

THE
PARADISE
POST

A READER'S MONTHLY
VOL. I - FEBRUARY 2009 - NO. 6

HAPPY VALENTINES DAY
ART, BOOKS, EVENTS,
HEALTH AND WELLNESS,
MYSTICAL HAWAII
& JAY'S ISLAND CUISINE



Festival & Tee Shirt Design by Na Makua Original Hawaiian Designs

Hilo Chinese New Year Festival Celebrates The Year of the Ox

Presented by the Palace Theater and produced by Alice Moon & Company, the Hilo Chinese New Year Festival celebrates the Year of the Ox over two days starting with the second annual free Hawaii Island Chinese Film Festival on Friday February 13 at the theater beginning at 2:30 p.m.

On Saturday February 14, the 7th Annual Festival begins with the blessing of the Kress Building on Kamehameha Avenue, home of Connections Public Charter School at 9 a.m. "We carry on the tradition started in 1996, when the late Sen. Hiram Fong and his family (former owners of the Kress Building) brought a troupe of lion dancers for Chinese New Year," said Alice Moon. The public is invited to the free festival that follows at Kalakaua Park from 10 a.m. until 3 p.m.

Thousands of firecrackers will open the activities at the park that include a Feng Shui information booth with author Clear Engelbert, readings of the I-Ching, tai chi and qigong demonstrations and calligraphy art. Asian and Hawaiian art, craft and product vendors will sell local made and Lunar New Year goodies and international food vendors will provide a wide selection of food for sale. Hawaii Community College Culinary Arts students and faculty, under the directorship of Chef Allan Okuda, will have a cooking demon-

stration from 11 a.m. until 1 p.m. with free samples. Children can register between 10 a.m. and 11:45 a.m. to enter a Keiki Chinese Costume Contest, held at noon. A Keiki Year of the Ox Art Contest will be held sponsored by Sig Zane Designs and Hilo Art & Glass Supply between 10 a.m. and 2 p.m. There will be plenty of Lion Dance exhibitions and opportunities to "feed the lion" good luck red paper packets filled with money throughout the day.

"Everybody asks me how I got this event started since I'm not Chinese. I explain that Sig Zane came up with the idea to have this festival. Back in 2002 Sig had a store in Wailuku Maui and the merchants there put together a similar event that attracted people to the downtown. Thousands of people would attend and Sig thought our downtown Hilo could use a similar boost," Moon said.

Over the last six years the Festival has grown and proved Sig right. In 2003 there were 1500 people and last year 6,000 people attended. In the

past there has been a scholarship pageant, guest chef dinner parties, tea tastings and evening events. "We are fortunate and grateful to receive funding from the Hawaii Tourism Authority's County Product Enrichment Program grants administered by the County Department of Research & Development," Moon said.

Funding for the Festival comes from other sources as well, including cash and in-kind sponsors but "we're really grassroots," said Moon. Luckily, some funding has been secured for the film festival from the County Council. "We are thrilled that prior to leaving office, former Councilman Bob Jacobson allocated contingency funds for us to present this second annual film festival," said Palace Theater executive director Karen Moore.

Jacobson, a long-time supporter of the Festival, initiated the film festival last year in an effort to offer more opportunities for cultural exchange. "The Big Island Film Office supports this year's films and presentation by Jodi Long, which looks at growing up as part of the Hollywood Chinese stereotype. We thought capping the event off with the kung fu film, The Forbidden Kingdom, would offer a chance to see the martial arts sequences on a large screen," said Moore.

Call 933-9772 for information or contact Alice Moon & Company at amooninfo@bigisland.com

COVER STORY

Schedule for the Film Festival:

2:30 p.m. FILM: Long Story Short

Oscar-nominated filmmaker Christine Choy (Who Killed Vincent Chin?) offers this film featuring the struggle of one Asian American family's multi-generational attempt to break into mainstream show business. Narrated and framed by the experiences of actress Jodi Long, the film traces her mother and father as they rise from the Chinatown nightclub circuit to an being on The Ed Sullivan Show.

3:30 p.m. Audience Q&A Session with Actress Jodi Long follows the film.

7 p.m. Big Island Shaolin Arts Lion Dance Blessings in front of the Palace Theater on Haili Street with thousands of firecrackers.

7:30 p.m. FILM: Hollywood Chinese: The Chinese in American Cinema

This documentary from Arthur Dong surveys further contributions from the silent-era to the 21st century, drawing attention to skewed racial representations. Among those who share their experiences in Hollywood are

Ang Lee, Wayne Wang, B.D. Wong, and Joan Chen. The film stars Christopher Lee, Justin Lin, Lisa Lu, James Shigeta, Amy Tan, Wayne Wang, and B.D. Wong.

