

UNDERSTANDING KINO LAU

Kino lau are the many body forms of a god or demigod. *Kino* means "body" and *lau* means "many". In Hawaiian tradition, each god and demigod has numerous *kino lau* that they can change into depending on their needs. Things in nature, plants, and animals are some of the different *kino lau* a god or demigod can have.

For example, the god of the ocean and its winds is Kanaloa. His *kino lau* include animals like *he'e* and *nai'a* and plants like *mai'a* and *'uhaloa*. These different forms allow the gods to live in any part of Hawai'i including the mountains or ocean, cool rainforests or hot beaches, high in the sky or deep in the earth. The gods change their *kino lau* to hide, fight, scare others, escape or just because they feel like it.

