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# Hawaiian Lomilomi: Big Island Massage



## Synopsis

This extraordinary overview of traditional and contemporary lomi-lomi massage offers a unique opportunity for readers to discover the value and wisdom of Hawaiian cultural healing practices. Richly illustrated, this book provides an intimate and easy to digest portrait of lomi-lomi from the perspective of the Hawaiian people. It contains new photos and a thorough presentation of many popular techniques, including the use of hot stones, plant medicines, and salt water. This new second edition is the only comprehensive source in print today on this unique Hawaiian art, and Author Nancy Kahalewai's entire approach is one of reverence and respect.

## Book Information

Paperback: 192 pages

Publisher: IM Publishing; 2nd edition (June 1, 2005)

Language: English

ISBN-10: 0967725321

ISBN-13: 978-0967725321

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 7 customer reviews

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## Customer Reviews

Outstanding--Kahalewai's entire approach to Hawaiian lomilomi and the culture itself...is one of reverence and respect...very fluid and enjoyable. -- Bill Taylor, Hawaii Island Journal, October 2004[Her] extensive research and personal experience for three decades in Hawaii make this book a significant contribution to the field. -- Massage Magazine, May/June 2005

This 2nd Edition contains new photos and a thorough presentation of many popular techniques, including the use of hot stones, plant medicines, and salt water. There are interviews with local practitioners and masters, including Margaret Machado, Kalua Kaiahua, Mary Fragas, Leina'ala Brown-Dombriques, Dane Kaohelani Silva, Kai Kaholokai, Robert Keliioomalulu, Daddy David Brae, Mahealani Kuamo'o-Henry, Maka'ala Yates, serge King, and others.

Sensitively authentic...things I'd learned as a youth (and others I want to try now).

Nancy's book is the only "how-to" book on lomilomi. It contains pictures and a step-by-step protocol to follow for a complete treatment. The book is also valuable in providing pictures and biographies of many of the kupuna (elders) active in the latter part of the 20th century. There is a lot of information about lomilomi in the larger context of Hawaiian healing. As the editor of *Na Mo'olelo Lomilomi: The Traditions of Hawaiian Massage and Healing*, I quoted from Nancy's book extensively and found it an invaluable guide to lomilomi as practiced today.

*Hawaiian Lomilomi, Big Island Massage*, by Nancy S. Kahalewai This book is currently the only book about Lomilomi (Lomi Lomi) based on Hawaiian sources. Lomilomi is one of the methods the traditional Hawaiian healers use for restoring health. What makes this book especially valuable is that the author acts as mediator between Hawaiian tradition and modern bodywork. The reader gets a chance to understand how this bodywork is a part of the sacred Hawaiian healing arts and not just a massage which tries to deal with muscle tension from the outside. The author includes chapters on Hawaiian herbal medicine and on the role the Kahunas (experts / priests of healing arts) still play in Hawai'i. Healing is very closely connected with life and Nancy Kahalewai helps understand the most important Hawaiian concepts of life. Understanding the love and respect, the Aloha Spirit, which is such a wonderful experience when visiting the Hawaiian islands, and how Ho'oponopono (right thought / forgiveness) has been part of daily life in the Hawaiian nation enables us to understand how it must be to receive a lomilomi massage. Important for masseurs are the chapters on strokes and techniques give some insight on how Aloha Spirit translates into massage movements and the "hands on" chapter gives a good idea of a basic routine, opening up to the great variation of massage techniques and routines used in Hawai'i. Of course it is advisable to learn the art of Hawaiian healing from a qualified teacher. The author's great respect towards the Hawaiian people and their rich culture makes it possible to include modern medical information, which is so important for modern massage therapists and clients in a world full of regulations. However, I personally rate what is in "additions" of the physiology chapter as the greatest value of Lomilomi: clients come back because they feel totally nurtured and supported. After the two hours massage many express that they feel like being born again. This bodywork enables clients to regain their Self as an entity of body, mind and spirit, giving them strength and the focus to act from within in this crazy world. I hope this book will reach many massage therapists and

that they will learn to touch people the Hawaiian way and spread unconditional love and respect all over the world. Christian Herold, Lomilomi practitioner, Zurich, Switzerland []

This book is ideal for the professional therapist or for anyone desiring to learn more about loving touch and the spiritual ideas of the Hawaiian culture. Merging therapeutic touch with the essence of Hawaii, reading this book can bring the feeling of aloha into anyone's world, wherever you are. I highly recommend this book for both its practical application value as well as its fascinating look at the kupuna (respected elders) who practice lomilomi and traditional Hawaiian healing.

The main part is well written and helpful to understand the Hawaiian culture. But what the author should have done is just to leave it solely on what she knows. Writing about other teachers or Kahuna and judging them in her very narrow perspective is definitely not what aloha spirit is about. It signifies that she apparently does not understand true meaning of aloha or the universal law and therefore what she rights on this book about other people is critical. Hawaiian tradition has been not to write but only passed on through the voice. Now I really know how dangerous books could be to mislead people with wrong ideas. I am a student of Abraham Kahu who taught so called temple style lomi which she put into New Age. If this kahuna work is New Age work most of Kahuna work should be on New Age because Kahunas are always most advanced. It is more likely that she had not even met him and just wrote through rumors she had heard from people and did not have any respect to go to meet him to see and hear for herself. Kahu is the most highly trained Kahuna and his awareness and understanding of universal laws and knowledge is no doubt a true Hawaiian Kahuna. At his level "Hawaiian" doesn't really mean so much since we are all one. So not that he cares but hate to see people believe this book. All I can say is that she does not understand what a really great Kahuna can do.

Sorry for late response. Delivery and state of product was perfect - thank you! Kind regards, Melissa

The book was as described, and securely packaged. Quick delivery as well.

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