10 p.m. FILM: The Forbidden Kingdom

East meets West and kung-fu legends collide as Jackie Chan and Jet Li square off in this fists-a-flying, family-friendly film based on the classical Chinese novel "Journey to the West."

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LIVING OHANA

Ho'okipa, the Hospitality of Complete Giving

BY Rosa Say

In retrospect, I think I was lucky most of my working career was spent in what Hawai'i dubs "the hospitality business," nickname for the tourism and travel industry business. However back then, I sure didn't feel lucky, just swept away in a raging ocean swell, doing the best I could to keep my head above water.

It was, and still is a hard business to be in, for it's one of those very needy businesses that can consume you totally. So why do I think I was lucky? People visit Hawai'i wanting their own dream of aloha to come true, and you cannot be in the "hospitality business" without that core knowledge about your customer. Most visitors arrive with the concept of aloha shrouded in a kind of mystique; they have heard of it, they know it's supposed to be a good thing, and they want to find it before they leave, for that's what people who live in Hawai'i experience, right?

Well, our visitors do find aloha, and joyously thrill to it every day. My stroke of luck was that as a hotel employee, I was expected to deliver it to the guest whenever I interacted with them. I was expected to deliver it to everyone I worked with too. I learned about hospitality through the constant teaching of the Hawaiian value of Ho'okipa, and I, someone who knows she is innately introverted

and had been sadly lacking in the social graces, was steadily trained to deliver the hospitality of the Mea Ho'okipa (the extraordinary host and hostess) to every single person I met.

Yes, I did it as my job, learning to be a good employee. However along the way, I eventually came to understand how profoundly true this is: "One of life's greatest laws is that you cannot hold a torch to light another's path without brightening your own path as well."

I learned how to be Mea Ho'okipa for me, and because I did, I never felt subservient to anyone I served. I felt I was better for the giving.

We all yearn for more hospitality, for we know it to be a strong, very genuine signal of the aloha spirit waiting for us within a new relationship, whether that relationship is with a person, a team, a neighborhood, a business, or an entire society. When hospitality is present we feel welcomed, we feel wanted, and we are more willing to be fully involved in the human interactions of life.

So what can we do to awaken this value of Ho'okipa, helping hospitality be more vibrant again? How can we savor it more, and crave it less? For there to be Ho'okipa, hospitality must be unconditional; given freely, with absolutely no strings attached.

Can our businesses,

our work, and lives be prosperous in the unconditional giving of ho'okipa? Oh my goodness, the answer is a loud, resounding, joyful YES! Wouldn't you rather work with those who practice the art of ho'okipa with each other daily as their way of working, than be without it? Would you prefer to do business with a place of bountiful aloha, freely and generously given to you in the ultimate expressions of hospitality, or with a place without it? Would you prefer to live your life

immersed in the giving and receiving of aloha, ho'okipa and lokomaika'i [generosity], or never having experienced their richness and wealth?

We can be more than prosperous. We can be enriched. This month, let's strive for Ho'okipa, the hospitality of complete giving, starting first with the unconditional aloha we share with each other every day.

Rosa Say is a workplace Aloha coach, and the author of *Managing with Aloha, Bringing Hawai'i's Universal Values to the Art of Business*. You can learn more about her and the Hawaiian values we share as a community at www.ManagingWithAloha.com. Write to her at Rosa.Say@Say-LeadershipCoaching.com

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7TH ANNUAL HILO CHINESE NEW YEAR FESTIVAL
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Friday February 13

Hawaii Island Chinese Film Festival - FREE!

2:30 p.m. "Long Story Short" plus Q&A with actress Jodi Long

7:30 p.m. "Hollywood Chinese: the Chinese in American Cinema"

10 p.m. "The Forbidden Kingdom"

