

## Aunty Lynette Paglinawan is retiring!

*A beloved kupuna is leaving us to prepare for her next chapter*

*'Ike 'ia no ka loea i ke kuahu.*

*An expert is recognized by the altar she builds.*

It is what one does and how well she does it that shows whether she is an expert.



Aunty Lynette's keynote @ La'au Ho'okahi: A Healer in Every Home, Jan 2020



The late Dr. Emmett Aluli with Aunty and her daughter, Ka'ai'ai Paglinawan

Aunty Lynette Kahekeli Kaopuiki Paglinawan, our renowned + respected UH West O'ahu loea ho'oponopono, will be retiring after this Spring Semester, 2023. She has been with us here in Kapolei for seven years and has taught classes on a wide range of 'ike Hawai'i topics. She taught *Nohona Hawai'i: Living the Hawaiian Way*, along with her classes on Ho'oponopono - a Hawaiian healing process through ritualized communication. Aunty's classes included such topics as *Kaumaha: Understanding Grief from a Hawaiian Perspective*, and *Ho'omau: Hawaiian Resilience*. Her classes were filled with both UH haumana and our beloved and dedicated community grateful and committed to the ideas she so easily shared. She brought joy + dignity to our campus!



Aunty's Ho'oponopono class – 2019 in Kuahuokalā



Aunty always kept her haumana activated with 'ike kupuna

# Aunty Lynette Paglinawan

Quotes from her class on Kaumaha:

*Understanding Grief from a Hawaiian Perspective*

January 19, 2022

- Sacred sites have a purpose and it is our kuleana to give voice to these places.
- We come from the realization of limits much quicker than in the continent.
- What you use, you put back.
- With privilege comes kuelana, and it has to be shared.
- Aloha is the basis of all.
- Knowing yourself helps you get along with others. This helps you to see your unresolved issues so you will know what to do.
- Our worldview is not the same as someone who is coming from a land mass.
- What is 'oia i'o? It is that sense of being pono inside of yourself.
- There's kindness in the way you talk, and that's aloha.
- How do I talk with aloha so I don't bring up defensiveness and create more hihia?
- Once I filled with life I could let him go. (speaking of her late husband)
- Grief is a universal experience.
- If we live ho'oponopono we have to teach our family members: "Tell me the impact on you. Tell me the first part, tell me the second part...."
- We know deep down how to be oia l'o. It comes from the heart.
- It's about loving and caring for the spiritual elements all around us. It is "Aia i loko nei." It is within us to act this way.
- Go into action! Don't just sit there. Shut your mouth, use your eyes, look at what needs to be done, and do 'em. Make yourself useful!
- I gotta be mindful of the truth of my genuineness.
- Deeper understanding allows you to morph into the person you want to be. This helps you know yourself so you can become pono – inside.
- When we have love and are in the service of others, we are putting ola into action.

We're stronger!  
We're *applying* ourselves.  
We're not the way we used to be. We're stronger.

Aunty Lynette Paglinawan  
June 23, 2020



Aunty Lynette Paglinawan enjoyed teaching in person and through Zoom. All her classes were filled with grateful and ready students.

Aunty Lynette also helped develop our HHH - Hawaiian and Indigenous Health and Healing Concentration, now directed by Dr. Kai Merritt. Aunty guided and inspired our campus to move into a deeper understanding and appreciation of 'ike kupuna, of Hawaiian elder knowledge she herself embodied and radiated. Aunty has given many lectures, speeches, blessings, and keynotes during her tenure here at UHWO. She was the soft bright light during every Convocation that set the stage for our school year. Aunty has taught us more about our pueo kanaka (UHWO mascot), about limu kala (the seaweed of forgiveness), about 'ike moe (dreams), about the need for Cultural Landscaping with hala, la'i, niu, ulu and wiliwili. She has taught us about the need for 'Aloha and Pono Language' and coined the idea: "A Healer in Every Home." Aunty Lynette Paglinawan brought mana to our campus and we are better and stronger with her guidance. She gave grace and dignity to all speeches, and to all moments shared with students, staff and faculty. She is a light for Hawai'i.



