

I Mana Ka Maui`ola: The immense potential of Polynesian beliefs and practices of Maui`ola as a wholistic approach towards healing in contemporary psychology.

While western psychology has a long history of its discipline and impacts shaping human behavior as well as societal changes, Polynesian healing traditions of health and wellness have had relatively little attention in mainstream psychology teachings nor the awareness of the strengths and immense potential such indigenous practices have in ameliorating ma`i or cultural bound syndromes of illness among kanaka maoli/tangata maori. I Mana Ka Maui`ola will discuss a Polynesian worldview of the human life cycle, the foundations of mana, Hawaiian kahuna traditions, ma`i or taxonomy of illnesses, and the practice of ho`oponopono in healing Hawaiian families in the 21<sup>st</sup> century.