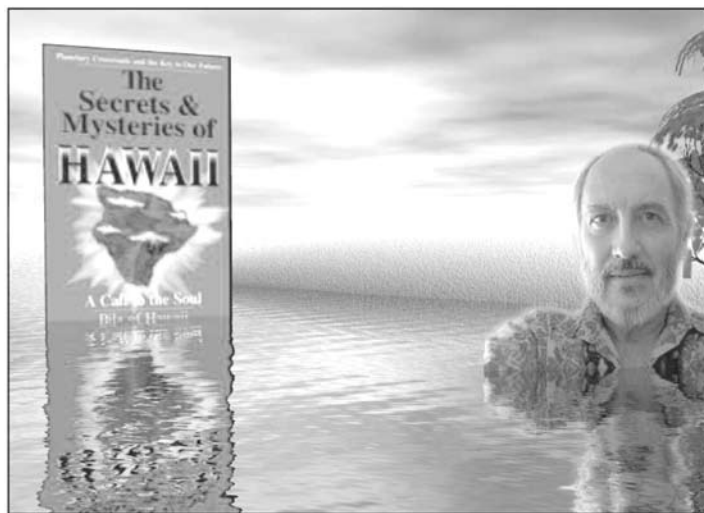
Saturday February 14

Hilo Chinese New Year Festival - FREE!

9 a.m. Big Island Shaolin Arts Lion Dance Blessings at Kress Building

10 a.m. - 3 p.m. Festival in Kalakaua Park with firecrackers, arts, crafts, food booths, cooking demo, Keiki Chinese Costume and Art Contests and more!

Mahalo to our sponsorship group: People Out Supporting Hilo: Basically Books, Bob Jacobson, Café Pesto, County of Hawaii Dept. of Research & Development, GEICO, Hawaii Tourism Authority, Koehnen's Interiors, KWXX FM & B97/B93 FM, The Paradise Post, Subway
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Hawaii:

Your Deeper Connection

BY Pila Chile

One of the truly monumental breakthroughs in my Ancient Hawaiian Huna research came, like so many in my travels, completely outside the Hawaiian sphere of influence. Science is continually validating the utter simplicity of this original wisdom, coming ever closer to the fact that it may actually hold the “access key to all human consciousness.” This ancient body of knowledge from paradise that Max Freedom Long first identified for the West is yet to be equaled, nor for that matter, fully fathomed, but science is indeed working on it.

I had just finished a keynote engagement at a college in Minnesota when the big breakthrough and validation came. (I recall that the weather in the Twin Cities was so cold I had to thaw out my words on the stove to hear what I had said.)

It was actually a lonely hotel room in Detroit before I opened the envelope from my sister in Oklahoma. Mary Lynn has been a great supporter of my work through the years and uses the Huna principles herself with remarkable results on her healing web site, www.Forest-Magic.com (A photo in her “mystical Findhorn garden” appears in my last month’s ar-

ticle on “fairy magic”.)

The envelope contained an article from the New York Times, reprinted in her local Tulsa Herald Tribune. It was proof once again that the Ancient Hawaiians knew more about the human mind and “how we come wired from the factory” than Freud or even Carl Jung. Jung at least identified the “3 aspects of Self”, although I believe Jung’s interpretation still falls drastically short of the Original Hawaiian teaching (before Kapu).

From my book, “God-Link (tm), Part I: Hawaii: The Call to the Soul,” here is an insight to the article, its revolutionary new scientific findings and some of the greater implications:

Reason Found for Those ‘Gut Feelings’ By Sandra Blakeslee, New York Times Service:

“Ever wonder why people get “butterflies” in the stomach before going on stage? Or why an impending job interview can cause an attack of intestinal cramps? And why do antidepressants targeted for the brain cause nausea or abdominal upset in millions of people who take such drugs?

The reason for these common experiences, scientists say, is because each of us literally has two brains - the familiar one encased in our

skulls and a lesser-known but vitally important one found in the human gut. Like Siamese twins, the two brains are interconnected; when one gets upset, the other does, too.

The gut’s brain, known as the enteric nervous system, is located in sheaths of tissue lining the esophagus, stomach, small intestine, and colon. Considered a single entity, it is packed with neu-

emotional, simply all in their heads,” Gershon said. They were shuttled to psychiatrists for treatment.

For those interested in the entire article and its implications, I intend to post it, along with my views soon on my web site: www.Mystical-Hawaii.com

