



# Ka noonoo ana

he mahele ikaika o ka hoomana 1 ke Akua



## Welcome to the Wonderful World Of Questions & Answers

No ka 'ike 'uhane a me ka lokahi o loko, e ho'ohana 'ia ka no'ono'o! Hana 'ia ka no'ono'o 'ana o ka Guardian Guard me ka ho'ohana 'ole 'ana i nā mea kanu a i 'ole nā mea ho'ohui kemika. Ho'ohana wale 'o CG i ka quartz rose kūlohelohi i 'oki 'ole 'ia. E no'ono'o 'o CG i kahi mehameha a i 'ole i kahi hui ma kahi 'hui'.

I ka wā e no'ono'o ai ka no'ono'o e ha'alele iā ia iho mai nā mana'o waho āpau a laila ho'oku'u iā ia iho mai nā mana'o āpau, 'o kēia mālie, 'olu'olu. Ma hope o ka ho'omaha 'ana hiki iā 'oe ke 'ike i nā 'oia'i'o o kou 'uhane, nā 'ike e pili ana i ke kumu o ke ola. Hoomaopopo ! Hiki i ka 'uhane pilikia ke hā'awi i nā 'ike e ho'okumu i kahi kūlana o ka hopohopo inā loa'a kēia . E ho'ā'o i kekahi lā a'e.

'O nā mea kāko'o o ka 1 Faith e no'ono'o wale me ka ho'ohana 'ana i ka quartz rose. I ke kipa 'ana i kahi hui kia'i kia'i honua. Aia kahi hui meditat-ing ikaika e pule ana (IMGP).

**Ka no'ono'o ho'okahi:** E loa'a

i kahi kī'aha wai kānana ma mua o ka no'ono'o 'ana.

E moe i lalo i ka honua (moena pule) a i 'ole kahi moe.

E kau i ka quartz rose ma kou lae.

E moe mālie, e kīko'o pololei ma kou kua i ke kino, ua pani nā maka.

A laila e pani i nā mea ho'opilikia a puni e 'ike i ka lokahi o loko.

'O ka lokahi o loko ke alaka'i i nā 'ike 'uhane.

Hiki ke alaka'i i nā 'ike uhane ikaika i ka hiamoe hohonu.

Hoomaopopo ! 'O ka hiamoe hohonu ke kōkua i ka ho'oulu hou 'ana i ke kino a me ka 'uhane e hopena ai i kahi kanaka 'oi aku ke olakino.

'A'ole holomua ka no'ono'o 'ana. Kāohi! E ho'ā'o i kekahi lā 'ē a'e.

'O ka quartz rose ke ho'ohana 'ia i ka wā e no'ono'o ana e hō'emi i ka huhū, ka hopohopo, ke kaumaha ... 'O ka no'ono'o kūle'a e ho'ōla hou i ke kino i ke kino a me ka uhane. Hoonui i ka launa pu me 1 Akua.



## Hiki ke ho'ohana 'ia 'o IMPP Intense Meditating

Personal Praying Intense Meditating Personal Praying (**IMPP**) i ka wā e koi nui ai lākou e kama'ilio me 1 Akua. Hana maika'i 'ia 'o IMPP inā ho'okahi wale nō ma ka home. 'A'ole pono e ho'ohana mau 'ia ka IMPP.

### Pehea e IMPP:

E noho ma luna o ka moena wāwae i 'ō aku nā lima i pelu 'ia ma kou 'ūhā ua pani 'ia nā maka

Me ke kino o luna e ho'omaka mālie i mua, i hope

E oli mau, e oli: 'No ka nani o 1 ke Akua a me ka maikai o kanaka'

E hoomau oe i ke oli a hiki i kou manao ana e like me ka hoomaka ana i kau pule O ka pule au e oli ai 1 mai ke alakai pule a i ole oe ponoi Hiki ia oe ke oli i ka pule e like me kou manao A pau ke oli e oki i ka lulili maka, e ala.

Ho'omaopopo ! 'A'ole ho'ohana 'ia ka pōhaku no'ono'o o ka 1 Faith the rose quartz.

### He hui (2 a 'oi a'e)

paha nā pule pule hui . Ke pule nei ka hui mālama ma Gath-erings e komo nā mea a pau. Ke koi nui nei lākou e kama'ilio me 1 Akua, ho'ohana 'ia 'o IMGP.

