



Aloha e everyone and welcome to October 2004 of Kaleo O Nani Newsletter!

Aloha e my friends, (joyous breath of life)

This cross cultural, all inclusive newsletter is written for you, take what you need from it and discard the rest. This past month has been enlightening in many ways. I begin this months newsletter with an important reflection in Hawaiian language then English about mother nature.

*I 'na malama kakou i ka 'aina, na ka 'aina e malama ia kakou.
Aka, ina hana 'ino kakou i ka 'aina, e make kakou.*

*If we nurture the land, the land nurtures us.
If we abuse the land, we die.*

Mother nature has been showing her mighty hand with Hurricanes, earthquakes, tornados, drought, famine, fire, volcano's.....
Hello, is anybody listening?

Enjoy!

Nanipuaaalaomaililaulii - White Raven

[Pause and pray for our country, troops and the global fight on terrorism!](#)

Our troops are waging a battle to bring down global terrorists and establish security for elections in Afghanistan and Iraq. Pray for their success for it is when they succeed our men and women come home. When they succeed, we are safer in America. Those who wish the war would go sour for political gain are, dare I say it? Oh why not!!!!!!!!!!!!!!!!!!!!!! Shameful Sicko's!

[Fact or fiction?](#) I saw on Fox news, CNN and MSNBC that there are

rumors on the internet that the draft is to be reinstated after the election. They were making corrections to this, the only people who are calling for reinstating of the draft is Democratic House Member Charles Wrangle, NY and retiring Senator Fritz Hollings of South Carolina. The administration and the commanding general say they do not need nor want the draft. President Bush said in his final statement at the first debate, "by the way it will be an all volunteer army". In last night's second debate he said, "there will be no draft." **Those of us with children and grand children can stop holding our breath. Fact:** The bill was brought up in the house of representatives on Thursday or Friday and Mr. Wrangle, D. NY himself voted against his own bill to reinstate the draft. The bill was handily defeated. Integrity is the victim of this news driven election. Anyone can call up the house or senate bills and the roll call votes to check it out.

Note: My webmaster, was concerned many of you would simply unsubscribe after one of my candid newsletters. Instead we gained I believe she said 17 new last time. Mahalo and welcome to new subscribers. Those of you who know me personally, know that "if you don't want to hear or know the truth, I am not for you." I do not hesitate taking a stand no matter the storm that may erupt. It is a friend that speaks truth, no matter the personal cost because I respect who you are. It is always my intent to share value and shine a beacon of light as doors of possibilities swing open while you and I live. In the end, it is you and I, our "I'am being" that stands accountable for decisions made or not made. To that end, truth cannot be the fallen.

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Action Point: Do you find it easier to do what is expected of you, rather than what you want to do? Are you walking "your" destiny?

Let's try this: Take 30 minutes pick a quiet room sit in quiet repose and just clear your mind. (do not lay down, sit in a chair with shoulders straight, feet touching the floor to ground yourself) Breath in slowly, exhale slowing. Let go of all distractions, meaning sit and quiet your mind to the point of it being blank. I find it restful to see a white clear room Rest in that state for as long as you can.

Goal: to control the stillness within by controlling your mind. If you find this hard to do, not to worry for you are not alone. This takes practice and the first time you might do 1-5 minutes. Do this everyday for a week same time, same quiet until you can let go the noise around you and just be. You are seeking the silence of "I".

The ultimate goal is to eventually work your way into taking the first hour of the day as your quiet moments of thanks for the earth, your family, the wisdom to embrace challenges of the day, the gifts you have, and your heart felt intent to share your abundance of hope and treasure with those who need. How? By praying and sharing with all people even those who dislike you, leave no one behind. For as you give so shall you gain. When you master embracing the power within, taking your "hour of power", becomes as natural as breathing air. Believe it or not, once you master this skill you will automatically be able to center yourself in a stressful meeting or obnoxious episode and no one will know you are de-stressing. It takes practice to master the power within.

"A journey of a 1000 miles begins with the first step". Chinese Proverb

I invite you to tell someone you who has your best interests at heart or me if you accepted the invitation to try this exercise. Why do it? Why not! **You are worthy and the rewards are unbelievable peace!"**

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Comments from readers on last months issue:

Dearest Nani,

I just read your current letter. Your soul graces every paragraph. Exquisite. You are so in touch with exactly what is going on. Florida, Russia, 9/11 anniversary. And you weave it all together so magnificently.

