Exploring Hawaiiâ€™s Spiritual Side

by Jennifer Roy

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Hawaii is world renowned for itâ€™s mysticism and ancient traditions. Apart from the highly entertaining Polynesian style luau and Cirque du Soleil inspired â€˜Ulalena experiences, both of which are great ways to enjoy your stay, there is a deeper side to Hawaiian culture and history that is beckoning many tourists to come to Hawaii to have a uniquely special spiritual journey of their own.

Sometimes all it takes to peak the spiritâ€™s curiosity is something so simple, yet so profound, as going to one of the islandsâ€™ amazing spas and experiencing a thoroughly relaxing lomilomi massage, which is a form of traditional Hawaiian healing. The hot oil, as it drips down your back, certainly puts you into another dimension. Or perhaps itâ€™s going to a place like Oheo Gulch and swimming in the seven sacred pools that makes your mind travel back in time to what it must have been like a thousand years before Cookâ€™s ship ever reached the shores of these islands. If youâ€™re lucky, youâ€™ll exper some of the Huna that Hawaii is so famous for, whether you go determined to study it or just enjoy how it still permeates through the culture today.

Huna are the â€œsecretsâ€• of the elders, some of which are even taught today. Some Huna teachings were outlawed by the missionaries, in order to control the natives by removing their spiritual connection with their gods, and subsequently lost but fortunately have been rediscovered in the last 50 years or so. Teaching of this type is still located predominantly on the Big Island, due to it having been the center of spiritual practices and culture in the early days. The elders today are few and far between but they are there and willing to teach anyone who is willing to learn, either in Hawaii or even abroad via the internet.

All of the Hawaiian islands are full of ancient sites, legends and lore. One only needs to find a local to â€œtalk storyâ€• with and you will be transfixed by the detail with which the adventures are told, especially the stories of other pacific nation tribes that invaded the Hawaiian islands. There are several sites on Maui where modern day elders from other tribes, like New Zealandâ€™s Maori, come to visit and perform spiritual rituals because, according to their history, they are actually from Maui. Kauai is also dotted with ancient ruins and sacred sites like the recently discovered heiau, or â€œtempleâ€•, in Hanalei.

Rumor has it that there was even a crystal skull, aptly named â€œSynergyâ€•, that had found itâ€™s way Hawaii while traveling through the pacific islands and then on to the Andes and beyond. Hawaii is modern, yet still has the ability to transport you back in time through some miracle of aloha. All it takes is an open mind and if you just stop, look closely and listen, youâ€™re sure to hear more than just waves crashing and birds singing. Youâ€™ll hear the islands speak to you in ways you might only have dreamed were possible.

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Seven Sacred pools of Hana, where Pipiwai stream meets the ocean.

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