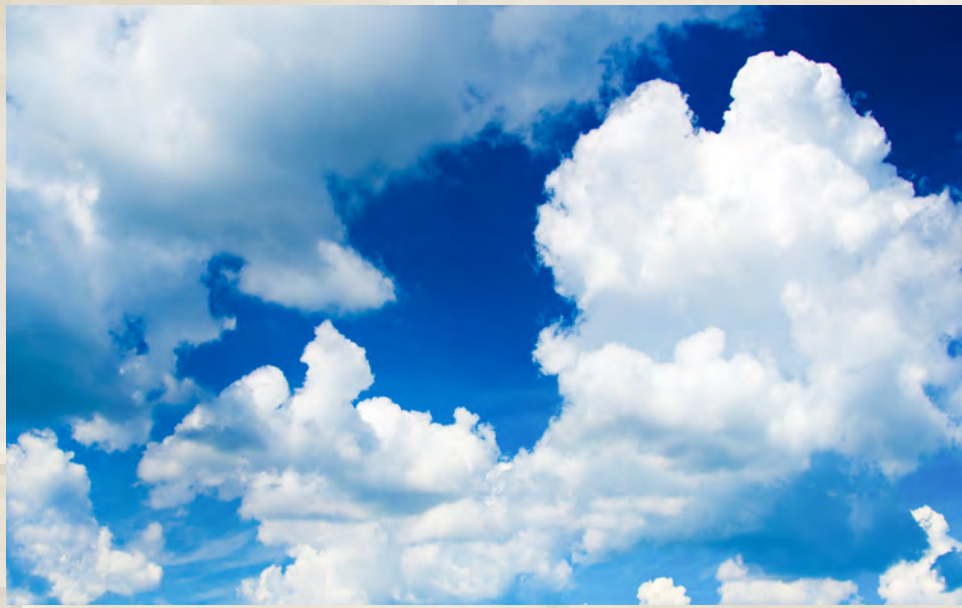
## **MO'O (DRAGON / LIZARD)**

The original caretaker of the earth, foundational, protector, emergent, transformational, caring, link to our primary being, connector and preserver.



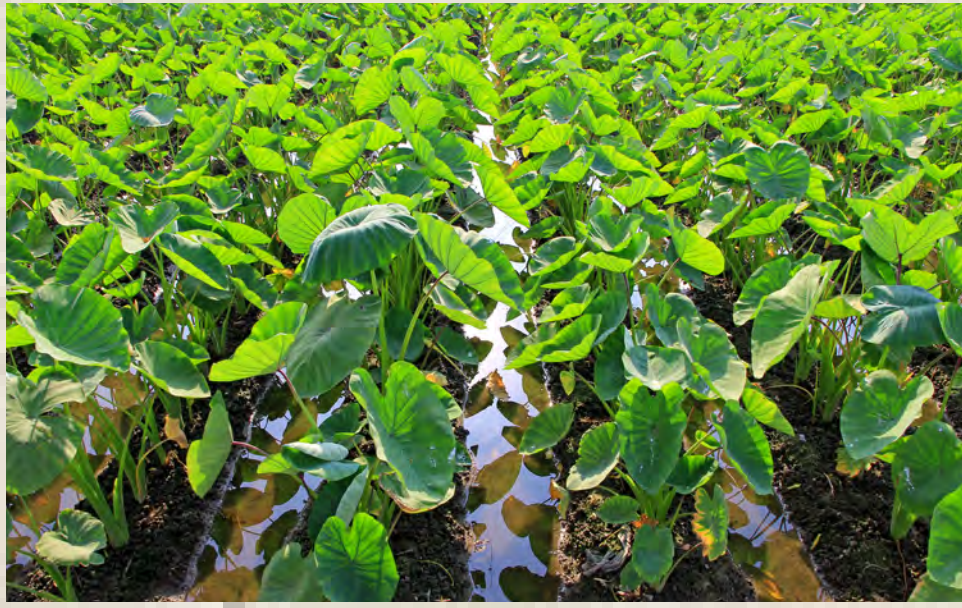
## **KOHOLĀ (WHALE)**

Large, quiet, deep seeker, travels great distances, is prominent and bold, gentle giant, good caregiver.



## **‘ŌPUA (CLOUDS)**

Lofty, easy to influence, floating, always changing form, takes on whatever is around it, holds promise, visionary, creates rainbows.



## **KALO (TARO)**

Our older brother that feeds us (as told in the story of Hāloa, son of Wākea.)



## **‘ULU (BREADFRUIT)**

Provider, adherent, strong, to grow, develop.



## **NAI‘A (DOLPHIN)**

Quick, agile and graceful, the protector, guardian and police of the ocean. Playful and works well in the community.



## **HONU (TURTLE)**

Dedicated, loyal, slow moving, mobile, emotional, protective.



## **‘IO (HAWAIIAN HAWK)**

Visionary, proud, connector to the creator, connector to ao (high clouds), represents the royal capes and helmets (the bird man), representing the creator on earth.



## **NIU (COCONUT)**

Strong, flexible, provider and caregiver, traveler to new places and islands.



## **KAUA (RAIN)**

Diverse, quiet and gentle or heavy and abundant, the blessing, provider of nourishment and growth.