Aunty Lynette with Dr. Masahide Kato, Convocation 2023



Aunty with Lynne Reyes who she loved and appreciated

# Aunty Lynette Kahekili Kaopuiki Paglinawan

Quotations from a loea ho'oponopono

March 2, 2022

- You have been endowed with pono from your ancestors.
- Pono and Aloha. Those values are universal.
- Be pono so aloha can come through.
- Hō'ailona in a Hawaiian lifestyle was not to be feared. Even the sense of coming from your gut. Think of it as an Alert System for you.
- Gang, it's time for us! Let's take back this Alert System (hō'ailona). Let's use it to heal. First we heal ourselves, then we heal others.
- Why do we need to analyze? We've been so conditioned to try to figure out the patterns.
- It's all about insight, beginning with yourself.
- It's so beautiful going through the process of loving yourself. Then you can love others.
- There is a process we must go through to get to the light at the end of the tunnel. The burden is temporary.
- Ulaleo – I hear a voice and I recognize the words uttered, then I know immediately what to do.
- Know that the energy you have is special and sacred.
- If you sense some unknown force is draining you.... say: Uoki! Stop! Go back to your source!
- So, let's turn to 'ike kupuna and let's believe in the wisdom of our ancestors today.

“Make yourself pono before you help others be pono.”  
Aunty Lynette Paglinawan



Aunty Lynette teaching 40 Restorative Justice Practitioners on Ho'oponopono

Aunty Lynette welcomed Indigenous and respected allies dedicated to restorative justice practices from America, India and Canada in 2022. She organized a special Hawaiian luncheon for them at Waolama, Aunty Manu's home in Palehua. It was a rich and memorable day of sharing with Chief Justice Robert Yazzie, other native judges, and with Aunty Lynette's Ho'oponopono haumana.



Aunty's haumana who put on the special luncheon



Chief Justice Robert Yazzie and Cheryl Fairbanks, Esq.

## Aunty Lynette Paglinawan

- The pono we're talking about is not only what you do, it's about your attitude, and your respect for spirituality.
- In Social Work, "know yourself" is self-reflection.
- When you think about it, your body has all that it needs inside!
- The power behind cultural resilience is aloha!
- In Hawaii, live love. Be caring. Live in balanced harmony.
- Therefore, if you have everything you need inside of you, aia i loko nei, open yourself to understanding Hawaiian knowledge and practice, and its true meaning and purpose to help others.
- Healing comes in measures; it's a slow process. But if we can help put a healer in every home, we can stave off the negative.

*We're just getting caught up on our generational trauma.  
There are paths for recovery for both immediate loss  
and intergenerational loss.*

*Aunty Lynette*



Aunty with the "Meyer Girls" – Manu, Mele, Maile



Kim Birnie, Papa Ola Lokahi, with Aunty



Manu was aunty's kōkua for 7 special years, along with Kai'ulani Akamine and Aunty's cousin Kamilo Lara. Aunty Lynette wishes to express her gratitude + aloha for all the kōkua Kai'ulani Akamine extended to her while she was here.

## Aunty Lynette Kaopuiki Paglinawan

**Make conscious the effects of ideas on others.**

Healing, balance, relationship – these are all my goals grounded in aloha.

Lead yourself through the feeling level to help you look at yourself to find true peace.

**Go at peoples' level of readiness. Allow the process to reveal the deeper levels. When others face their fears, healing begins.**

When you mihi, you open yourself to pono.

People need to feel that what they have to say is being heard.

Use aloha language, aloha words, aloha behavior.

I got into ho'oponopono because I believe in aloha and pono.

*We call this the Aloha Spirit. We have it gang! We just need to practice.*

Life is beautiful. It depends on how you look at it. There's always a solution. It isn't either/or.

