

# MANA O MOLOKAI

## *The Pillars of Ho'oponopono*

**Higher Being(s) - Belief of existence**

**Pule - Prayer**

**Aloha - Unconditional Love**

**Pono - Living Righteously**

**'Oia'i'o - Speaking truth with aloha**

**'Ohana - Family (Universe)**

**Hana - Doing the Work**

**Mākaukau - Readiness**

**50th Generation of Traditional Hawaiian Teachings**  
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