I'm so privileged to know you.
with warmest regards and aloha,
Burt Dubin, Kingman Arizona

Coming from you Burt this means alot. I respect and value your expertise and friendship. Malama Pono, Nani

###

Nani,

I hope you are well!

I've been wanting to write and thank you for sharing my article with your readers. I do hope they enjoyed it! And I appreciate your kind words, too. You are such an encourager, and have a wonderful spirit about you.

I appreciate you!
Your newsletters are inspiring, and I look forward to each of them. Keep up the good work, Nani!

Be blessed,
Darlene

Darlene I love your writing and my readers did as well, I look forward to printing another of your doable financial words of wisdom pieces. Nani

###

Did you Know?

Often people with reflux believe their body is too acid. Research and Science tells us the stomach needs acid to process food etc. When you introduce tablets to kill the heart burn, it can also deplete/kill needed stomach acid. Next time heart burn or reflux rears its ugly head you might consider trying a teaspoon of cider vinegar and see if that doesn't stop it. If it stops it, you don't have enough acid in the tummy rather than too much. I tried it!

People often ask me how I stay so healthy considering I can take NO MODERN MEDICINE OR DRUG WITHOUT POTENTIALLY LIFE THREATENING CONSEQUENCES! (see Trial By Fire book)

First, I read lots of labels when shopping, research constantly, and eat an 80% alkaline 20% acid diet. I also take Ambrotose daily and eat and drink Sunrider foods and beverages which are basically balanced alkaline-acid foods.

Research and science tells us that disease cannot live in an alkaline balanced body, not even cancer.

I have lived in this body whose immune system was destroyed by modern medication over 16 years ago. I practice the principles of living as taught to me by my grandparents and culture and I am not only alive, I am thriving.

I do workshops on holistic healing, going back to nature and the wisdom of our ancient peoples. I am scheduled to do one in Glasgow, Montana for Women's Research Center in early April. If you wish information call or email me.

If you wish to schedule a holistic talk in your area, I am available and invite you to call me today 509-467-7714 or email nani@universityoflife.info

This is not medical advice, it is research and information and me doing what I learned and sharing what works for me. Much cheaper than tums etc.

Remember folks the miracle is in the body. Any doctor will tell you medication does not cure, it treats symptoms. When you feed the body what it needs it stays healthy and cures itself. Does that mean we do not need physicians. No just the opposite. Dr.s help us to stay healthy and in medical emergency we need their expertise. For example, when a poison enters my body, they help to keep me alive while my body expels the foreign insult. Modern medicine and natures pharmacy can work hand in glove. Many medicines come from natures

bounty.

THOUGHT FOR THE DAY:

This is your journey, make it divine! Nani

Shocking statistics:

Approximately 4,200 babies are aborted every day in America. This is the law of the land and so a woman's rights are protected. It is the child's that are not.

University Of Life & Hope Tip:

This is most important to grasp. Ready! See and make your future bigger than your past. **Point:** You cannot grow by living in the past. Our past is useful in that it gives us valuable experience as long as we have found the positive in the negative. **DO NOT UNDER ANY CIRCUMSTANCE ALLOW YOURSELF TO GET STUCK HERE! WHY?** It is limiting. **Deeper thinking;** Project the wisdom and learning of your past as a foundation for a better future and nothing more. **Why?** This insures you have a future. The past are training grounds that assist personal growth and are the potential stepping stones for greater good capabilities. Make sense!

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Partial birth abortion law repealed:

This one I feel strongly enough about to speak out on. This is killing a full term baby about to be born. Nothing justifies this procedure. You may or may not agree.

A very misguided and liberal judge has blocked the partial birth abortion law ban that President Bush signed into law that the majority of Americans support although former President Clinton vetoed it twice before. Protecting the children is the duty of all people, if you could save yourself by killing a baby and exchanging their life for yours would you? Could you? Think carefully and tell the truth.

We are voting in a couple of weeks. Our choices are a man who signed a bill to ban partial birth abortion procedures and another man who

voted against the ban on partial birth in the Senate. One man who fights global terrorism away from here to protect us here, and another man who needs a global test before he can decide to protect Americans. Problem is, he voted against the first Gulf War in 1991 when it passed his own current global test. The choices Americans face in leaders are never more stark and chillingly clear.

