

Lesson 7. 'Ōlelo No'eau

E noho iho I ke ōpū weuweu, mai ho'oki'eki'e.

Remain among the clumps of grasses and do not elevate yourself.

Ōlelo No'eau 361

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'Ōlelo no'eau are Native Hawaiian proverbs and sayings. They are rooted in Hawaiian traditions and values. The one above encourages individuals to not elevate themselves above others in an arrogant way, but rather remain humble. Many people confuse being humble with thinking less of yourself, however, it really means that you think of yourself less. In other words, you do not see yourself as better or worse than those around you. It also means putting another person's interests before your own.

Reflect on a time when you acted humbly towards another person. What did you do for them and how did it feel to do so?

Reflect on a time when another person humbled themselves for you. What did this person do for you and how did you feel?

How can you continue to act humbly towards others?