

# Guiding Questions

Helpful questions to encourage discussion and activities related to Kumukahi videos



Topic: **LOMILOMI**  
 Part of: Maui ola chapter, Nā Kānaka realm  
 Host: Keola Akana  
 Guest: Keola Chan  
 URL: [http://www.kumukahi.org/units/na\\_kanaka/mauli\\_ola/lomilomi](http://www.kumukahi.org/units/na_kanaka/mauli_ola/lomilomi)

## Specific questions

1. What is lomilomi? What are some of the tools used in lomilomi?
2. Why is it important for each family to have someone capable of doing lomilomi?
3. If you get home from soccer practice and your body is sore, what kind of lomilomi techniques could you do to feel better?
4. If you were a lomilomi practitioner, how would you decide whether to use your hands, elbows, feet, lā'au lomi, or pōhaku lomi?
5. 'Anakala Keola said the way we take care of the land is a representation of the way we take care of our kino (body). If so, how could a clogged-up river relate to a person's health?
6. In your own yard, look around for some sticks or branches that could be lā'au lomi. Look for rocks that could be used as pōhaku lomi. Try using a lomilomi tool on yourself and others. (Remember: safety first!)

## General questions

- What does this video teach us about Hawaiian knowledge and its relevance today?
- How does this video relate to other aspects of Hawaiian culture you've learned or experienced?
- How can we keep these cultural practices alive today and in future generations?