I could not hold another baby or face my own grandchildren without feeling like a coward if I left this unsaid or voted for a man who voted against partial birth abortion and made it clear in the last debates that he would not move to keep the ban against this procedure law.

When do we the people finally draw the line on decency, values and integrity if not here and now? In one of my workshops I ask teenagers this question. "If Creator were to knock on your door, would you ask him to wait while you take inventory of your behavior or would you open wide the door and bring him right on in?" Interesting thought isn't it? We adults set the example and are teaching everyday by our action or inaction. Often we set rules, then make excuses to get our own way. Seems to me this issue is one of those questionable times.....

In my humble opinion it comes down to good and evil, pick one!

MASTERING THE ART OF LIVING By Nani Aki Linder - White Raven



White Raven speaks and reminds us that part of the Sacred Instructions given by the Creator to Native people at the time of Creation were in part as follows:

1. To Take Care of Mother Earth and the other 3 colors of Man.
2. To Respect this Mother Earth and Creation.
3. To Honor All life, and to support that Honor.
4. To be Grate-ful from the heart for All life. It is through life that there is Survival. Thank the Creator at All times for All life.
5. To Love and express that love.
6. To be Humble. Humility is the gift of wisdom and understanding.
7. Kindness. To be Kind with one-self and with others.
8. Sharing. To share with others.
9. Honesty. To be Honest with one-self and with others.

Many folks reading this probably did not know that the American Indians are and were ancient respected peoples as the respected Mayan, Aztec, Jews, aborigines of Australia, Hawaiians of Haviki , Mori, Tahitian, etc. Each people have their own stories of creation, the Hawaiian story is called the Kumulipo.

The medicine wheel of the Native peoples are not as some believe, merely ornaments that one places in ones car or on their wall. It is as sacred to American Indians as the cross is to Christians, the Menorah is to the Jewish people and the Koran to the Muslims.

American Indians are taking their place at the table of life and while it is still seemingly okay to Indian bash and NO ONE in the media or elsewhere calls people to account, the proud Indian people are taking education and running their own corporations to heart and beginning to make significant strides. They have a ways to go and many gaps to bridge. Part of that gap means educating their own children as well as those who maintain ignorant stereotypical thinking. It means educating those non-Indian teachers who come to reservations who teach, not understanding and often not caring a wink about cultural differences.

Cultural differences matter, understanding there are differences matter particularly as you educate. Examining ones own values and how one approaches differences create challenges that either bridge gaps or builds wider gaps. Think about it, is what you know about the American Indian based on fact, stereotyping or what you might have read in books written by non Indians?

Cultural Immersion is an important part of educating educators who would come to teach Indian children. Educators as defined by this writer is broad and encompasses "anyone who touches the lives of the children." Often, the support staff in an education facility educates by their actions, words and deeds. So in my opinion, Cultural Immersion is a must for administrators, school boards, support staff, teachers, councilors, and those who must participate in the educating such as tribal councils, American Indian parents and American Indian educators on all levels. Support staff meaning, office staff, cooks, bus drivers etc must also be included in training because they feed, transport, discipline and talk to the students with words and body language. Anyone that is on the team that touches the lives of the children in daily schooling belongs in immersion. While this article is addressing the American Indian children this applies as well to other diverse groups.

Anyone whose goals are not "child centered" are part of the problem rather than the solution and it is those few that we need to weed out. Most teachers know who they are and yet fear speaking out. Yet, parents entrust their children to you and the children have the right to be protected by their teacher who accepts payment for doing this job. Most teachers care and are ready to learn whatever it takes to teach their students.

Does this mean we are advocating crutches to the minority student? On the contrary we do not want to see the bar lowered, schools are built and staffed for the sole purpose of educating the children and not for Unions and career climbing or a few child bashing educators, administrators counselors, or support staff. It is a team effort to bring about well rounded citizens who can function in society at their best. To increase scores, we need to do what it takes to educate and if it means understanding where the student lives, so be it! That means taking what we know about their culture and enhancing it, teaching with the keys that promote the 4th R, responsibility, which is part of every culture. This is a forward leaning, leave no child behind approach to education which means we will be working to encourage cultural immersion in schools. U of Life & hope has a plan outlined to begin the process or to enhance the one you might have already started. It is all doable. We apply it because ladies and gentlemen, the children are worth it. America is worth it and we can do better. Let's see what you have and what we can do together. It's 125 years past time to let go of the "I can't stories and find the exquisite bliss and value in "we can do!" Our children and their future are depending on us.

