Spreading Kindness Through Aloha

One of the easiest ways to maintain a good community is to show kindness to those in it. Given how unique everyone is, people can show kindness in a multitude of different ways that can appear to be infinite. I started to think about how I show kindness to people and how others around me do on a daily basis to better understand how I can influence the community and people around me in a positive way during the hard times we’re all in. I also began to think about how my upbringing influenced the way I show kindness and I finally realized the main way I do so and how it’s linked to my life and community. The best way I spread kindness to my community is by showing a little aloha.

The word aloha can mean different things but they all stem from the same place, showing kindness the Hawaiian way. One such way is using the word to greet someone and make them feel welcomed. When I was younger my parents always told me to make a good first impression in order to make the person feel comfortable around you. This was done by welcoming them in a kind and orderly fashion. Also, growing up in Hawaii led me to learn some Hawaiian customs and words. This is how I learned about aloha and ever since then I use it to greet people to hopefully make them comfortable and welcomed in their community.

Another way I use aloha to spread kindness is by sending someone a farewell when they depart. When I was in grade school, my teacher once told me something I’ll never forget. He said “never leave a person questioning if you care or not.” After the day I heard this, I remembered to always say goodbye to someone to make them know I cared about them and to wish them well wherever they’re going. When I was aware of aloha’s other meaning I used this to bid farewell to people and they understood what I meant because they lived or were familiar with the word and Hawaiian culture. If they don’t know what it means it gives them something interesting to think about and hopefully learn of the word before our next meeting.

The last way I show kindness through aloha is to thank or repay someone for showing it to me. Kindness is great to give but it’s always better to give to each other then to only have the giving go one way. Repaying someone’s generosity only means it will be paid forward past you which is nothing but good for the community you’re in. A memory I always go back to is when I was six on Halloween night and my candy pal broke and dropped to the ground. My dad was far ahead of me and he couldn’t see me and I was alone to pick up my candy alone until a boy came to help me. He ended up giving me his pal since mine was broken and he helped me pick up the fallen pieces of candy. I never learned the kid’s name but I was so thankful for him showing Aloha that day. Now I try to show the type of kindness that boy showed me by always passing out candy to kids every Halloween.

Aloha is one of my favorite ways to spread kindness due to its simplicity, versatility, and ties to my home of Hawaii. Spreading kindness not only helps your community but it also helps you as an individual to be better than you were before. Anyone here from Hawaii understands what it means and for those who don’t, it could be a new word to learn and hopefully use with others. I’ve learned how to spread Aloha from a young age thanks to the help of my parents, teachers, and random strangers who decided to do good. I am forever grateful for being able to spread kindness through aloha and I hope you can too.