With this new modality may come valuable insights for those interested, not only

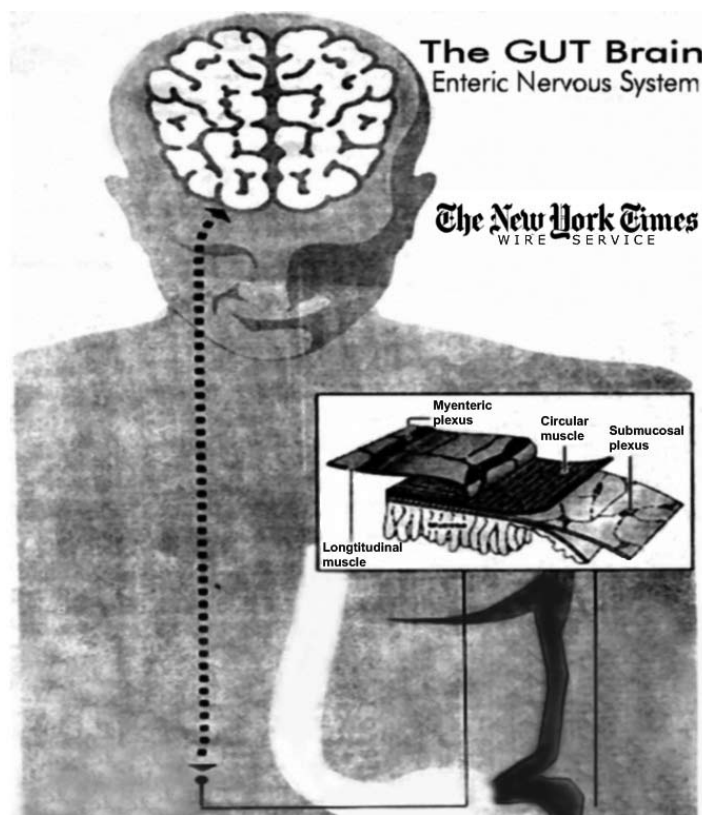
head, brah”, listen to your “momma tummy.” Know your own truth, your gut instinct and greater knowing, what the original Kahunas before Ali’i identified as the female side of your intuitive, higher understanding (the conflict of which may begin to explain our multi-billion dollar “antacid empire!”).

CONSIDER: the “head always questions and never knows the real truth” (which may begin to explain our constipated court system that can no longer effectively discern our truths, let alone determine any kind of “fairness”). Your “tummy brain” has this ability, and a direct connection, often short-circuited by the head. Understanding this connection sheds a whole new light on meditation and can add a new more effective connection to most forms of traditional prayer. Indeed, with this new scientific look at the old, we may soon no longer be “begging hit and miss in the dark.”

To put this new knowledge to work for you now, there is a quick exercise (that you may easily turn into a discipline). Simply “drop your thinking down low” whenever your head gets too filled and jumbled with thought. The Angel Lady from Oceanview, Miriam Baker, had a great little technique for this, which can also bring you instant “certainty” in anxious moments of unrest. This can actually lead to your own road to mastery, and something known only to martial artists. What I refer to in my teaching as discovering your peaceful place that is “the eye of your storm.”

TRY THIS: Simply stop, take a deep, smiling breath, whenever you’re jumbled or troubled, and drop your voice
Continued on page 15

MYSTICAL HAWAII



rons, neurotransmitters, and proteins that zap messages between neurons, support cells like those found in the brain proper, and a complex circuitry that enables it to act independently, learn, remember and, as the saying goes, produce gut feelings.

“The brain in the gut plays a major role in human happiness and misery. But few people know it exists,” said Dr. Michael Gershon, a professor of anatomy and cell biology at Columbia-Presbyterian Medical Center in New York. “For years, people who had ulcers, problems swallowing, or chronic abdominal pain were told that their problems were imaginary,

in enlightenment or psychic development, but a better overall “function and well-being” during, this, our time of greatest change and unrest.

We are now living in a mental world and this new (actually ancient) perspective can help greatly in coping, as well as the personal mastery of your own situation. What it all boils down to, as with all true Hawaiian Wisdom, is your connection to simple, common “horse sense”, as my grand pappy would have termed it. This is how two of my favorite “Kahunas” would have put it:

Papa Bray and Auntie Margaret would have said, “it’s all bout gettin outa yo

CONNECTING CULTURES

NURTURING OUR TARO PATCHES
BY JIMMY TOYAMA

Communities Need Our Love To Grow

I LOVE YOU. Three words we will hear a lot on Valentine's Day. On this day of hearts, observed since the 14th century, we give candies, flowers, and greeting cards to people who have a special place in our hearts. It's great that we take the time to shop for the best candies, the prettiest flowers, search for the magic words to express the right sentiment and, to find the most romantic way to present what we caringly gathered to that special someone. We seek to either reaffirm our love or open the heart of the other.

These acts of love on Valentine's Day pass mainly as romantic sentiments. Of course, romantic love and the romancing that goes with it are the spices of life. Without romance our world would be less exciting, less beautiful, and less colorful. Surely, romantic love is part of the greater love that has the power to make the world go round.

