Nā Lapaʻau (Healers) Video: Activity Sheet

Before watching this 15½ minute video, let’s do 2 things:

- Try a short “Mindful Awareness” activity (see separate handout)
- Preview some of the vocabulary the speakers use:
  - lomi lomi = massage; lomi aʻe = walking on the back; lomi haha = diagnose; lomi iwi = align bones; lomi ʻiʻo = stretch the muscles
  - laʻau lapaʻau = the science of healing plants
  - hoʻoponopono = group problem solving
  - cardiac ultrasound (also echo-cardiography) = black & white imaging of the heart & blood
  - kupuna = elder
  - kuleana = responsibility
  - chemotherapy = radiation treatment for cancer
  - laukahi, haʻuōwī & kuwelu = Hawaiian plants used to treat cancer
  - advocate = speak on behalf of
  - MRI = magnetic resonance image

While watching the video, reflect about what the speakers say about:

- Hawaiian healing traditions
- Healing careers
- Kuleana (responsibilities)
- How to find your calling or passion in life
- Kokua (help) & being of service
- 3 Hawaiian methods of treatment
- Advocating for others

After watching the video, let’s do these 3 things:

- Write about one of the topics above. What was said on the video? What do you think about this? (use the space below or an extra sheet)
After watching the video (cont’d)

- **Discuss** what you wrote about with a partner, then with the whole class.
- **Try** an alternative therapy yourself. Do this *meditation activity* with the class (inside or outdoors) &/or on your own at home. You will need to:
  - Sit in a comfortable, safe spot away from any loud sounds
  - Position your body in a comfortable, safe way (sitting is best)
  - Listen without speaking

- Your meditation kumu (teacher or guest instructor) will guide you - or you can guide yourself - in this way:
  - Prepare yourself by repeating the mindful awareness activity, listening to relaxing music for several minutes (instrumental music without lyrics is best) or gentle yoga stretching
  - Sit in stillness with your eyes almost closed
  - Gently strike a Tibetan singing bowl, small gong or other bell just once … try “catch” the vibrations with your hand, & when you no longer hear the sound, place your hand on your heart or back to your lap
  - Become aware of your breath and sounds you hear, but let thoughts that enter your mind pass … know that if they are important, you will recall them later
  - Remain like this, using awareness to connect with spiritual energies for 10 minutes or more. With practice, you will enter a different state of consciousness that is very healthy for your mind, body and even your relationships with others. Eventually you may enjoy this for longer periods of time - an hour or even more!
  - When you feel ready (before you “give up” or feel frustrated), return to your normal level of awareness and consciousness gently.

**BONUS OPTIONS:**
- Read “Students Meditate in School” & “Buddha’s Poses” (ask your kumu!)
- As you explore meditation on your own or with a friend, write about your experiences, and the value of them, for your teacher &/or tell the class.
Teacher's Notes for Nā Lapa‘au (Healers) Video: Activity Sheet

The student handout guides you and your students through three activities, which are meant to interest students in: healing careers, an alternative way to be healthy and reduce stress, techniques to improve their ability to learn and be happy:

Before the video
- Mindful awareness, 5-10 minutes (depending on students’ focus)
- Vocabulary preview, 5 minutes

During the video
- Lapa ‘au Video & optional discussion, 15-20 minutes. This video is a little over 15 minutes long and presented in these segments:
  ✗ Discovering Your Kuleana, 6½ min. – includes traditions in Hawaiian healing; ancestors’ knowledge and support; careers (ultrasound, exercise physiology, massage therapy, neuroscience, nurse management, chemotherapy, chiropractics)
  ✗ Practicing Your Kuleana, 4½ min. – includes being responsible for yourself and others; balancing demands of college and family; finding your career path; 3 parts to Hawaiian healing (herbal, lomi and diet)
  ✗ Kuleana for Generations to Come, 5 min. – includes being of service to others; joy of giving and making a difference; advocating for others

You may wish to stop the video after the 1st and or 2nd segment. The vocabulary and speaker topics on the handout are listed in the sequence they occur on the video to help you do this.

Follow-up to the video
1. Write about 1 topic raised on the video
2. Share writings with a partner
3. Class discussion on speakers’ topics & students’ writings
4. Meditation practice

It is a very good idea to bring in a meditation practitioner to help you and your students do this activity. You may discover it improves class behavior and can be used often throughout the year to help students focus and reduce stress when about to take tests or learn challenging content. If you do this activity outside, check the area beforehand for bugs, plants which may irritate allergies, and noise level. Incense, aromatic oils or lotions may also help some students experience meditation better. If some students express no interest in this, simply ask them to sit quietly while others try it out. Keep the atmosphere positive.

Bonus Options
The extra readings are in the Unit 3 Appendix on the disk.

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