

# Aloha, Aloha

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Let's go down to the sea  
You and me  
Let the sun warm our souls  
Let us become we

Lawman, speak your dreaming  
Honour the elders and the ancestors  
Ask for us permission  
To sit down on their shore  
and stay awhile  
Be brothers and sisters, one skin

Bring a piece of yourself  
without knowing why  
Gift it into the centre  
Sacred space made of you and I

Let the tide come in  
Test the water  
Dive in and surrender  
The clarity will come in the choppy waves

Who are you?  
What makes your heart sing?

I am a mouse on a wheel  
My singing sometimes sad  
My family comes with me  
I am Mum, I am Dad

Four circles of practice  
Fold into each other  
Host self and be hosted  
Host others, be together



Walk the shore path  
Until you hear the coo-ee  
It is long, it is quick  
It's silence, it's my story

I am a miracle, made up of particles  
And I see now, so are you

Wade to the islands  
Close to the shore  
Divergence, convergence  
What is your world view  
In complexity, inscribe the U

Words from the heart of a Rose:  
A wicked question  
Walks the chaordic path  
It calls the courageous and  
The curious to draft  
And has culture at its heart

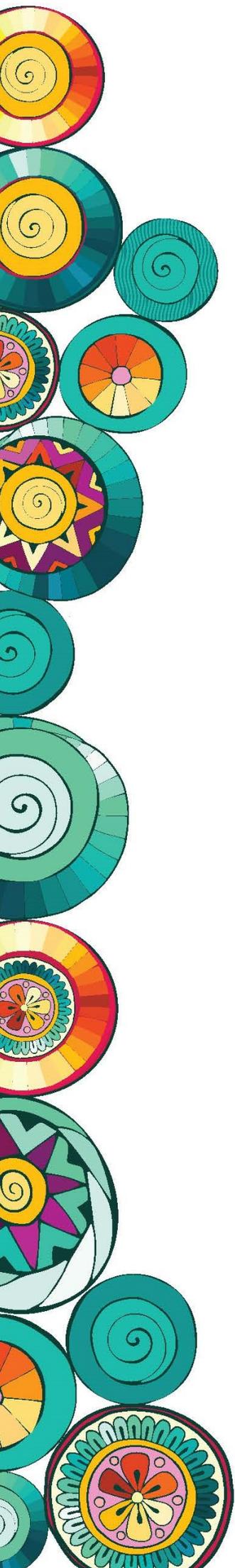
Be present, reflect  
Oh! I'm confused  
There's an art to the harvest?  
Oh! Who knew?

Surface.....breathe

Ride the back of a tandem  
With a blind man to guide you  
Keep your eyes open  
Don't flatten that Shih Tzu!

Float in the morning clear blue  
Of the great moving sea  
Connecting continents  
Carrying messages  
Between you and me

You have ropes  
Co-create and undo  
Together there's power  
To make something new



I'm tired! I'm a fruit loop!  
I hope this jigsaw makes sense  
Glimmering in the pines  
Gorgeous spider's web  
There's a need  
There's a purpose  
There's a way to ask questions  
That speak to our hearts  
Invite the divergence and  
Bring the convergence

Listen now with the ears of your heart  
Can you hear the clock ticking  
On the wall of the World Cafe?  
What time is it now?

Fearful chaos  
Across the land  
Light and shadow  
Walk hand in hand

Who is asking the question?  
Where do I look?  
Who do I go to?  
If not now, when?  
If not us, who?

Unity, harmony  
Self-care, commitment  
Participation, self-development

Time to re-focus  
Get excited  
Change? Oh, goody!!

Comb the beach  
For a circle, a flow  
Harvest in pictures  
Turnaround what you know



A circle of three to  
Hear their best selves  
And, oh, wonder of wonders  
To bring your best, you need others

Come in from the sun  
A space opens up  
Invite others in  
To wake the world up

Clear bright blue  
Is dimming to soft  
Eat a snag  
Drink some wine  
Tell stories, laugh lots

There's Gympie girls  
And Gladstone girls  
And then...  
There are fan girls

Going to Cairns  
To meet Jose and Bert  
And cuddling with Shirls  
Who looked down Susie's shirt

Time to swim, stroke after stroke

Aloha, Aloha  
You are a miracle  
You are capable  
You are powerful

Where is the threshold of your longing?

Breathe in  
Listen  
Sense in  
Breathe out  
And in again  
Safe inside the breath that holds it all



Help me, please  
I need your wisdom  
I want to step out  
Into wise action

Organisations that feel  
Are coloured bright Teal

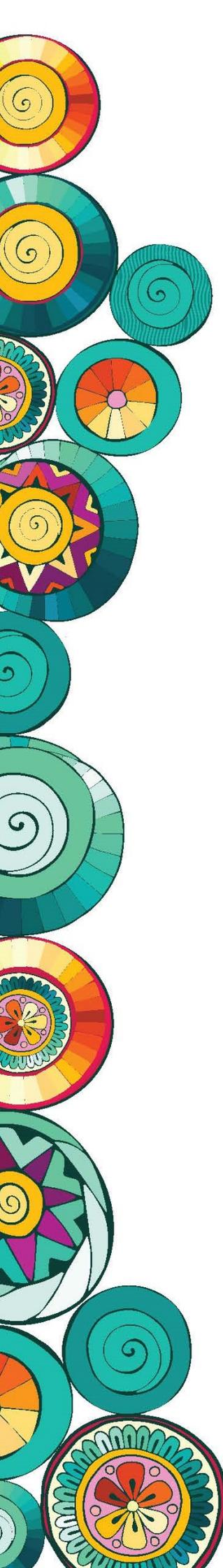
Systems rise like a wave  
And then make their own grave  
You have a purpose and you have a place  
In evolving this wondrous planet and race

We have come down to the sea  
And got lost in the waves  
We have surfaced and breathed  
Out past the break  
We have swum, decisive  
Stroke after stroke

Come back now to the land  
And when you step on the sand  
Let the salt on your skin  
Become feathered wing  
May this flock lift you up  
To soar on the breeze  
May you fly high and swift  
Over shimmering seas  
May you land safely home  
With those that you love  
And may you hold in your heart  
All the gifts of this art

Aloha  
Ke Akua  
Kuleana  
Aloha

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*Redcliffe*  
*13 January 2016*