

The Kupuna Song (Recipe for Life)

Song written by Mike Baez

with contributions by Rosanne Shimogawa, Sherri Patrick, Mahealani Yamashita, John Medeiros,
& Jerry Brocklehurst

Verse 1: We sing praise for all you do
Mahalo plenty for your light shining through
You've stirred the pot
You've cooked it slow
You've blazed the path, and down it we can go

Chorus: Kupuna, Oh Kupuna
You've got the recipe for life
E Kupuna, ku'u mau kūpuna*
I ulu no ka lala i ke kumu*

Verse 2: With a pinch of your heart and love
Sprinkled lightly with what you've overcome
Add your victories
A slice of the world you've seen
Mix it up with some help from the community

Chorus: Kupuna, Oh Kupuna
You've got the recipe for life
E Kupuna, ku'u mau kūpuna
I ulu no ka lala i ke kumu

Bridge: We stand before you, inspired by you
You teach us right from wrong and guide us through
And the greatest ingredient you share
Is Aloha...Aloha!

Chorus: Kupuna, Oh Kupuna
You've got the recipe for life
E Kupuna, ku'u mau kūpuna
I ulu no ka lala i ke kumu

Outro: Kupuna, Oh Kupuna
I ulu no ka lala i ke kumu
E Kupuna, ku'u mau kūpuna
You've got the recipe for life

*Translation:

E Kupuna, ku'u mau kūpuna – Kupuna is an Elder. “E” indicates using Kupuna as a proper noun, to show respect; “*ku'u mau kūpuna*” is “*my Elders*” again in a way that shows respect.

I ulu no ka lala i ke kumu - The branches grow because of the trunk. (Without our ancestors, we would not be here. Phrase borrowed from the *'Ōlelo No'ea*u 1261 (M. Pukui))