



# Wondering where we were, where we are now, and where we are going?

Kahua Hawaiian Institute - MAUI

June 2013

Kutira and Raphael

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BHUTAN  
"Gross National  
Happiness" (GNH)

## Greetings!

You may be wondering why you have not received any newsletters from us for so long... Yes, indeed we have not sent one out since last year in August.

Honestly, we are always involved with something or traveling and yet staying connected with you is so precious. We truly hope this little update of ours will reach you in good health and spirit. In one way or another you have blessed our lives and we are happy to be able to share with you what makes our life so full with love and passion.

We always enjoy hearing back from you and we welcome you to be part of one of our upcoming retreats in Maui, Bhutan, Nepal or Tibet.

With love,

**Kutira and Raphael**

**SHORT NEWS UP DATES:**

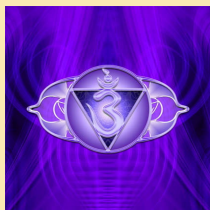


means the creation of an enlightened society in which the happiness and well-being of all people and sentient beings is the ultimate purpose of governance including a sustainable environment.



"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude."

-Dennis Waltley



"Happiness often sneaks in through a door you didn't know you left open."

-- John Barrymore

Just in case you would like to find out more about our many hats we wear. Raphael is presently in California recording a new album. Oh my God! His music is so divine. He will share in the next newsletter more about his creative journey and on the "Raphael & Kutira Music" FB page. He will be back end of June.

Also we have recently created some Facebook pages and we're updating these pages more frequently than creating newsletters. They are easier to update when we are traveling. You can find us on Facebook under: "[Kutira Decosterd](#)", "[Maui Eco Retreat](#)", "[Raphael & Kutira Music](#)", "[Kahua Institute](#)", and "[Kahua Woofers](#)". Just click one of the links! How cool would it be if you put some "like it" on the Maui Retreat and our music.... thank you for sharing our gifts with your friends.

### **YEAH, it's true:**

Our 20th Wedding Anniversary is on July 25th! Many of you remember this epic event... You can watch our wedding video on youtube



### **Surrender To Love: Our Wedding 1993**

**Lastly, we are having a webcast with our host Scott Catamas on July 25th and you are invited to join us.**





If interested send an email to:  
Kutira@kahuainstitute.com

"Happiness is a perfume you cannot pour on others without getting a few drops on yourself."

-- Ralph Waldo Emerson



"Happiness comes when your work and words are of benefit to yourself and others."

-- Buddha



"Most people are about as happy as they make up their minds to be."

- Abraham Lincoln

And if you have any special knowledge about how to do a webcast elegantly and with ease, would you be willing to lend a hand and guide us into a celebration in cyber space?

### UPCOMING EVENTS!

#### MAUI-SEVEN DAYS IN PARADISE

**A powerful rejuvenation retreat for awakened living.**



Maui Retreat Oct2013event

**October 12th to 20th  
Where Ancient Traditions meet cutting edge Science.**

Join us for a week long retreat and experience Embodied Spirituality and Sustainability. This includes, for those interested, the ground breaking Body Mind Morphing HCG health program.

**HAVE YOU EVER WANT TO GO TO BHUTAN, NEPAL AND TIBET?**

**Yes, you can travel to these places,**





but when you have a guide who knows the inside jewels of these countries, then your journey becomes magical.  
**November 10th to December 14th, 2013**  
**Nepal, Bhutan and Tibet**

"To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness."

- Jeanne Vaudaux



Have you ever dreamed of going to Bhutan?

Each time I come back from these magical places, many of my friends ask me if they can join me when I go again. Well, this is it! Come join me this fall either for the entire trip or a part of the journey.

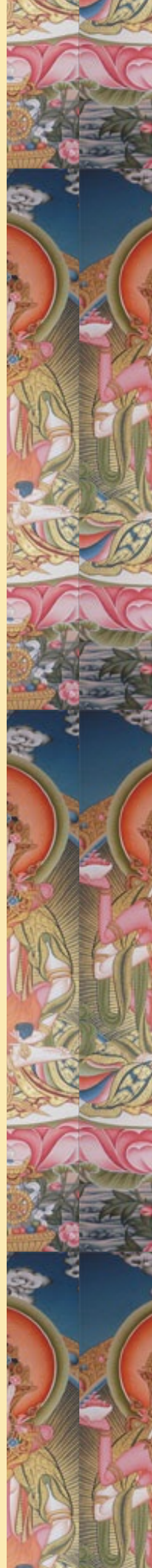
If your adventurous self wants to explore these amazing places, [contact me](#) now. It will be my honor to share my love for these spiritual places and people I have come to know and love.

