

## Māla Ho'ōla

With HMSA's support and belief that communities best define their version of health and wellbeing, we have created a beautiful cultural healing garden. As Māla Ho'ōla was blessed on May 1, 2019, we in turn were blessed with the opportunity to deepen our knowledge, healing experience, and practice of lā'au lapa'au. Māla Ho'ōla was completed March 31, highlighting 473 plants from 39 different species. The garden is comprised of three different areas: Paiaalono, Kapō'aikukui and Kīpapa'ulu gardens.

Paiaalona Garden (Clearing of Lono) is an area to be used for lomilomi, meditation, small classes, and gatherings. A special place blessed and designated for the cleansing and rejuvenation of one's body, mind, and spirit. Paialono contains a water feature and is surrounded with three lonomea trees, 'ohai, 'a'ali'i, ilima, hau'ula, maile, kupukupu, lama, hō'awa, 'ohia lehua, pili, ape and ti. These plants have been planted specifically for this area of healing.

Kapō'aikukui Garden (Circle of Enlightenment) is our main gathering place. A grove of kukui trees surrounds this area to gather, relax, and rejuvenate as we share mo'olelo, mele and 'ike kupuna. The critically endangered native hibiscus has been planted below the kukui, we wanted to give this plant a place to live and flourish. Māmaki is planted in this area for medicine; it also provides a habitat for the native Kamehameha butterfly that is threatened. Ohawai is a plant with berries to bring in birds and 'Ilie'e is used for dye while contributing to the beneficial insect habitat. The kukui trees offer shade while the leaf, nuts, and bark are used for light, food, medicine, dye, and lei. The kukui nut burns bright representing enlightenment, blessing those who gather with the 'ike and mana of our kūpuna.

Kīpapa'ulu Garden (Terraced Grow Beds) contains five large grow beds. These grow beds have been planted with annual plants that require regular maintenance. Annual herbs have a single cycle then die naturally such as ko'oko'olau. There are 19 endemic ko'oko'olau species, our garden is blessed with one from the endangered species list. This important plant used for colds, flu, and diabetes will become a part of our haumana's education as they learn to propagate from seed, harvest, and prepare herbal remedies. Our classes will be caring for these flourishing grow beds filled with pōpolo, 'uala, kalo, hinahinakūkokoikapali, 'uhaloa, puakala, and ohelokai.

A special mahalo to all that have helped in the creation, care, and blessing of our beautiful cultural healing garden. Please enjoy our garden, a peaceful place to gather, eat lunch, and meditate.

Mahalo nunui, Leina'ala



Paiaalono Garden