



Malama Na Pua Newsletter

Kahuna Bula Logan

The other day, I heard a patient say that she “got sick” and wasn’t feeling well. She went on to describe to me her symptoms of nausea, running nose, sore throat and so on... She asked me what we could do to help. I first asked her if she was feeling stressed about something at home or at work.

She answered, “Yes, I’m stressed at work because my Boss hired a new manager and he has changed my work schedule and has made a lot of new changes in the office. This has stressed out my family and I.

I asked, “Did you communicate your feelings to your boss?”

She replied, “No, I can’t. He’ll get upset and probably yell at me.

I could visibly see how just talking about this matter made her upset. I told to relax and take a deep breath. Then I went on to explain about how the mental stress was the real reason for her sickness. We believe that when you are imbalanced mentally or spiritually that it will manifest disease in the physical body. Being dis-eased means that Dis means not at and Ease means easy or feeling good. By being Diseased means that you are not feeling good. This means that we must be conscious of our spiritual and mental state, so that we can PREVENT DISEASE AND DISHARMONY.

I suggested that she should have a talk with her Boss and express her true feelings. Then we did some E Lua Hoolomilomi treatments, gave her some herbs for cleansing and she was on her way. She followed our advice and felt much better afterward. By this story you can see how important it is to help strengthen your mind by having a good attitude, by cleansing your spirit by connecting with God with your prayers and staying in balance and harmony by loving yourself. Be true to yourself and be at ease. Aloha.