

## E MALAMA – HAWAIIAN EARTH BLESSING DANCE

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Some of the words of this song are paraphrased from a Hawaiian style band song, and movements are inspired by the hula tradition. Hula is an ancient art form involving years of study and dedication to learn, with movements that express the mood and meanings of the words in the song or chant.

Chords D Bm G

Words

1. E malama i ka heiau (say: Eh malama eeka hayeeow) “E” is like the “e” in “bet”  
key D for this line.
2. E malama i ka heiau BM
3. E malama pono i ka heiau (say Poh-noh like “snow”) G
4. E ----- (hold) IEh---) D  
Repeat 1-4
5. Earth and sky, Key D
6. Sea and stone Bm
7. Hold this land in sacredness “Hold” is G, -ness goes to D  
Repeat 5-7

Meanings:

“EH” is an emphasis word and affirmation. It means “Yes, we mean this, it shall be”

“Malama” means nurturing or taking care of something very precious. Ma with a line above the a emphasize!  
(sound draws out)

“Pono” means doing what is right

“Heiau” means sacred place or sacred land, and is the word used for the temples. So the whole feeling is of caring for the sacred land, in the right way.

Movements: standing in a circle facing inwards.

1. Reaching up and caressing downwards in a waving movements with hands facing each other, as though you are stroking something with great care, and on Heiau the hands stroke outward and down, facing the earth in a smoothing spreading motion.
2. Repeat 1
3. Imagine a ball between your hands, of something incredibly precious, and rotate the hands in a smooth caressing movement around it. Then on the word Heiau the hands stroke outward and down, facing the earth in a smoothing spreading motion as above.
4. Hands come up to head height in fists, to the sides in a strong gesture of power “let this be so”
5. On “Earth” scoop downward in front of you with hands, palms facing up and rub your fingers together, just like you were scooping up some earth and feeling it. On “sky” lift your hands up and slightly out.
6. “Sea” start with hands to the left, moving right in smooth waves, palms down, waist level, wrists loose. And “stone” start with both hands in fists at waist level, palm down, extended outward away from body and downward, then on “stone” the fists come together in front of you.
7. Take hands and circle, step to right.