

There's a saying that goes...

“I had to make you uncomfortable, otherwise you would have never moved”

-the cosmos

‘Rising from the Ashes’, a memoir, Part 1:

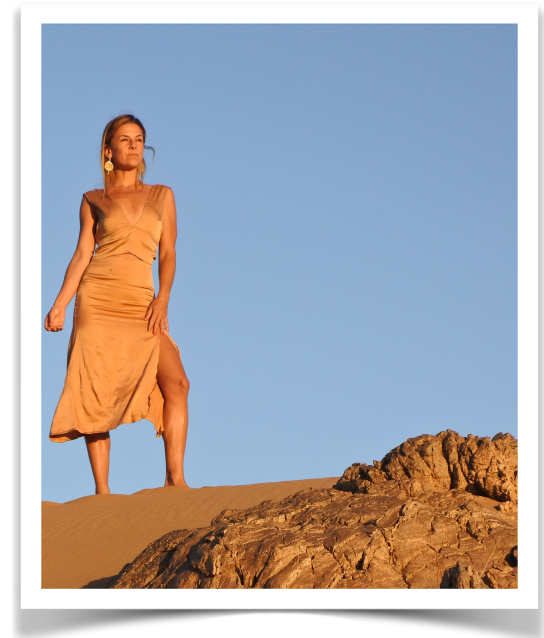
I had my forever zone chosen. Since 16 years old this land had spoken to my heart, it was special. Living sustainably, off grid, working and living on the land, serving a neighborhood community- the recipe for an abundant life. I formed Ho'olawai a 501c3 in 2012, a place to heal by the water. In 2018 I finally had enough for a downpayment and committed to the land, then the Volcano began to awaken.

I am sharing my story from the lava evacuation and how it changed me.

I've been quiet about my journey climbing out of hell, unintentionally, it seems trauma incurred is in the aftermath of the experience itself. It's how one is received when change is required that's tough. Then more natural disaster, covid and landlord stress kept me barely above water for the last 4 years.

Symbolically, as life is, I am grateful for these exact experiences. The ways I needed to grow as a woman- I feel stronger than ever and entirely engaged in earth's frequency and support. I'm so excited about the new endeavors sprouting out of these ashes. I will need some help and I want to share a brief summary of what I experienced...

Stories are the journey of life.



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Im not sure one can ask for help when help is NEEDED. Within trauma i'm stunned or in action, no brain space for delegation, operating via survival. Once stable, I can re-evaluate. There is something truly magnificent about the humans that show up when you have no idea what you need and they just do something, anything, I had these moments, hero's that kept my spirits high throughout a most tumultuous time.

I hated coming out of the hell I experienced. The coats I learned to wear to survive, those shook loose from that moment forth. I read a quote recently 'the worst part of trauma is how others respond, not the actual event'. The opportunity to be alleviated from suffering and filled with bliss is available to us during these moments, which takes trust in the unknown, and courage to follow that. *A few weeks into lava i felt the bliss of the unknown and shared with my partner, to move anywhere in the world and re-start, a blank canvas. I was met with 'No'.*

A strong woman aligning with integrity seems to threatens wherever one has not made peace within their own settling. It's news all over the world today, Women are sharing ethics of life and shaking up the globe. In court I was able to share my truth and felt like a breath of fresh air to be heard and witnessed wrongfully in the circumstance.

The lava changed me. I embraced its destruction. It was horribly traumatic from the bombs going off to sulfuric acid drenched air, it tore families apart due to stress and it also strengthened many. It tore away parts of myself that had to die if i was to survive and thrive again. In a world where injustice can prevail, we must find our voice and stand up for it. The bold-hearted lil girl who learned to be silent to keep the peace despite wrongs about a situation, she had to die and I am forever grateful.

I was 3months pregnant when the lava started. I was vomiting and didn't want to leave the house, i literally couldn't pick my self up and figure anything out. The father of my growing child was frustrated with me for not wanting to leave, so he left me. I awoke the next day in a smoke filled house, I grabbed my dog, cat, purse, jumped in my 69ford and left.



Over the course of the next three months as i stayed evacuated, lava clearing neighborhoods, illusions cracked and lies revealed. My rose colored glasses broke. I moved into his home, found out he slept with another after i was pregnant, reminding me of the night i awoke in a sickening fear, pulling in me to him. The DNA inside of me forming our child connected our bodies... its truly an amazing honor to feel the ethics of life. I think women are capable to feel the guidebook to living in these bodies and souls. *We were in a home purchase contract, escrow set to close the day after the eruption, it halted.*

I drastically needed help moving out of this lava war zone, wearing a mask, an old truck, a 2hr drive, no room for my animals in his townhome, no help to get us into something healthier. It was very hard on me and I felt trapped. He was always too busy, I had to walk on eggshells to ask for anything. One day I asked for his help, but went solo, I later learned he was teaching a gal ceramics at that time. Low self worth I had, to allow a boy into my world, when i needed a man.



It felt to me if i was going to continue keeping my mouth shut to keep the peace on important values of my heart than id loose my soul. So i began to roar. My full womanhood never felt so pure and honest. I wasn't angry, it was from a place of right doing, all emotions wrapped into one full woman-hood. There is 1 way you behave in times like those, you rise into Man-hood. Friends suggested i find my own place and give him space. But I would never want anything to do with him if it required such and honestly i was so tired and pregnant, i could barely move a box. Women are strong, but at some point you desire a man to do right, so that path wasn't for me. I did what was right in my heart and soul and i trust the outcome.

I started to stand up in alignment with the calling my inner world shared and when i did everything was ripped away from my world including literal birth. I went into labor at 6months, babe didn't make it and I would never be the same woman I was before.