We were honored with a tribal resolution supporting University Of Life Cultural Immersion Program on April 12, 2004 by the Administrative Tribal Government resolution number 487-2004-04 of the Assiniboine & Sioux Tribes Ft. Peck Indian Reservation Tribal Executive Board. Poplar, Montana.

We thank the board for their confidence and dedicate this Immersion Program in the memory of Myrle F. Peterson Tribal Executive Council Board Member who supported, understood and began to work towards seeing this program in the reservation school system.

Email me if you want to know more. nani@universityoflife.info

[My Grandpa's words always help me stay on track, stay selfless and make decisions seeing beyond the obvious.](#)

Nani girl, "learn to fish and you own yourself. Let another keep giving you fish and he owns you." Gpa VA

"pump through sand all day, all night truth same, lie same and you the one that know the difference." Gpa Aki

[What does Nani Linder - University Of Life & Hope Offer?](#)

Our program is presented in a cross cultural format of wisdom as taught to me by my Na Kupuna of Hawaii. We honor all people, and we infuse the message of hope, leadership, holistic healing, and cross cultural diversity through tailored programs to meet your needs. We are results oriented and guarantee our work.

- **Proceeds of my book Trial By Fire go to feed the hungry.**
- **Nani Linder & University Of Life tailors programs to meet and solve your needs.**
- **I invite you to e-mail or write me to schedule a Cultural Immersion summit for your area and to ask about;**
 - **BE A STAR workshops/summits" is a cross cultural leadership program [specifically written for children](#).**
- **Ask about fund raising workshops for non-profits that include but is not limited to Holistic Health "living without modern medication after my own trial by fire".**

Ask about my limited enrollment personal mentoring program and becoming a member of our Mastermind circle of life and enlightenment.

Nani Linder consults on cultural enrichment diversity, holistic healing strategies, disability issues and diversity issues for hospitals, corporations or small business who may need diversity training. I invite you to call me today for your free consultation. 509-467-7714.

[Important Last Word](#)

Winter is fast approaching and we will see many homeless out in this very dangerous weather. Do what you can to help them find shelter. Buy blankets and give them to the shelters or offer one to the homeless that you see. This is a good time to purchase food certificates from Wendy's, McDonalds, Burger King or from grocery stores that easily can be handed to a hunger person. If you are going inside to eat offer the homeless a meal as well. If you know of a family struggling to put food on the table give them a food certificate, and if you are in need and someone offers you a gift, don't let pride make you refuse. When you accept, that blesses the person who gave and the way you return this act of kindness is to help someone else at a later time.

If you plan to drive alone be sure to have extra food and a blanket, heavy mittens and good winter boots in the event you break down and must wait for help. Ron and I always stick our winter sleeping bags into the car when we take a trip over the mountains and I grab survival food and medicine kit as a safety precaution. We learned to do this when we lived in Alaska and Ron flew cross country or we snow machined. Snow is lovely to look at and unkind when you are careless. Always tell someone when you are leaving and where you are going. Wisdom is only useful if you apply it.

Kanaka aloha awe pule:

"may creator bless you with abundance; may we take care of his creations with due diligence and may peace and harmony be realized through each of us. May the candidates of "selfless good" prevail in this election on November 2, 2004 in all the states of America and indeed the highest office, President. May the journey of peace throughout the world be one we attain and our troops be safe. We ask nothing for ourselves and instead send the power of good to cancel evil for the survival of our earth and all our peoples. May each of you know how whole, perfect, strong, loving, powerful, harmonious and worthy you are."

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As always take what you need from this newsletter and discard the rest. I am but a phone call away or feel free to email your thoughts and questions.

nani@universityoflife.info

Malama Pono...Nanipuaaalaomaililaulii - White Raven

check my website: www.universityoflife.info please forward this newsletter or encourage your friends to subscribe. it is a free service. Proceeds of my book Trial By Fire go to feed the hungry.

A hui hou dear hearts until next month November 10, 2004

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