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Feel the Spiritual Oneness Of Aloha and Pranaam

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Oneness often manifests itself in similarities in the spiritual values of geographically distant cultures. Cultures depict individual flavours in language and tradition, yet they echo the Universal Truth. This synergy is what makes India and Hawaii spiritual partners. The two cultures reflect the same kind of affinity for invoking divine blessings for the welfare of the individual and the entire community and universe.

In Sanskrit, the same word 'Pranaam' is used both to express greeting as well as farewell.

Pranaam is the loving interchange of vital energy of prana between one or more persons. Likewise, in the Hawaiian language, there is a special word used for both happy greetings as well as farewells: 'Aloha'. Though Aloha stands for love, friendship, compassion and charity, it is much more than these. At a deeper level, it signifies the joyful (oha) sharing (alo) of life energy (ha) in the present moment.

Names, too, have significant meanings. Bharata, in Sanskrit, is from the root 'Bhr' meaning 'to carry', a synonym for Agni, the primordial fire. It also signifies the confluence of the three energies — Bhava or emotion, raga or song and tala or beat. Bharata is the divine abode where the glow of the light of knowledge integrates its people in thought, word and action. 'Hawaii' can be broken into — 'Ha', the sacred breath of creation of life, 'wai', the sacred life-sustaining water and 'i', what comes before it. Hawaii is an abundance of the forces that create and sustain life. So the people here call their islands Hawaii. Aloha is their way of life.

Those who share this life energy, become attuned to the Universal Power that the Hawaiians called 'mana' and Indians call 'prana'. The loving use of this

power is the secret of true health, happiness, prosperity and success. The results are incredible, yet the way to tune into this power is simple. The Hawaiian secret is this: "Bless everyone and everything that represents what you want". This has a parallel in the Vedic chant "Sarve bhavantu sukhinah, sarve santu niramyah, sarve bhadraani pashyantu, maa kashchit dukha bhaagbhavet", implying that every individual be blessed with happiness, perfect health, noble vision and freedom from sufferings.

How does blessing work?

Firstly, it is an acknowledgement that the quality you are blessing for is already abundantly available in your own life. This removes any hidden anxiety or fear associated with your desire. Secondly, the very act of wishing that the quality be bestowed upon others brings the



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same quality into your own life. The positive focus brings that quality in increased magnitude. Thirdly, it represents your connection with all beings and brings you closer to the Universal Power. The blessing and the blessed, both benefit simultaneously.

The Aloha Spirit is a reminder of the attitude of friendly acceptance, hence the Hawaiian Islands are known collectively as the Aloha State. It also refers to a powerful way to resolve any problem, accomplish any goal, and to achieve any state of mind or body that one desires. The Vedic philosophy of 'Vasudhaiva Kutumbakam' resonates with the same essence, that the entire world is one big family.

Cultural integration becomes possible when unity is reflected in diversity. World peace and harmony is achievable through any path, whether we meditate on the Vedic chant "Aum Shanti Shanti Shanti-hee", or use Aloha to bless everyone and everything that represents peace and harmony.

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