*Work with the positive strengths of your ohana and recognize that everyone is at a different starting point. Ho'oponopono requires focusing on a starting point, on an issue that can be focused on. Start in the here-and-now.*



*The most precious gift of our human experience is the opportunity to feel the joyful exhilaration that comes from fulfilling our responsibility to share in the care of life.*

*Aunty Lynette Paglinawan*



Aunty with Ku'u Samson, wahine la'au lapa'au of Waianae



Aunty teaching her Nohona Hawai'i class in Kuahuokalā



Aunty Lynette is a gifted orator and teacher of 'ike kupuna – of Hawaiian values and practices. She and her late husband, Richard Likeke Paglinawan, have been dedicated to Ho'oponopono and to the field of Social Work for their entire lives.

Here she is presenting on ho'oponopono to a National Conference on Restorative Justice in 2020. She learned to appreciate the Zoom format.

*Sometimes, it's not the talking but the non-verbal communication on your face, or holding the hand. The non-verbal is just as important as the verbal.... words are sometimes not necessary. Aunty Lynette*

Hō'ailona are signs that something is happening. The appearance reminds you that you are not alone. The message can be reaffirming or let's you know that the solution to pono is here.

Aunty Lynette Paglinawan



Aunty with Palehua kia'i, McD Campbell Philpotts



Aunty with Nohona Hawai'i students, 2019



Aunty with Dr. Kauai Merritt, Director of HIHH



Dr. Manu Aluli Meyer sat next to aunty every Wednesday!



Aunty with Uncle Wally Ito teaching about limu in Ewa



Aunty with HLTH 205 kumu and haumana, Jan 2019

# Aunty Lynette Paglinawan

March, 2023

- *With privilege comes kuleana... and the kuleana? Leave Hawaiian lands in Hawaiian hands.*
- When it's your time to go to pō, make sure your house is in order.
- *Sometimes, it's only after the passing that we come to realize that we value getting together.*
- When it comes to love, don't hesitate! Make time. The uhane is still here.
- *Remember, aloha is something people appreciate. Verbalize it. Make the time.*
- I want to leave my life in order.
- *Pono allows aloha to be experienced mutually.*
- Kukulukumuhana is an attempt to harness mana and aloha.... to send to loved ones in need of help.
- *You can harness your mana and use it for positive purpose.*
- Use those powers that promote love, healing, kindness, humility.

That's why I tell mo'olelo. The story details the abstract  
and then people can see and understand themselves more.

Aunty Lynette Paglinawan



Aunty + Lihau Collier with her husband's published manuscript



Aunty loved teaching in our special hale, Kuahuokalā



Aunty Lynette teaching one of the many groups that came to listen to 'ike kupuna. She was always happy to share.

## Aunty Lynette Paglinawan

- For me in my personal journey I turned to 'ike kupuna, ancestral wisdom. That has got me through.
- The Hawaiian Way cares for our kupuna - always.
- Once the light turns on that I have been suffering from cultural trauma, it is important to share.
- We've moved along our path of reconnection and it no longer has that damning effect.
- We need to share the purposefulness of our practices so at some point each person has to make the decision: Which way is most helpful? We can do both.
- My mana'o is: I have come a long way. I am not 100% traditional, and I'm OK about it.



Aunty's late husband with beloved mentor, Tutu Mary Kawena Pukui 1977



Aunty taught from her home in Nu'uauu during and after the Pandemic. She loved it!



Aunty Lynette was challenged and yet resilient through COVID-19.

She was able to switch to teaching all her classes via Zoom and could thus add students from across all Islands, and throughout the world.

Her classes during the height of the pandemic had 100+ students, all grateful for their lessons of 'ike kupuna that helped during this confusing time. And through it all, there was aunty – steady, loving, calm and clear. Kū i ka māna.

Therefore,  
if you have everything  
you need inside of you,  
open yourself to understanding  
the Hawaiian knowledge base  
and practice true meaning and  
purpose to help others.

Aunty Lynette Paglinawan



Mahalo nui no ko 'ike aloha e ku'u maka.  
*Mahalo nui no ko 'ike nahenahe.*