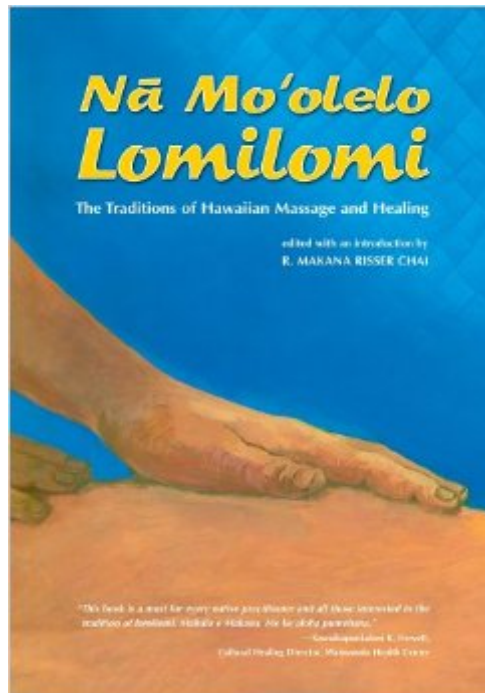


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# Na Mo'olelo Lomilomi: The Traditions Of Hawaiian Massage And Healing



## Synopsis

Lomilomi is the traditional art of Hawaiian massage, an ancient practice that is renowned today for being a soothing, flowing, gentle, and relaxing experience. But to the healers of old Hawai'i, lomilomi was much more. As documented here in oral histories of native kahuna (priest doctors) who lived in the 18th, 19th and 20th centuries, lomilomi was connected to almost every aspect of Hawaiian life, from pregnancy and the birthing process to lua, the ancient Hawaiian martial art. Lomilomi includes heat and water therapies, chiropractic manipulation, bone setting, and ho'oponopono (counseling). It can cure the most common ailments, or bring someone back from the brink of death. This book reprints virtually every published reference to lomilomi from 1779 to 2004. Essential for lomilomi students and practitioners, Na Mo'olelo Lomilomi delves into the historic roots, the cultural context, and the diversity of the traditional healing art. No other book has this wisdom of the kahuna.

## Book Information

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## Customer Reviews

For anyone interested in the roots of Hawai'i's healing arts "Na Mo'olelo Lomilomi" has a wealth of information about the historical and cultural background of lomilomi which wasn't available like this before Makana Risser R. Chai compiled it. If you're serious about lomilomi or Hawaiian culture in general, you will find the book is a joy to read and offers comments and insights from Hawaiian elders and historic sources which you couldn't find elsewhere unless you ploughed your way through countless documents like the author did. Mahalo Makana for this labour of love. Simone

## KallaLomilomi Practioner

Hawaiian Kupuna(elders) and authentically-trained lomilomi practitioners applaud this book as a needed reference for serious students of the Hawaiian healing arts. This book is a compilation of edited historical material, not a training manual. It serves our local teachers rather than seeks commercialization. Mahalo, Makana Chai and the Bishop Museum, for publishing this historical gem. Brenda Mohalapua Ignacio Kumu Lomilomi

Na Mo'olelo Lomi is a blessing! It feels sacred. I love all the history, descriptions, definitions, and stories. It's full of wisdom and teachings. It's especially alive for me, and probably to everyone who practices or receives lomi massage and Hawaiian herbs or to anyone who loves the Hawaiian culture. The presence of the kupuna (elders, ancestors) is strong; they're sharing in their own talk story way. This book teaches deeply by evoking images and feelings of Lomi in the old days. I can feel Makana Chai's sincerity and respect for the people, their culture and the 'āina (land). Mahalo nui loa for her aloha.

When I picked up Na Mo'olelo Lomilomi at the Bishop Museum in Honolulu, I had no idea what I treat I was in for. As a massage practitioner who works from the heart, it struck every resonant cord in my body. Somehow, after reading this book, I was given permission to take my work to a higher level. The intuition, the knowing, the love just expanded. I so very much appreciate this book and share it with everyone who is interested in this work. Bless you Makana Risser Chai ... you are my Angel. Robin Garrison Maui, Hawaii

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