

Origins of Traditional "old style" Hawaiian Lomi Lomi

Aloha - what it means

"I recognise the (same) breath of life within you as I have within me, and wish to present it from me".

The literal meaning of aloha is "the presence of breath" or "the breath of life." It comes from "Alo," meaning presence, front and face, and "ha," meaning breath.

Aloha is a way of living and treating each other with love and respect. Its deep meaning starts by teaching ourselves to love our own being first and afterwards to spread the love to others.

According to the Kahunas, being able to live the Spirit of Aloha was a way of reaching self-perfection and realisation for our own body and soul.

Aloha is sending and receiving a positive energy. Aloha is living in harmony. When you live the Spirit of Aloha, you create positive feelings and thoughts, which are never gone. They exist in space, multiply and spread to others.

"Aloha" also means to hear what is not said, to see what cannot be seen and to know the unknowable.

Hawaiian Huna Beliefs

The Hawaiian spiritual philosophy is called Huna – which considers everything seeks harmony and everything seeks love. When there is disharmony, physical, mental, emotional or spiritual pain results.

The Hawaiians look at things as energy flows - an idea or belief can block energy flow as much as muscle tension can and be just as harmful.

Lomi Lomi – which simply means massage - helps release the blockages, whilst at the same time giving the energy new direction.

Lomi Lomi is not just a physical experience, it also facilitates healing on the mental, emotional and spiritual levels as well.

Hawaiian culture views the body as one and that the physical, mental, emotional and spiritual are all part of the "whole" self – so when healing occurs on

one level all levels are affected.

The long continuous, flowing strokes relax the whole being, assisting in a letting go of old beliefs, patterns and behaviours that cause limitations and which are stored in the cells of our body.

(People generally think of memory, beliefs, our "programming", as being stored in our head, in our brain. This is not the case, this memory and other programming is stored in all the cells of our body).

Lomi Lomi starts with a joining stillness between the practitioner and client. In this stillness the practitioner quietly says a blessing or prayer asking for whatever healing is needed to take place during the massage – the massage table is considered the altar and the client the most sacred thing upon it.

Because the practitioner also works at an intuitive level, sometimes the client may experience an emotional release as the massage can release and shift negative emotions, negative beliefs and other "stuff" that has been stored in the cells of the body, with the healing effects of the massage continuing long after the massage is over.

Benefits of "old style" Lomi Lomi Massage:

- Relaxation, stress and tension release
- Improves circulation
- Releases soft and deep tissue
- Lymphatic drainage and cleansing
- Detoxifies the body
- Pain relief
- Rejuvenates vital organs
- Emotional healing
- Instills a sense of peace, harmony and wellbeing

More than a massage, it's an experience

This method of healing and massage comes to you through Julia (herself of Polynesian descent) who was taught by the Kahuna - the head of the lineage.

Read more testimonials on our website or book your treatment: Julia - 0417 411 465.