What happened though to that kind of greater love that we hear and witness so little of now days. The kind of love that the Beatles recognized a generation ago which moved them to sing "ALL WE NEED IS LOVE." Their words, as simple as they are, were truly revolutionary and evolutionary of the human spirit. They were able to cut through the effects of war and disharmony and see all that humanity needed was a shift in its ground. That humanity needed to come from love is what they were saying. Not romantic love but the kind of great love mythologist Joseph Campbell says were captured and embodied universally in

mythologies that spanned time, cultures, and geography. It's the kind of love that sages, seers, and great philosophers have spoken of since, maybe, when time began.

Love's potential and possibilities exist in our subjective selves and we share it with each other through what philosopher Robert Solomon calls "Inter-subjectivity"—yours, mine, ours. Love is not a feeling, though we may feel the effects of it pulsating through our bodies. Love, as Solomon says, is a complex emotion that has an existence, a reality, as a projection that's embedded in cultural forms, language, family, friends, books, movies, etc. As an emotion, love has objects, is a system of judgments about ourselves and our place in the world, and a tendency to action. Love is a continuous process that requires constant attention but, the fountain of love is more than what meets the eyes, ears, and lived experience.

Through science we now know too that the capacity of love is also rooted in our biology. Scientists working at the cutting edge have found that we are genetically predisposed to love and be loved and that our genetic predisposition for love evolved over eons of time because we as a species needed love, the bonding, and the social connection it brings to survive and thrive. Though we are genetically predisposed, we do need, however, a supportive and nurturing environment (community) to maximize it—that means it's up to you and me. It's an awesome moral demand and responsibility that calls forth

a response in all of us. Our survival and the course of our survival will depend on how we respond.

Love is therefore needed to act as a force to break down the walls that separate us and join us in community. The eminent depth psychologist Erich Fromm said that "love is an active power in us; a power which breaks through the walls which separate us from each other and unites us. Love helps us to overcome our sense of isolation and separateness, yet permitting us to be ourselves and retaining our integrity." What a great concept by which to structure belongingness and relatedness into our communities without limiting self expressions and invading private spaces.

Building communities, therefore, that touch, motivate and nurture the growth of its members can be our work of love. That's productive love according to Erich Fromm. He says that productive "love is the active concern for the life and the growth of that which we love." Love brings to life the potentialities in all of us. In building our communities we must do it with care, responsibility, respect, and knowledge. These are, according to Fromm, characteristics of productive love that's common to all forms of genuine love.

Love implies commitment to the exercise of care, responsibility, respect, and knowledge in the active concern and growth of the other. The lack of commitment may likely be harmful and commitment is necessary to manifest our concern effectively. Love's hard work to bring to life the potentiality of the loved begins at the moment of commitment. It's the cornerstone of the love relationship between persons and for objects, or places.

A while back I had the pleasure of hearing Nainoa

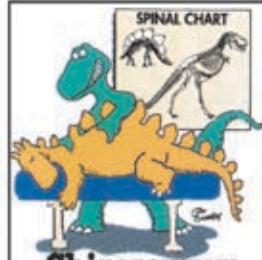
Thompson, master of ancient Hawai'ian navigation and a Living Treasure, speak on "way finding." Delivered in a context of a problem solving conference the presentation was filled with inspirational points and guidance to navigating a path into an uncertain future but, I was touched and persuasively moved by something Nainoa Thompson said at the very start of his talk. His words "Hawai'i is home, there are no options" profoundly struck and deeply moved me.

Hearing those words, I had no doubt that I was hearing from someone who had a deep commitment—

love—for Hawai'i. Nainoa Thompson spoke with authenticity, straight from the heart. His deeply penetrating thoughts came from his love for the land, air, water, sea, people, and the art of navigating by the stars. Nainoa Thompson's commitment and love enabled him to see deeply into these things and bring their inherent potentialities to life and grow.

His life's work is an example of love's work that we can learn from to make our communities and Hawai'i a more brilliant diamond in the world.