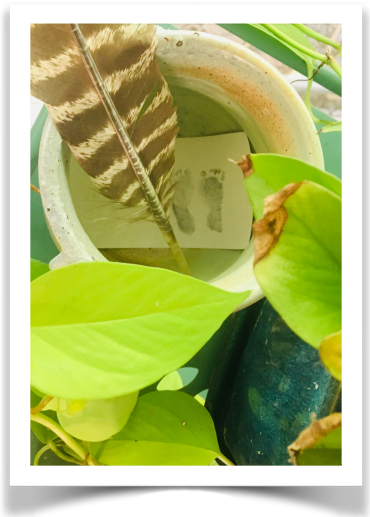
That time symbolized everything important and it did so instantaneously. All of us were in boot camp, and no one should have continued 'working' while in evacuation. I never missed a beat working. I did not receive financial assistance; which should have been an option. I was booking patients several days after evacuation, *my partner charged me rent from day 1.*

Meanwhile i was also owed \$40K from health insurance companies from the previous years work. I paid \$150K for my education a few years prior which I earned woking on a ranch every second i was not in school. At graduation I had 10\$ to my name and i felt shame. Graduating a Masters and Phd... I withdrew my IRA to pay for the road trip to my new job in 2012. Last week, in 2022, I received \$3K penalty from that time, due to address changes it took years to get to me. Ohhh the irony.
i digress...

After i went into labor, we were done, but my body needed to heal and i was still evacuated from my home. I asked him to leave for a month so i could live in peace and heal myself. I had already paid rent for that month, but he would not give me the space I needed. I was bleeding, pouring breast milk, and icing my engulfed breasts as there was no baby to feed. I roared, I just kept standing up for what felt right. The cops took me since his name was on the lease, and my attorney became my hero. He listened to every detail thoroughly and patiently while I burst into tears. After a year the other attorney relinquished, I saw shame in her eyes once she actually listened to the other side of the story. Now, I was at least free to finally find a home, 1 year after evacuation.

When I came back to the neighborhood 8months later once the air was clear for us to breath, friends hadn't invited me to a gathering of women. They said 'the girl that you had an issue with' would be there. I had no issue, it was symbolic. If your woman needs help, all else becomes lower on the priority list. *Its not a time to play ceramics with an admirer when your pregnant woman needs help evacuating from a volcano spewing lava and deadly gases headed towards her home.* I was standing up for ethics. Generational trauma, female trauma, manhood, motherhood. But I took my leave. I realized in that moment, this could be a solo rise back. The lava changed me. I felt more aligned walking in honesty than ever before.

I could no longer engage with many people. In my business a friend wanted to return a damaged silk dress, she had damaged it. 'No'. I had cultivated self respect. Prior I



would have figured a way to make her happy. I found my confidence. I began respecting myself, loving myself into self worth. I no longer shy'd away from discomfort, I began to face it all. It seems wherever i was being taken advantage of, used or abused cracked, this is so hard to face. *Relationships operating on volatile grounds erupted. I didn't want this to happen.*

I'm grateful for every one of these soulmates of mine and im grateful for the friends that have re-met me. I believe we help each-other become fuller, healthier versions of ourselves. By default i healed my deepest wounds; wounds I had no idea I carried. I wish hearts could hold bigger space for this view, perhaps in time.

I moved to a new home, the owner exerted power and control. I assumed it ok to enjoy it the way i find it to be beautiful, but this was not the case. It wasn't my house. I don't "own" it. That wasn't the point for me, this was family. I was operating from feeling- after what id been through one would be overjoyed to let me set up a home to heal and re-evaluate life... it was not their primary home, but we found a middle. It inspired me to keep on striving, no settling yet and I was wiped from stress. I had also incurred a heart attack a few months prior while searching for a home.

I felt depression but also ignited a fire in me to focus on my business. I needed to financially get myself out of the sort of life where i cannot afford a safe, stable home for myself, no one should have control over another in these ways I have experienced.

A friend shared, 'now you get a dream life restart'. Explore what you find the most lovely life to live, the most beautiful dream you can see and go for it. Gold advice. It enabled me to re-evaluate everything. To walk away from the past with fresh eyes. I began to evolve my business as I changed. I am so excited for what im cooking up!





The lands heal us and show us the magic earth can provide. We don't have to do so much, we need to resonate with earth's frequency and enjoy her. Ho'olawai Spa and Villas will be a place where we can stay and heal through pleasure. A place to experience heaven on earth. Our pains and traumas can melt away through water therapy, ancient practices and herbal medicine, through frequencies and sound healing, through the senses, through taste and scent, through fruit-filled lands, peace, and joy. When humans recognize what earth provides we can co-create with her in a most beautiful and harmonious way.

Every chance I got over the last three years I went overseas to look for land. To build a home and re-start a business. I found beautiful land in Indonesia; I went back several times there was great peace and magic. Ho'olawai bought this land, it will be one location of many yet to come. I'm

excited and I ask for your help to build this with me. I want you to be a part of this the next chapter with me, "Rising from the Ashes", I cannot do it alone.

xo,
Amber

founder Ho'olawai Spa and Villas



Heres how to help:

Donate on hoolawai.com

donations are tax deductible, ho'olawai is a 501c3 est 2012

- Our project costs \$650K. This breakdown is the cost of the land, building of the spa, cafe and 3 villas for stays.
- We need \$350K to get the business up and running. Cost is: \$150K for the spa, \$100K for the cafe building lounge and \$100K for 1 rental villa.
- At that point we can fund ourselves to completion. We'd be overjoyed to earn all funds to complete the project at the same time. None of these costs include an architect fees, flights or living costs, this is material and build costs only. *We could use alot of help!*
- We are beyond grateful and cannot do it without you!

All donations are greatly appreciated.

please follow @hoolawai (hoolawai.com) leave us your email for updates to the project.
