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PHILCONGEN LA HOSTS “HILOT BINABAYLAN” WELLNESS PRESENTATION



Members of the Filipino community learning about hilot binabaylan from guest practitioners during the special wellness presentation

LOS ANGELES, CA – As part of the celebration of National Arts Month 2026 and in line with its continuing efforts to promote Philippine culture and heritage, the Philippine Consulate General in Los Angeles hosted a special wellness presentation entitled, “*Hilot Binabaylan: Ancestral Healing for the Community*” on 27 February 2026 at the Consulate’s Community Hall.

The event, presented by Bahay Hilom of the Philippines and the La'akea Healing Center of Honolulu, Hawaii, introduced participants to the traditional healing practice of *hilot binabaylan*, an indigenous system of wellness that weaves ritual, herbal medicine, massage, and ancestral wisdom to support physical, emotional, and spiritual well-being.

In his opening remarks, Consul General Adelio Angelito S. Cruz expressed appreciation to the guest practitioners for sharing their knowledge and experience with the Filipino-American community. He underscored the importance of preserving ancestral traditions, noting that heritage continues to live through the practices and values carried by Filipinos across generations.

“May we be reminded that our heritage travels with us,” Consul General Cruz said. “It lives in our traditions, in our communities, and in our commitment to pass these gifts on to future generations. May we continue to embrace and celebrate the art and healing traditions that have shaped us – and will continue to guide us in the years to come.”



Consul General Cruz delivering his opening remarks

The presentation featured Rev. Rolando G. Comon, a.k.a. Apu Adman, founder of Luntiung Aghama Natural Divine Arts Shrine of Healing Inc. in Bulacan, Philippines, together with Rev. Lakan Zanny Morales and Ms. Darcie Pulawa-Morales, co-founders of the La'akea Healing Center. They demonstrated how *hilot* is traditionally practiced through various techniques and elements such as the use of *halaman* (herbs), *init* (heat), *liwanag* (light), *orasyon* (prayer), and *tubig* (water).



Apu Adman and Ms. Pulawa-Morales demonstrating the traditional practice of hilot

Attendees took part in a guided demonstration and group exercise where they learned basic strokes such as *haplos* (caress), *hagod* (stroke), *pindot* (targeted finger pressure), *pisil* (pinch), and *piga* (squeeze). During the open forum, the community showed interest about how these traditional healing techniques can

complement contemporary health practices.



Participants taking part in the group exercise; posing with presenter after the session

Information on Bahay Hilom and La'akea Healing Center may be found at www.bahayhilom.com and www.laakeahealingcenter.com. (END)



Consul General Cruz awarding Certificates of Appreciation to the guest presenters