

# **I Hana Pa'a Pono**

**This chant activates Spirit-Human-Universal Oneness**

**I hana pa'a pono**

Internal-spirit, external-human,  
bring together the excellence

**Mahalo nui, apau mau loa**

(I am) in gratefulness  
forever and always

**Pono au, lokahi ao, holo'oko'a!!**

I am in excellence,  
rightness and oneness  
with the Universe!!

©1997 Aunty Mahealani Kaiwikuamo'okekua'okalani-Henry