‘Ōlelo No‘eau are beautiful and evocative Hawaiian proverbs and sayings. You can use these sayings and observations to enhance information posted and shared with students, communication with colleagues, or add to your professional email ‘signature’ etc.. Integrating Hawaiian proverbs and poetry raises awareness of Ōlelo Hawai‘i and ‘Ōlelo No‘eau, as well as cultivates appreciation for the Hawaiian cultural ethos of environmental guardianship.

**Natural Elements**

‘Ōlelo No‘eau # 405
Hahai no ka ua i ka ululā‘au.
*Rains always follow the forest*

The rains are attracted to forest trees. Knowing this, Hawaiians hewed only the trees that were needed.

‘Ōlelo No‘eau # 2178
Mōhala i ka wai ka maka o ka pua
*Unfolded by the water are the faces of flowers.*

Flowers thrive where there is water, as thriving people are found where living conditions are good.

‘Ōlelo No‘eau # 2220
Na ‘ilina wai ‘ole o Kohala
*The waterless plains of Kohala, where water will not remain long.*

After a downpour, the people look even in the hollows of rocks for the precious water.

‘Ōlelo No‘eau # 2482
Ola i ka wai a ka ‘ōpua
*There is life in the water from the clouds.*

Rain gives life

‘Ōlelo No‘eau # 2802
Ua ka ua, ola ka nohona o ka āina kula
*The rain pours, life comes to the plains*

**Responsibilities and Living Sustainably**

‘Ōlelo No‘eau # 64
ʻAi a manō, ʻaʻohe nānā i kumu pali
*When the shark eats, he never troubles to look toward the foot of the cliff.*

Said of a person who eats voraciously with no thought of those who provided the food, shows no appreciation for what has been done for him, nor has a care for the morrow.
‘Ōlelo No’eau # 252
E ’ai i kekāhi, e kāpī kekāhi
*Eat some, salt some.*
Said to young people: Eat some now and save some for another time.

‘Ōlelo No’eau # 531
He ali‘i ka āina; he kauwā ke kanaka
*The land is chief; man is its servant.*
Land has no need for man, but man needs the land and works it for a livelihood.

‘Ōlelo No’eau # 2052
Mai ho‘omāuna i ka ‘ai o huli mai auane‘i o Hāloa e nānā
*Do not be wasteful of food lest Hāloa turn around and stare (at you).*
Do not be wasteful, especially of poi, because it would anger Hāloa, the taro god, who would someday let the waster go hungry.

‘Ōlelo No’eau # 2829
Ua ma uke ea o ka ‘āina I ka pono
*The life of the land is preserved in righteousness*

**Commitment and Perseverance (apply to a sustainable ethos and changes needed)**

‘Ōlelo No’eau # 142
ʻAʻohe hana nui ke alu ‘ia.
*No task is too big when done together by all.*

‘Ōlelo No’eau # 323
E kuahui like i ka hana
*Let everybody pitch in and work together*

‘Ōlelo No’eau # 905
He po‘i na kai uli, kai ko‘o,’a‘ohe hina pūko‘a
*Through the sea be deep and rough, the coral rock remains standing.*
Said of one who remains calm in the face of difficulty

‘Ōlelo No’eau # 1924
Ku pākū ka pali o Nihoa i ka makani
*The cliff of Nihoa stands as a resistance against the wind.*
Said of one who stands bravely in the face of misfortune.
‘Ōlelo No'eau # 1068
  Ho'okahi ka 'ilau like 'ana.
  *Wield the paddles together.*
  Work together.

‘Ōlelo No'eau # 2758
  Pūpūkāhi i holomua.
  *Unite in order to progress*

**Home and Place**

‘Ōlelo No'eau # 2353
  O‘ahu, ka ‘ōnohi o na kai
  *O‘ahu, gem of the seas*
  O‘ahu is the principal island of the group