

Kilo For Papahānaumoku

"things that are born"

For each designated location, make observations for each category. For example,

Plants - blooming, sprouting new growth, seeding

Animals and Insects - presence, activity energy level

Smell - flowers, vog, rain, ocean

Sounds - birds, wind (what direction), buzzing

Touch - warm, cold, textures - fuzzy, smooth

Light - shady, filtered, sunny, red, dark

Small picture - look closely, what do you see?

Big picture - What is this place telling you? What is your na'au telling you?

Plants

Animals and Insects

Smell

Sounds

Touch

Light

Small picture

Big picture