## IMGP Intense Meditating Group Praying Ho'ohana 'ia 'o

IMGP i ka wā e pono ai ke kanaka i ke kāko'o pono mai nā po'e 'ē a'e a i 'ole e pili ana i nā pilikia kaiāulu. Inā makemake 'oe e oli ka hui i kāu pule pono'ē e kama'ilio me kahi Lunakahiko ma kahi 'aha. E pule, e no'ono'o pū me nā mea kāko'o 'ē a'e o 1 Faith.

### IMGP pehea e:

Hana i hui

Kū i ka honua e ho'omaka i ka hehi 'ana i kou mau wāwae i pani 'ia

E ho'omau i ka hehi 'ana, e ho'omaka i ka pa'i lima

Ano, e hoomaka e oli: 'No ka nani o 1 ke Akua a me ka maikai o kanaka'

E ho'omau i ka hehi 'ana, pa'ipa'i, oli a hiki i kou mana'o 'ana e like me ka ho'omaka 'ana i kāu pule

'O ka pule āu e oli ai he 1 mai ke alaka'i pule a i 'ole kāu pono'ē

Hiki iā 'oe ke oli i ka pule e like me kou mana'o he pono

Pau ke oli e oki i ka hehi, pa'ipa'i maka, ho'omaha

Hoomaopopo ! Pono ka Lunakahiko e ho'omaka i ka IMGP

## 1 Aloha ke Akua i ka Hui

Wehe 'ia kahi hui mai ka hola 1 ma hope o ka puka 'ana o ka lā a pani i ka hola 1 ma mua Napoo 'ana o ka lā (**Manawa Triangle**) ma nā lā le'ale'a. Nui nā lā le'ale'a he mau kumuhana, hilahila, ho'olaule'a a me nā lā ho'omana'o. 'A'ole he hui haipule wale nō ka hui 'ana akā no ka launa pū 'ana: pule, kūkākūkā, kama'ilio, 'ai a inu ('a'ohē wai'ona), hīmeni a hula, 'aka'aka, pā'ani, ho'olikelike. Mālama ka hui 'ana i nā ku'una kūloko, nā ku'una ('ai, dialect, 'a'ahu, mele, hula) inā 'a'ole lākou e kū'ē i ka 'LGM'.

### E ho'omaka i kahi hui

'A'ole hiki ke loa'a kahi Hui. **Loa'a** nā mea kāko'o i ka li'iili'i o 7 mau kānaka a laila loa'a hui pu ia he Hui. **A 1** Hiki ke mālama 'ia ka **hui 'ana ma ka home**. He SmeC, PHeC a kula paha nā kama'āina 'ē a'e. (e nānā i ka ho'omaka 'ana i kahi hui)

### Hoomana

O ka hoomana ka hooiaio ana **1 ke Akua!** Ka mea nāna i hana i ka mea nui loa nani o Universe. 1 'O ke Akua 'o ia a me ia. 1 O ke Akua ke kumu 'Uhane. Ho'omana kia'i kia'i i ka Mea nāna i hana i ka 'uhane kino 'O ke ao holo'oko'a e like me 1 Akua 1 Faith 1 Ekalesia!

Hiki ke hana 'ia kekahi hana ho'omana, ma ka hui 'ike 'ole a i 'ole ka hui ma'amau, e he kanaka a i 'ole e kekahi alaka'i i koho 'ia. **Mana'o** ka nui o nā ku'una ho'omana i ka ho'omana ma'amau i nā manawa manawa, pinepine i kēlā me kēia lā a i kēlā me kēia pule. 'Oko'a nā 'ōlelo ho'omana akā 'o ka mea ma'amau e komo pū kekahi o kēia mau mea: pule, oli, hula, mele haipule, ahaaina, noonoo, mele, ka haipule, nā ha'i'ōlelo, ka ho'omana, nā 'aha'aina, ka palapala hemolele, a i 'ole nā hana pilikino pilikino o ka haipule ...

1 Aole makemake ke Akua i na mohai; No laila ua pani 'ia nā kuahu me ka Lectern.

'Imi 'o CG, loa'a, noi

'ike a ho'oma'ama'a 'ike ho'omau, ola a pau .

Hana 'ia ka ho'omana haipule ma nā wahi like 'ole: ma nā wahi ho'omana i kūkulu 'ia, ma ka home a i 'ole ma ke ākea. **Ho'omana ka kahu kia'i** ma nā wahi 'ē a'e koe nā wahi i kūkulu 'ia. **Nānā! 1 Aole makemake** ke Akua **Nā hale ali'i** (Cathedrals, Churches, Mosques, Shrines, Temples Halehalawai ...) no ka hoomana.