

“More on love in the workplace”

In my last article I mentioned that I had received feedback from someone in Hawaii. Well, Max got back with me again to share more of their practices of love in the workplace. And this is what he has to say.

Ohana means family. The sacred form of practicing the art of sharing this life with aloha (unconditional love). A unite that is strengthened when challenged with change and a link thqt cannot be broken because of the support and love that it possesses. Following are the components of Ohana:

1. Kalahiki Ola – Dawning of a new day. Make this day the best one ever.
2. Ho’okipa - The art of extending to others the best that you have physically, mentally and spiritually (to bring them peace and joy). In the workplace, to welcome guest and strangers with unconditional love and aloha.
3. Mahalo – Thank you. As a life concept, always be thankful for the elements that make life so precious.
4. Aloha – Unconditional love. The outpouring and receiving of the spirit. An expression of unconditional kindness, hospitality, spirituality, cooperativeness with humility, unity and graciousness that touches the souls of others.
5. Nana I ke kumu – Look to the source. Don’t forget the ancient ways lest we filter.
6. Lokahi – Cooperation. Starving together until we become one.
7. Kakou – All of us. In Hawaii our efforts are always to include rather than exclude.
8. Pono – Right, righteousness. Our striving should always be accountable with Akua (God), the aina (the land and all the elements) and our fellow man.
9. Kulia I ka nuu – Achievement. Strive to reach the summit. Always strive to do our very best.
10. Hapai ka pohaku aka mai hapai ke kaumaha – Life the rock but not the burden. Live!!
11. Hoomau – To continue, perpetuate. Sing your song, dance your dance, hear the sound of life.

Just reading this feels good. If we chose to practice just one of these elements every day in the work place indeed what a world it could be. Max says, ““There is no workplace without love and I hope my sharing helps”. I think it has.....don’t you???