Get ready for an adventure and cultural journey all wrapped into one.

**THE TRIP STARTS THE MOMENT YOU SIGN UP!**

So sign up now and start enjoying this trip right away.

For more detailed information contact

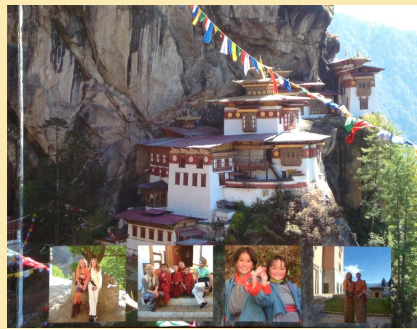


our office: [info@KahuaInstitute.com](mailto:info@KahuaInstitute.com)

### **Special offer!**

Get Kutira's beautiful coffee table book "Bhutan with my Sister" and enjoy 100 pages of breathtaking images and delightful repartee as we join these two remarkable sisters on their journey through these magical lands. For a limited time only this stunning book can be yours for only \$60 (plus shipping and handling).

Let your adventure begin...

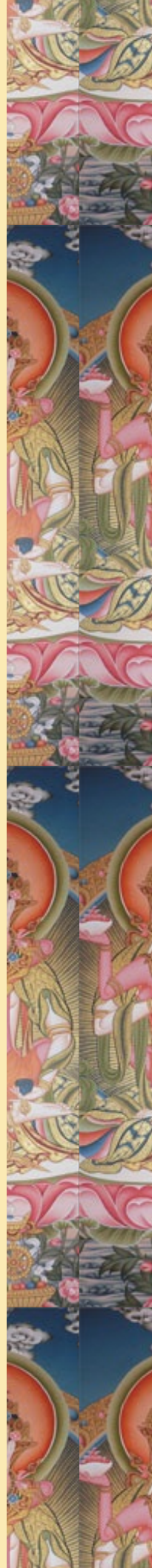
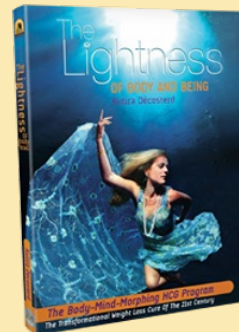


## **ONGOING EVENTS!**

### **Private Body-Mind-Morphing HCG Coaching available for Men & Women**

**"I got your book last year and am still reading it over and over. Just love it."  
- Susan Bright, Canada**

If you are determined and committed to making the necessary changes to improve your health and well-being; release weight, live longer, rejuvenate the temple of your body, and feel your absolute best, the Body-



Morphing Program is for you.

ONLINE COACHING available!

[Click here](#) for details

## **Student Program - Volunteer Work Exchange**

Come with your passion and your skills. Deepen your awareness of self, mother earth, and the universe. Experience ecologically responsible living, embodied spiritual teaching, and renewal.



Spend three to six months in beautiful rural Maui Hawaii, amidst the jungle and the sea.

[Click here](#) if you would like to know more and submit an application for Fall/Winter 2013.

Our program is very popular and not all those who apply are accepted.

## **Maui Eco Retreat**



**Create your own private retreat and gift yourself with private teachings by Kutira and Raphael. Or just come and relax. Let yourself be nurtured by our green paradise.**



Weekly Embodied Spirituality classes, massages and daily yoga instruction available.

[www.MauiRetreat.com](http://www.MauiRetreat.com)

Open all year-round  
and a perfect place for honeymooners.

## NEXT YEARS EVENTS!

**If you cannot join us this year....  
How about next  
year in Maui for a  
Summer  
gathering?**



**July 19th to 27th,  
2014**

**Sign up this year  
and get a  
discount on the room rates.**

Summer is our favorite time in Maui.  
The weather is perfect, the ocean is  
warm, the nights are bright and together  
we create the magic that keeps us  
dancing.

We deeply appreciate if you can [forward  
this information to a friend](#) who might  
enjoy our offerings. We would love to  
hear from you, [drop us an email](#).