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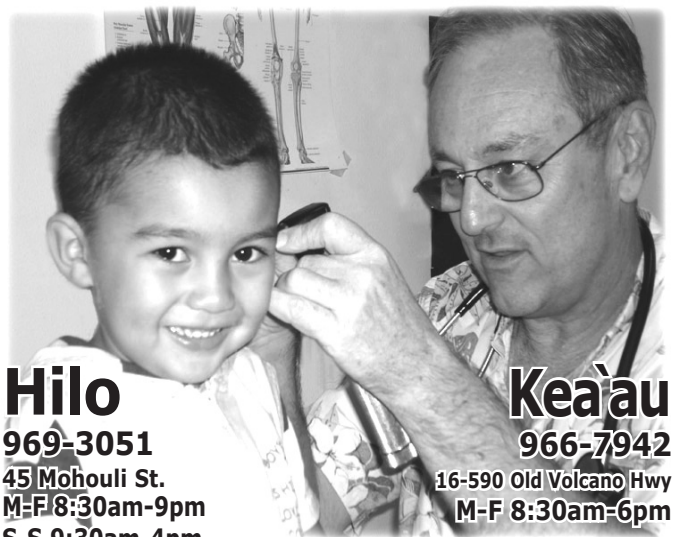
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HEALTH & WELLNESS

NATURAL PERSPECTIVE

BY Marcel Fernandez

Slow Food



A restaurant placard in Santorini, Greece, depicting the snail logo of the international Slow Food movement.

Before moving to Hawaii years ago, people told me how expensive it was to live here. Housing, food and imported basics, like toilet paper and rice drove the cost of living sky high. Yes, imported commodities are still costly and finding affordable housing continues to provide challenges, but eating extremely well can be much, much cheaper here than in most areas of the mainland.

The Slow Food movement was founded by Carlo Petrini in 1989 in Italy as a way of offering a functional, historically-based alternative to the spread of fast food, fast life and the disappearance of local food traditions. Petrini also hoped to reverse people's waning interest in the food they eat, where it comes from, how it tastes and how our individual food choices impact the rest of the world. As part of its philosophy, slow food relies on preserving local ethnic and cultural cuisine by focusing on plants and seeds, domestic animals and farming produced within specific ecological regions.

In Hawaii, eating the Slow Food way applies to consuming not only to traditional Hawaiian food staples grown or raised right on the Island, but also applies to those tropical and semi-tropical foods brought through the immigrants from other parts of the warm world that have found a place in our Island food chain over the years. We are especially

blessed with an abundance of produce, most of which grows year-round. Local farmers' markets offer a dizzying variety of freshly picked fruits and veggies, and fish and locally raised meats at prices often way below those found in local supermarkets.

Because the components of healthy nutrition vary among ethnic groups and from place to place, Slow Food is not a specific diet; rather, it is a way of living and a way of eating based on uniting the pleasure of whole foods with a commitment to the local community and the environment.

According to Wikipedia, the free on-line encyclopedia, the Slow Food movement incorporates a series of objectives within its mission, including:

-- forming and sustaining seed banks to preserve heirloom varieties in cooperation with local food systems

-- developing an "Ark of Taste" for each ecoregion, where local culinary traditions and foods are celebrated

-- preserving and promoting local and traditional food products, along with their lore and preparation

-- organizing small-scale processing (including facilities for slaughtering and short run products)

-- organizing celebrations of local cuisine within regions (for example, the Feast of Fields held in some cities in Canada)

-- promoting "taste education"

-- educating consumers

about the risks of fast food

-- educating citizens about the drawbacks of commercial agribusiness and factory farms

-- educating citizens about the risks of monoculture and reliance on too few genomes or varieties

-- developing various political programs to preserve family farms

-- lobbying for the inclusion of organic farming concerns within agricultural policy

-- lobbying against government funding of genetic engineering

-- lobbying against the use of pesticides

-- teaching gardening skills to students and prisoners

-- encouraging ethical buying in local marketplaces"

Slow Food has significantly contributed to the growing awareness of health concerns in Europe, where people are much more in tune with buying local, organic foods than they are in the USA. In its response to the billion-dollar fast food industry, Slow Food has focused on developing a strong presence in the schools. Community volunteers help establish school gardens and offer seminars to introduce students to the joys of farming.

The tenets of the Slow Food movement appear to be high-minded, but not everyone sees the movement

as simply economical, healthy and environmentally conscious. Steven Shaw, a food writer and a founder of the food Web site eGullet, says the Slow Food movement has succeeded because it "mixed hedonism with a leftist political agenda". He further argues that the movement's "strong antitechnology, antiglobalization views are lost on the average member."

If this is true, then Thomas Jefferson was a leftist when he put forth his vision of America as a "nation of small farmers." I wonder what would have happened if we had chosen to follow his vision, instead of the Hamiltonian perspective of an America where social, cultural and environmental decisions were made on the basis of economics and finances.

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