

The Bowl of Light

Sharing Hawaiian wisdom



Ancient Hawaiian wisdom teaches us that we are all born with a Bowl of Light. This light is what helps us grow. It inspires us and fuels our energy and life. You can think of it as an inner light bulb that helps you shine.

When we make good choices, our bowl is filled with light and we can share that light with others.

When we make poor choices, we fill our bowl with stones. These stones weigh our bowl down and hide the light and it can no longer shine. We must then empty our bowl out so that we can let our light shine again.

What I can do to fill my bowl with light:

What I can do to empty my stones when I make a poor choice:
