

Huna Healing:

The Integration of Mind, Body and Spirit

The following is a general introduction to the concepts of Huna. It is not meant to be detailed nor to delve deeply into it. A reading list is provided to allow those interested in Huna to explore what it has to offer on your own.

I. What is Huna?

Huna was first described by Max Freedom Long. Long worked and lived in Hawaii during the 1920's. He taught school mostly to Hawaiian children on the island of Molokai. During his stay on Molokai he became aware that the Hawaiians often talked among themselves of a form of healing. Most Hawaiians rejected Western doctors and used a more traditional form of healing when they themselves became ill. Long became interested in learning more about this "secret" healing system, however, whenever he would ask questions about it the Hawaiians would ignore him or pretend as if they did not understand what he was talking about. Over a period of several years he picked up little bits and pieces of information on what he was to eventually call *Huna*.

In the late 1920's Long met Dr. William Taft Brigham who was at that time the Curator of the Bishop Museum in Honolulu. Brigham, he found, had also been studying the secret healing wisdom of the Hawaiians for many years. They soon began a collaboration, which while short lived, opened the door to what we now call Huna.

The word Huna, means *the secret* in Hawaiian. It refers to a body of knowledge that has its origins in antiquity. It is possibly 2,000 years old or even older. In many ways it is a mystery school. Whether the ancient Hawaiians called it Huna or not, may never be known but for simplicity sake we continue to use the name the Long gave it and call this body of knowledge Huna.

No matter who created this system, nor how old it is it is, one of the most sophisticated healing systems ever experienced. It has answers to the mysteries of life and death, of human development, of the mind, the body and the spiritual nature of mankind. It tells us who we are and why we are here and what life is really all about. As I have personally experienced and found, as many of you may also find, Huna can change your life, it can give new meaning and purpose to who you are and why you are living in this particular time and place.

The body of information we call Huna was not openly discussed and it was apparently never written down. The teachings were passed from initiate to initiate for hundreds, possibly thousands, of generations. These initiates were called *kahuna*, meaning literally the *keepers of the secret*. Most kahuna were very wise. They were teachers and healers. They were equivalent to today's doctors, our M.D.'s and Ph.D.'s. They were highly educated in the ways of the world and how the intelligent world around them worked.

They could not only heal, but heal instantly and at a distance. They could change the weather, create rain and even move storms away, out to sea. They could communicate with animals, the fish, trees, plants and the planet itself. They were navigators, astronomers, they could tell the people when to plant their crops, when to harvest, which crops and where they should be planted. For thousands of years Hawaii flourished with little illness and an abundance of food and water.

A kahuna was picked at birth or in childhood because he or she radiated a certain sense of wisdom. The child then went to live with his or her teacher and was brought up learning what would one day be their avocation. The knowledge was taught in many forms and much like Merlin taught Arthur, the kahuna taught their disciple.

Information was imparted through direct experience, test and trial, verbally and through wrote learning. Depending on the expertise of kahuna, and the specific role played in the community, the initiate was taught not only the wisdom of his teacher, but also about how to relate this wisdom to all other aspects of life.

The initiate kahuna learned that each person is made up of five principal parts or aspects. While these aspects can be discussed individually, they are really only ways of looking at ourselves. One cannot be separated from the other. They are never alone. Rather, they are all aspects of who we are and all these parts are always working and acting together. They are constantly working for the health and well-being of the whole. Illness is a disruption in the harmony and balance of these parts. The type of illness depended not only on the cause of the disruption and which aspects of the individual are affected, but also on their desire to communicate this information to us. Healing is the reconnection, harmonizing and rebalancing of these aspects so that the individual is once again made whole.

So that this secret knowledge would not be lost, Long tell us, it was embedded deep within the language of the Hawaiian people. A secret code was created that allowed the initiate to always have a way of returning to the basic knowledge if for any reason he or she should temporarily lose it. It is this code that Long believes he tapped into which then opened up the mystery of Huna and allowed him to unfold its secret and finally, bring it out into the open.

When the missionaries came to Hawaii, they brought Christianity along with them. The Hawaiians being an amicable people, welcomed the missionaries. They were soon ready and even willing to convert to Christianity. While the missionaries didn't know it at the time, the reason that they were so willing to accept Christianity was really two fold. The doctrine of Christ, the hidden code of the Bible, was similar or in many places exactly the same as the principles of Huna. Secondly, most of the ministers, especially the Catholic and some of the Protestant sects, preached about the Holy Trinity and as you will see in the next section this was already very familiar to the Hawaiians.

There was a third reason which was less obvious. Huna is not a religion. It is in a sense a science. It is a way of looking at the Universe and understanding how it operates. Over the many years that Huna operated in Hawaii, the people of Hawaii had many different religions. In most cases they were based around what they referred to as their *aumakua* or Higher Self. Long described the Higher Self as the *Totally Benevolent, Totally Trustworthy Parental Spirit*. Jesus clearly was an Higher Self so he fit easily into the pantheon of family *aumakua* and became the symbol, and in many cases, the Father *Aumakua*. Long tells us, in his book *The Hidden Code of Religion in Huna*, that he believed Jesus was a kahuna and that through the Bible he spoke to the people as a great kahuna would.

Long suggests, however, that since there is no specific reference to Jesus and that certain key elements of Jesus' life are missing from this hidden code, that Huna may well have preceded Jesus and that it probably existed in Hawaii, long before the existence of Christ.

Many scholars and Hawaiian historians have presented theories of the origin of the Hawaiian people. Some believe that they are descendants of the lost tribes of Israel, others believe that they are the remnants of the survivors of the lost continent of Mu (Lemuria). Still others, have traced them and the Huna philosophy to early Egypt about the time of the building of the first pyramids. Long believed that the original knowledge of Huna began in Egypt and that there are a number of clear indications that this was the case. He takes careful pains to show similarities between Egyptian and Huna code words and symbols, also because of certain similarities in events and history. He believed that these are definite similarities in the established genesis myths of the two cultures. He even sites evidence in the form of a Berber woman kahuna who knew the secret code of Huna and taught them in part to an Englishman who later contacted Long and discussed it with him. The Berber woman "kahuna" told the Englishman a story from the tradition of her people that tells that they worked on the great pyramids of Egypt, they were enslaved and finally broke their bondage. While leaving Egypt they divided into several groups and some went east toward Asia, while her tribe went west and settled in the Atlas mountains of North Africa.

Long traces the migration of the Huna knowledge into India, Indonesia, New Zealand, Java, Samoa, Tahiti, the Marshall islands and finally, to Hawaii. And in fact elements of Huna still exists in all of these areas.

There is another element that is unclear and that is the relationship of Huna to the Mysteries. Huna operates much like the ancient mysteries as exemplified by the mysteries of Temple of Solomon (the Rosicrucian and Free Masons believe that they had their origins here), the Elysian mysteries, as well as the Druid mysteries, yet along with many commonalities and similarities, there are significant differences. Possibly with time more light will be shed on this question.

Huna is Not a Religion

As we said earlier, Huna is not a religion but rather a science or world view. It does not require that you believe in any or all of it. It simply exists as a way of looking at the Universe we live in. It is also a way of understanding our humanity, how our mind works and why we are here. Yet there is no dogma, there are no priests or ministers, there are no services and it makes no difference whether you are a practicing Catholic, Protestant or Jew. You have to tigh nothing, it expounds no concept of sin, transgression or salvation. Yet, within it exists a clear understanding of how to live a healthy moral life and be free of sin and transgression.

In Hawaiian the word for sin means *missing the mark*. Hence, a sin is not a mortal blow to our soul or a breach of respect to God, but rather a missing of the mark of who and what we are. One eliminates sin by correcting the problem, forgiving themselves and those who caused hurt or pain to them.

There are few rules in Huna and those that exist are not hard rules, that is, if you break them you will not offend the Godhead or soil yourself forever. Instead they are guidelines for helping us to make our life better and prevent problems that would injure us or keep us from getting what we want from our life.

The primary mandate in Huna is to *live the hurtless life*. It is important that we cause no hurt to another and that we respect everyone as we wish to be respected and cared for. When we hurt others, we cause hurt to our self, we create blocks to getting what we want from life and making our life be what we want it to be. We will discuss this in greater detail in a later section.

Huna is, in a sense, a system of mind, body spirit integration and healing. It can be used to integrate modern psychology, physiology, medicine, neurology, systems theory into a more comprehensive system of healing and prevention than what we presently find in our modern medical system. Inherent in Huna is that when it is followed closely it teaches you how to prevent illness and when you are sick, it allows you to recognize where your illness came from and how to heal it. If you are already a healer, it will allow you to better help others to heal themselves. It is not simply about treatment as modern Western medicine is, but rather about cure of the underlying causes and developing wisdom as to the cause so that you can prevent the illness from ever recurring again.

II. The Elements of the Individual

Earlier we told you that Huna has a unique way of looking at who we are. Clearly it is important that while we can divide who we are up into various component parts, these component parts are never really separated from each other. This division, unlike the way Western medicine divides up the human being, is simply an expediency for communicating about each aspect. The reader should always remember that there is no separation of one from the other in Huna. They all work and operate simultaneously and

depend on each other. For this exact reason Huna integrates mind, body and spirit into a whole that can operate to heal us and help prevent future illness.

1. Each individual has three Selves, consciousness or minds:

a) There is the Subconscious Mind, more commonly referred to as the low Self or Lower Self

b) There is the Conscious Mind, more commonly referred to as the Middle Self

c) The Superconscious Mind, more commonly referred to as the Higher Self (In Huna referred to as our *aumakua*).

2. There are three types of *Mana* or life force energy, one for each of the three selves:

a) The mana, life force energy, of the lower self, also referred to as *mana*

b) The mana, life force energy, of the middle self, also referred to as *mana-mana*

c) The mana, life force energy, for the Higher Self, also referred to as *Mana Loa*

3. Each of the three selves also has its own *Aka Body*:

a) The aka body and aka cord of the lower self

b) The aka body and aka cord of the middle self

c) The aka body for the Higher Self

4. There is the Physical Body

5. There is the soul of the individual

Each of us therefore, is made up of three selves (a lower self, middle self and a Higher Self), each of these selves has an aka body (one for the lower self, one for the middle self and one for the Higher Self), each of our three selves also has its own type of life force energy (mana for the lower self, mana-mana for the middle self and Mana Loa for the Higher Self). Finally, we each have physical body and a soul.

These component parts create who we are and how we function in the physical, emotional, mental and spiritual realms of life. In the next section, we will look briefly at each of these component parts and eventually we will show how they interact in causing illness and in healing it.

The Lower Self

The symbol of the lower self is the grasshopper. This same symbol was used by the Egyptians to represent their version of the subconscious or *ka* aspect of the person. The lower self was thought of by the kahuna as a "spirit," it is also the "automatic" self. It is awake 24-hours a day, day and night. It never sleeps. It merely lives inside of our physical body and uses it as its home. In turn it manages all of the biologic functions of the physical body. It beats our heart, but is not our heart, it tells us when we are hungry, it digests our food for us, it governs our immune system, it is the stress mechanism and it is in charge of our defensive and healing systems.

When Freud referred to it as the subconscious he knew only a small portion of what it did and yet even with knowing this very small portion, knowledge of its existence substantially changed the way medicine was ultimately to be practiced forever. The Huna master uses the knowledge of the lower self to heal and solve problems in a way that Freud could only have dreamed of using. With a clear understanding of the function and manner in which the lower self works, problems which were previously unsolvable suddenly become much easier to solve.

The lower self has several roles. At its most basic level it is responsible for our survival. Since it is always alert and working it can protect us even while we sleep. Many people believe that our dreams are messages from the lower self to the middle self, trying to communicate, trying to solve problems, or trying to educate and inform the middle self. Dreams may be simple coded messages or images which can represent themselves or are metaphors created by the lower self to inform the middle self what it wants it to know or believes it needs to know.

The lower self is the intelligence of the body/mind. It is made up of the reptilian brain and the autonomic nervous system and hence is also the driving force behind the stress mechanism, the immune system as well as the defensive, healing and repair systems of the body. In fact, we can say that the lower self is the stress mechanism as well as the immune system, defensive, healing and repair systems of the body. When it is functioning optimally, we are healthy. When it is thrown out of balance or when significant disharmony is created by the environment, other people, or wrong actions of the middle self, the lower self will first attempt to communicate this to the middle self, and then, if the middle self, or better still, if we do not solve the problem, it will begin to create one or more signs or symptoms as a form of intelligent communication to tell us what the conflict is and possibly, even how to solve it.

Take for example sitting on a tack. We do not usually just experience pain alone. Generally when we experience pain, we also experience one or more emotions at the same time. We may experience shock, fear, guilt, anger or surprise. These emotions exist within the lower self. They are in a sense our teachers. They are used by the lower self to teach and communicate with the middle self. When the lower self sends fear, it is telling

us that there is potential danger. When it communicates anxiety, it is telling us that we are confused we have two pictures of the future or past that are inconsistent and it is not sure what is desired of it. Love tells us that we feel a positive sense of caring, an association with the person or object that the middle self is involved with. Each emotion has its own meaning. Each is formed as a physical and chemical response to a positive or negative situation, a memory of the situation or of an associated belief system. Without these beliefs, which are held in storage within the lower self emotions would be meaningless.

The lower self holds all memories for the middle self. Western science is having great difficulty at this time trying to figure out where memories are held. Initially, they believed that memories were stored in the brain, but time and time again parts of the brain would be damaged and memories would still survive. A later theory told us that memories may be stored in our muscles. The twentieth century Psychotherapist Wilhelm Reich believed that by working on muscles memories could be purged. To the Huna master memories are stored primarily in the lower self in a holographic form. The lower self can in turn store these memories in the aka body and possibly even in various parts of physical body. The brain merely acts as a memory manager much like a disc operating system acts to remember where bytes of information are stored on a computer memory disc. (Did you ever wonder how someone came up with the idea of a disc operating system to manage memory--there is nothing new out there only people who recognize how life really is made up?)

The Middle Self

This second "spirit" was often referred to as the Uhane or the *spirit that talks*. It is the consciousness of the *middle self* or conscious self. It could best be thought of in simplistic terms as our personality, the who we believe ourselves to be. This aspect of us is for the most part, the only part of our self that we will really ever know. To the medical profession this aspect has long been perplexing. The average medical doctor has great difficulty understanding why people do, what they do. The Huna master, however, had several thousand years to learn, grow and understand what modern physicians are just trying to understand.

The middle self is our conscious awake self. It can operate only for limited periods of time and then it needs to shut down to rest or sleep. It knows of the world only by what our senses tell it. If at any moment ALL input from the world around us, from our body, from the spiritual realm or from the Intelligence of the Universe were to be let in all at once, we would almost instantly be overloaded and unable to function.

Since our sensory system belongs to the lower self and since the lower self is always trying to protect the more fragile middle self, the lower self will only permit small amounts of information go up to the middle self at any moment in time. Scientists are aware of a part of the brain that acts as a filter, filtering out all sensation or information that is not essential to our aware self. Hence, the middle self lives in a kind of dream world limited by the scope and range of the body's sensory system and by what the lower self allows it to know and what it believes about what it does know.

You might have noticed that I refer to the lower self as "it" and the middle self as "we" or even as "I." This is no accident. We do not really know our lower self very well. Often we hear people say, "I am trying to get to know myself." Or we may say, "I am trying to find myself." Generally this really means we are trying to understand our lower self and its relationship to the middle self and the outside world. Most of us know our middle selves, for example, I am Allen. I know what I like, I know what I look like (my physical body that is), and I know what I don't like. What I don't know is how the lower self has reacted to my past memories, what it likes and what it doesn't like. I do, however, have some hints mediated by the way I feel.

For example when I eat escargots I don't feel good. "Why," I ask myself. "I can eat octopus, scallops, shrimps and I have no problem?" There is not much difference between these foods except in the belief systems and memories stored in the lower self.

I learned to eat octopus, scallops and shrimp and they had no negative connotation since they are all sea foods and "good for me!" But garden snails, "Yuck, they are slimy. I have seen them in the garden leaving a trail of slime and disgusting stuff after them." This belief system, held in the lower self, will trigger both emotional and physical changes that make me feel sick (which is, of course, not often) when I think about trying escargots.

This is the way the lower self works for us. It sounds negative, but it isn't. Remember when you just started to walk? One day you ran toward the street and your mother screamed, "No! Don't do that, come here at once." "You can get hurt, running into the street like that." Well your mother's negative tone, her anger, her drama impressed upon you that you shouldn't run out into the street and you probably never did it again. Now, whenever you come to the edge of the street you stop, look and listen both ways and then, only when it is safe, walk across or into the street.

You see this process was ultimately developed to help protect us. Unfortunately when we do not understand it or know how to use it, when we don't learn from it, it can also work against us. In Huna we say that *blocks* are created. These blocks act to protect us, but unfortunately when they are indiscriminately created they can work against us. They can work to activate the stress mechanism, undermine the defensive and protective systems of the body and lead to physical, emotional, mental and even spiritual illness.

The interaction between the middle self and lower self is quite unique. The lower self operates like a robot doing whatever the middle self tells it to do. Besides holding all medium and long term memories for the middle self, the lower self has two additional functions directly related to the middle self. It carries out the orders of the middle self, and it maintains the physical body, its biologic processes and regulatory mechanism working smoothly and effectively.

Because of the lower self we do not have to think about how to make our heart to beat or how to digest our food. We do not have to worry about regulating our body temperature, releasing hormones nor maintaining the well-being of our organs and bodily tissues. The lower self maintains and regulates all biologic processes. It also memorizes all physical

actions like walking, eating, driving a car, opening a door, writing, etc. Without the lower self we would be unable to survive for very long.

The middle self, on the other hand, is the command consciousness. It looks for food when the lower self tells it food is required (when we get hungry). It directs where the car we drive is going. It decides what is to be learned. It makes the decision when to go and tells the lower self to open the door. The middle self experiences the awareness of traumatic situations while the lower self moves the body to fight or flight from them.

The Higher Self, Our Aumakua

We mentioned briefly that our Higher Self is our *Totally Trustworthy Totally Benevolent Parental Spirit*. To the Hawaiians it was often represented by a deceased family member or a tribal symbol such as the shark. In some cases our aumakua is a deceased family member, in other cases it may be a nature spirit or an evolved being from the spiritual realm, a guardian angel. This is a subject discussed in many different philosophies and in most there are clear rules of who or better, what can be an aumakua. In Huna, who is not important. Rather only that it exists and it is there for us; to be used to help us and protect us. It is also our teacher and our personal connection to the spiritual world.

This third level of consciousness is usually entirely dismissed by the medical profession because it often reminds them of their primitive beginnings, as shamans and witch doctors. They will often refuse to acknowledge its existence claiming that it is religion and not part of the scientific process. The Huna master, however, knows that the Higher Self could not be separated from the other two selves or from the living body. They know that we can be called upon when needed to protect us, heal us and gives us anything we ask for. They understand that it is our connection to rest of Mankind, to the Godhead and the Intelligence of the Universe. In a time when so many people already suffer from poor self-image, unworthiness, loneliness, addiction and stress, knowledge of the Higher Self could make an enormous difference to all of us. Once we know how to call upon our Higher Self, our ability to heal our self is greatly increased.

Since the Higher Self does not need the body or its sensory systems, it is not blocked or limited in what it can see or do. It can see, or better still, "know" everything. Unlike the lower self or the middle self it is directly connected to the Intelligence of the Universe, hence it knows what the Intelligence of the Universe wants and it knows it directly.

In some disciplines each person is said to have more than one Higher Selves, possibly as many as seven, or even ten, aumakua. Again this is not of great importance in Huna. There is always at least one, but there can even be more aumakua watching over us. In fact, each of us has two types of aumakua. There is our personal aumakua (the word aumakua, like kahuna, is both singular and pleural at the same time) and there is our Poe Aumakua - our *Totally Trustworthy Totally Benevolent Family of Parental Spirits*. They can be thought of as our own personal company of angels or our heavenly hosts.

The Poe Aumakua is made up of many spirits which watch over us and act as resource for our Higher Self. While they are dedicated to us, they work primarily through our Higher Self. Our Higher Self can ask the Poe Aumakua to help us directly. They will usually agree, if what is asked for is deemed to be in our best interest. They can refuse, however, if it is not in our best interest. They cannot cause us harm for just as we commonly think of angels they can do no harm. They live the hurtless life is not just for humans as the Higher Self and Poe Aumakua live this life in spirit as well. While this is a spiritual law, it also a law for humankind.

Both our Higher Self and Poe Aumakua can see not only the present, but also the future and the past. They have no fear or negative feelings about death as they recognize that death is merely and illusion of physical existence. Nothing is born, nothing dies everything is energy and always in a process of evolution.

According to Huna, spiritual law tells us that we can ask our Higher Self for anything we want and if it is in our best interest our wish will be granted. This is not just a benefit but rather it is an integral part of Huna. We are here to have everything we desire. There is nothing that we cannot have, if we know how to ask for it. Our Higher Self can help us anytime we ask it for help. The reason why most people do not get what they want is because they either do not ask for what they want or they ask for it incorrectly. In another section we will discuss the basis of Huna prayer. Huna prayer is a powerful process which we can all use to bring to ourselves anything and everything we desire, with only two provisos as long as it cannot cause hurt to anyone else and it must be in our best interest that is, it will not in anyway, either directly or indirectly, cause harm to us.

To reinforce that Huna is not a religion we merely need to look at the Hawaiian word for God which is *ke akua*. It is a verbal directive. The concept of an all powerful God was relatively unknown to the Hawaiians in a sense they believed that such an all powerful God was much too far away and above them that He (or She) had little or no interest in them. In a sense, their belief in the Higher Self suggests that they believed that God had created the Aumakua system and gave them the role of being there for us as our Higher Self and Poe Aumakua.

Jesus clearly fit this concept of an Higher Self. He calls God, Father, and he tells us that he is the way to the Father. He could see the future and the past and he could give people whatever they ask for. It was simple for the Hawaiian people to see Jesus as an Higher Self, one with great power, who talked of love and the Aloha spirit. It was therefore easy for most Hawaiians to accept Jesus. Unfortunately most of the missionaries believed that the Hawaiian way of looking at things was primitive and that the Hawaiians were heathens who believed in ancestor worship, most never fully understood the power and beauty of the real Hawaiian belief systems.

Life Force Energy Our Mana

Nothing alive exists without life force energy. The Huna master knew this. They recognized that when someone died they stopped breathing. They were without breath. Hence, breath or *Ha* and breathing became the symbol of this life force energy. Another symbol that was equally used was the symbol of water. In Huna whenever one talks about water or breathe they are generally really talking about human life force energy, specifically that of the lower self.

The life force energy of the lower self was called *mana*. It is basic energy that animates the body and runs the bodily processes. When the individual die's mana leaves the body, the body is no longer animated and biologic functions soon cease to exist. Here then is another way that the Huna master looks at illness, as though it were an imbalance of life force energy, either too much or too little and an inability of the lower self and middle self to use their energies correctly.

In Eastern philosophy this same breath is referred to as *prana* or *chi*. The Eastern master believes that when there is an imbalance of this life force energy, hence breath, this can lead to illness. Healing is often directly based on methods of correct breathing which ultimately rebalances the life force energy of the body. Certainly this is consistent with Huna. However, Huna goes even further as it not only recognizes the importance of breath, but also voice or the words, even the pictures we hold in mind, affect the way energy flows within the body. Huna tells us that this energy must flow freely between the lower self and the middle self and between the lower self and the Higher Self for ultimate good health and well-being. When this energy flow is blocked by faulty beliefs or wrong thinking, this too can lead to illness and disease. Hence, it is not just the energy of the lower self and the body that is important to wellness, but the flow of energy between the three selves.

Mana-Mana (Will Power)

The life force energy of the middle self is different. It can best be explained as *will power*. This is the power or ability of the middle self to make things happen by the force of will on part of the conscious aware self. Whenever we create an intention and act on it, we are using mana-mana.

It also differs from lower self mana only in that it is directed with conscious force. The middle self still must transmit this mana-mana to the lower self to produce mana to move the body, to act on the muscular system and make what is desired into a physical reality. Whenever a physical action from the lower self is needed on part of the middle self, both mana and mana-mana are required.

Will power operates at a higher vibrational level and is therefore, it is a more sophisticated and refined form of energy. It can be used in prayer to send our prayer message to the lower self where mana is created and added to the prayer.

Mana-Loa (Spiritual Energy)

Mana Loa is the highest vibrational energy. It exists both in the physical realm and in the spiritual realm. It can be thought of as spiritual energy or on the physical plane as the energy of healing. The Higher Self, as we suggested earlier, lives outside of physical reality and hence can see past, present and future.

Mana Loa can be used to change the future. In doing this it can help us to create our life to be anyway we want it to be. It can also be used to give us anything we desire. It is truly the energy of our own personal Aladdin's Lamp.

One of the most important roles of Mana Loa is in *Huna Prayer*. In Christianity most people believe that they must pray to God. Certainly, there is nothing wrong with this. Huna tells us that we must pray to our Higher Self, not as a deity not as a God, but as our guide and connection to the Godhead, and to the Intelligence of the Universe.

Our Aka Bodies

Each individual has three subtle bodies, one for each of the three selves. These subtle bodies are called *aka bodies* are referred to as the aka body of the lower self, the middle self and the Higher Self. They are also known as our *shadow bodies*, however, you more than likely have heard of them as our auras.

The aka bodies are also our spirit bodies. Some people theorize that each is the sum total of the individual energies of the physical body and the three selves. That is, the aka body of the lower self is the sum total of all of the energies of the physical body and the lower self while the aka body of the middle self is the sum total of the energies of the middle self and similarly with the Higher Self.

Each aka body is separate of the other, however each is connected to the other by a cord of energy referred to in Huna as an *aka cord*. The cord between the physical body and the lower self is generally called the *Silver cord*, while the cord between the lower self and the Higher Self is called the *Golden cord*. There is no cord between the middle self and the Higher Self and this is the reason why these two bodies cannot communicate directly.

While it is said that communication is sent either up or down the cord, it is really meant that messages are sent telepathically using the energy conduit of the cords to focus the message and to direct it to where it is being sent.

When the silver cord, the energy conduit between the lower self and the body is cut, the physical body loses its life source and death occurs. As long as the silver cord is intact, no matter where the lower self or its aka body are, physical life can exist. The aka bodies of the middle and lower selves can leave the physical body at will. We refer to this as astral travel. While the silver cord is intact, the aka bodies of the lower and middle selves can go anywhere at the speed of light directed only by their thoughts.

The aka body of the physical body is also aka body of the lower self. It contains a *blue print* of the structure of the body, its cells, organs and chemical and electrical processes. In healing, this blue print can be used to reconstruct injured organs and tissues. The ancient kahuna used this blue print for their instant healing as they would send mana (and possibly mana-mana or even Mana Loa) to the aka body of an injured or ill person calling on it to heal the body according to its blue print. Using this technique, they could create instant healing. This type of work was very similar to the biblical description of how Jesus healed. In Hawaiian, the word for disciple means *those that come together to breathe*. This implied that Jesus used breath to heal and that he may have joined forces with his disciples, as the kahuna were known to do, to create all sorts of miracles including instant healing or even raising the dead.

The aka body of the lower self surrounds the physical body and takes its shape. It holds copies of all of the memories that the lower self holds for both the physical body and the middle self. When separated it can create an exact duplicate physical body that can think, talk and walk. It can fully use its aka senses which are duplicate of the physical senses. This description allows us to consider that some of the documented stories where a person was known to be in two places at the same time could be answered and understood as the power of the aka bodies. Here the physical body is in one place, while the aka body taking a physical form could be in an entirely different place, often hundreds and even thousands of miles away.

The aka body of the Higher Self is said to reside slightly above the crown of the head and either to its left or right. This is the position that was often drawn in medieval paintings representing the crown or halo above the heads of Jesus and the other saints. It is also traditionally the same area where the king, queen, emperor and empress wear their crowns.

The Physical Body

The three selves and their aka bodies inhabit the physical body much like we live in our home or better still drive our automobile. As the driver of the automobile we may often think of our self as if we are the automobile. If we see an opening to go through, we think of ourselves as going through the opening. If the opening is tight, we may even cringe a little as we enter the opening even though we ourselves are within the automobile and protected by it.

When the silver cord is broken the body separates from us and we exist only as aka bodies. We think of this as death but in Huna there is no such thing as death. Our aka bodies and our three selves are simply energy. And as physics tells us energy can never be created nor destroyed. Hence we will exist for ever. Only the body dies and it is merely a shell that we have been using in this particular life. Overall, it is a little consequence to who we really are.

The life force energy we use, mana and mana-mana, are useful only while we have a body. They are necessary to help the body maintain its homeostasis and they are

important for our overall survival, to allow us to move around, and to change the physical realm we live in. Mana Loa stays with the Higher Self. When death occurs, the aka bodies maintain mana and mana-mana for use in the next dimension.

The Soul

The soul is considered to be meaningless in Huna. While it exists, there is very little said about it. Instead, one may talk about spirit or the sum total of all the three selves operating in the physical world, yet unseen by themselves or by others. There is little more that can be said about the concept of the soul, however, it has a sense of hidden meaning which has not yet been fully disclosed.

The Purpose of Life

The overall purpose of life in Huna is in a sense, evolution. Inorganic energy or possibly better, inorganic consciousness, evolves to organic life and consciousness, then to plant life and consciousness, then to an animal form and consciousness (the lower self), and finally, into a human life-form with human consciousness (middle self). The lower self is essentially a highly evolved animal spirit. It has learned its lessons over many lifetimes and it becomes a lower self for the purpose of learning how to evolve itself to become fully human as a middle self.

According to Huna the role of the middle self therefore is not just survival of the body and the other two entities which inhabit it, but also to assist the lower self in eventually becoming a middle self. It does this by being its teacher and guide. If it does its work well, the lower self will one day become a middle self. It is also part of the middle self's role to evolve itself to eventually become a Higher Self. This is where the role of religion is supposed to help us, to know that we are evolving and for middle self to work with Higher Self to evolve. The role of the priesthood traditionally was not to preach religion, but to act as a guide or doorkeeper to assist members of the tribe or sect to grow, live the hurtless life and understand the principals of the Intelligent Universe that are needed for the middle self to die and be reborn as a Higher Self.

This is clearly seen in the way Long looks at the story of Jesus. He tells us that if we use the hidden Huna code it tells us that Jesus was a man (middle self) who was on the threshold of evolving to become a Higher Self. Long suggests that some of the time when Jesus refers to the Father, he is telling us he is a man who recognizes that not only he, but all of us, have Higher Selves. At other times Long tells us that Jesus has already evolved and talks to us as an evolved Higher Self. He is, in a sense, both a highly evolved middle self and a transfiguring Higher Self. He helps us to see both roles and how to move from one to the other. He tells us that death is not the end but rather a new dimension where we shepard those who become our flock, as a Higher Self.

Each aspect the three selves, along with their aka bodies and mana, have a sense of evolving from a lower level to a higher state. Much like we think of the Universe itself. The goal of the lower self is to become a middle self and the goal of the middle self is to

evolve to become a Higher Self. The goal of the Higher Self is to become part of the Poe Aumakua and beyond this it is possible that there are higher and higher realms which one can ultimately evolve to.

Since life is about evolution, we should also now be clear that death is also about evolution. One cannot evolve past a certain level in a specific physical body. Hence, we are born, we grow, we learn, we evolve, we die, we shed our physical body and then we are reborn, to grow, learn, evolve, die and start the process all over once again. How long this goes on is unknown. It is possible that it continues until we evolve back into the form of the Godhead. It is probably obvious by now that this concept exists outside of time, space and measurement and outside of our ability to totally comprehend.

Therefore for the true believer of Huna, all that counts is right now, learning, growing, and living the hurtless life. This is what the Godhead asks of us. Our role ultimately is to work for and wait for the time when we reach the level of a Higher Self.

One more important thought before we go to the next section. Each Higher Self is a joined male and female middle self. The so called, "Marriage made in heaven." The concept of soulmate may come from our internal understanding of this process. Who we will join with may be predetermined, but no one knows for sure. This occurs at a level higher than we can comprehend fully. It is likely that the reason we are not to cause hurt to another is tied up in this concept that causing hurt can block us from becoming a Higher Self. Learning to work together, on the other hand, can speed this process up.

If we live more than one life, even many, it is likely that we will return in both male and female bodies, but our spirit may stay more male or more female. Hence, we have men trapped in women's body's and women in men's body's. Being sexist may delay our evolutionary goals, being open and living in love may speed them up.

III. Complexes, Guilt and Stress

To live in the material realm each of us must be able to deal with the events which are external to us, our perception of them and how they affect our physical body. Each event, depending on the value we assign to it, has a chemical as well as emotional effect on our body and hence on our lower and middle selves.

Those individuals who are able to integrate both positive and negative experiences are more likely to be balanced. They will generally be capable of being more realistic, cautious when necessary, fun loving and joyful when appropriate. They will more likely be ready to deal with and react intelligently and meaningfully with any situation that may arise in their life. The integrated person realizes life is fraught with danger, but recognizes that it is also filled with beauty and love. They take that which is dangerous and negative in stride, aware of what they can and cannot handle. They create positive support teams, chains of command and a realistic hierarchy of resources and they are always ready to go into action to protect themselves and their loved ones.

The non-integrated individual reacts differently. They are generally less likely to be able to integrate past experiences'. Frequently they have not fully dealt with nor learned what needed to learn from their life experiences. They are less likely to be prepared for what they meet along the way. They are more often unrealistic about their goals and circumstances. They are frequently obstructed by their past experiences. Because of all of this, they are usually more unprotected in their day to day living of life. At the extremes they are either unprepared for what they face or life becomes a living nightmare for them.

Also, because they do not integrate their life experiences well, they are often filled with fearful over the possibility of further insult or injury. They may worry about recurrences and about their ability to protect themselves from future negative experiences. This may leave them unable to use available internal or external resources and unable to rely on the support of others around them. They may be afraid of asking for help, or not know how to ask for help, nor who to trust. Ultimately they tend to learn that if they do not face the issues at hand they feel better in the short run, yet they may entirely be unable to recognize that this is a poor strategy in the long run.

When we are faced with any life experience, positive or negative, these events are experienced by our lower self first. The lower self must determine if it is *necessary* or *safe* for the middle self to know what has *really* occurred. If the material is extremely traumatic, the lower self may choose to limit what the middle self can know. This process of *selection* is essential or the middle self will be bogged down in minutia and stimulation that it cannot deal with.

The process by which the lower self deals with each event is called *rationalization*. That is, it must incorporate the substance of the event into the life picture or pictures created by the middle self. The events must fit into the already agreed upon rational and orderly world that the middle and lower self have created for themselves. An example of this might be, you see a person coming toward you, the lower self must *rationalize* whether this person is a friend or an enemy. If the lower self believes that the person is a friend then it must integrate the person's body posture, speed, facial expression, whether he has a weapon in his hand and whether he appears hostile or friendly.

In this example the event is happening in the present and all decisions have to be made quickly. If the clues suggest a hostile intention, the Stress Mechanism will be activated. This process works similarly with events which occurred in the past or are expected to occur in the future. In a second example an individual is involved in an auto collision during which he is knocked unconscious. In the same accident his friend who was a passenger in the car is killed. Upon waking he calls for his friend and is told that the friend was killed in the accident. He may not want to believe this or totally block out the accident entirely. He may have *amnesia* for the events surrounding the accident and his friend's death. It may take him weeks or even months before memories come back and he may have guilt over the events even if he had absolutely nothing to do with the death of his friend. Eventually, as he is able to rationalize what happened his memory returns and the guilt he experienced subsides as he is able to accept that there is no legitimate reason to blame himself.

When experiences are too traumatic or when they cannot be immediately rationalized the lower self may suppress the experience. In such cases the middle self may not have any memory (remember, it is the conscious, aware self and memories are stored in the lower self) of what happened from just before the trauma, until sometime after the event. This is not done intentionally by the middle self to block out the experience, but rather it is done by the lower self to protect the middle self. When the lower self believes that the middle self will be unable to face issues that are *too painful*, it often simply suppresses them. It pushes them down into the subconscious (lower self memory) where they cannot be heard or seen by the middle self.

The lower self may initially do this only to protect the middle self at that time the events occur, it may need the time for itself in order to rationalize the experience and fit it into the life picture held by the middle and lower selves. However, since life continually moves on, the lower self may lose track and become occupied with other momentary experiences and as time goes by the event's move farther and farther away making them less and less important.

It is clear however, that the lower self knows that these suppressed conflicts still exist and it also knows that they must eventually be resolved and rationalized. It wants to complete the rationalization process and for the most part most experiences are eventually rationalized even if it takes years to do this. Meanwhile, these unrationalized experiences may be pushing on the middle self, in the form of dreams, nightmares, flashbacks or emotional outbursts that sneak out before the lower self can suppress them. The lower self, on the other hand, also wants them completed so to some degree it allows these events to take place, allowing information to leak to the middle self to desensitize it. In the best of all worlds this might work well but in many people it presents years of pain and torture dealing with traumatic experiences that are long since past history.

If we are experiencing negative emotions and internal conflict we can often help ourselves by working to bring these experiences up into the light so that they can be finalized and ultimately rationalized and integrated into our life picture. Only in this way can we release the stress mechanism and release our self from their negative effect.

An example of this is a child who was molested and because of fear for her life and guilt created by the molester blocks out the memory of the actual events. Over many years she may have flashbacks or nightmares, they may be distinct or fragmented, but since she has no conscious memory of the events they are misunderstood or seen as traumatic and once again suppressed by her lower self as it tries to protect her. Only through working on what happened, bringing out the experience into the open, openly experiencing the pain and rationalizing it appropriately that she was not responsible, that another person forced the events on her and that she is blameless and guiltless can she finally be set free. If these experiences are not dealt with and rationalized, the unresolved conflict associated with them will eventually trigger the stress mechanism. Once triggered the stress mechanism must ultimately be released, if not, this can inevitably lead us toward physical, mental, emotional or spiritual illness.

It is important that we learn what must be learned from these experiences that we gain from them and grow from them and that we learn to accept reality, even if we do not like it. Then and only then, can we let go and be free to be our real and true self.

All of these mechanisms are part of the strongest and most important mandate of life, the Survival Mechanism, the Stress Mechanism. When such situations are not resolved, they act as *blocks* to future growth, to wholeness and to realizing the joy of the gift of life. They can also block us from having our Huna Prayers answered. When we have one or more blocks that become linked together we call them *complexes*.

Blocks And Complexes

To better understand the concept of blocks and complexes we must give you a little more information. When the lower self, middle self and the body are well integrated and working together the result is wellness and good health. To the degree that each of these operate in conflict with each other, there are problems. These problems are created by blocks and complexes that undermine their healthy interaction.

Blocks and complexes arise from faulty interaction between the middle and lower self. Blocks and complexes are simply devices the body/mind (combined middle and lower selves) uses to protect themselves when they are overwhelmed in fear, threat or conflict. While it may look like these "protective devices" work against us, this is not always so. Actually, most often they work for us. If you touch a hot pot and burn yourself a block (or memory of pain) generally keeps us from picking up any pot in the future without testing or checking to see if it is hot and can burn us. Blocks are simply memories which under normal situations help us to not make the same mistakes over and over again. In certain situations, when the individual is in an altered state of consciousness, during sleep, when ill, when drugged, under anesthesia, head injury, or during traumatic events involving very young children, etc. the trauma that occurs is confused with the cause and the effect and rather than being helpful blocks become sources of anxiety and negative behavior.

What Do Blocks and Complexes Really Mean to Us?

We can easily say that blocks and complexes are simply negative beliefs that interpose themselves between the requests and commands of the middle self and the action of the lower self. For simplicity sake we can also call them *faulty belief systems*.

They are faulty belief systems because they often sabotage us. They *limit* our abilities and potentials. They are *fears* and *conflicts*, *remembrances of negative experiences* and *old hurts*. They operate through the stress mechanism as they once had an intelligent reason for existing, to protect us.

Often they start to develop with the development of the nervous system, even while in the womb. They occur initially as inputs from our nervous system about real or imagined dangers, threats or potential threats. Rather than reading them as simply input of

information for some reason we give them power to affect some or even all of our future responses to the events of our life.

In a sense they act as *filters*, for they screen the information we receive for the rest of our life or until they are either eliminated or replaced. They can cause us to see the world differently from the way it really is. Since by definition they are negative (there are also positive ones but since they are positive and help they cause no problems) they block out positive information and force us to see what they want us to see.

For example, bigotry is a block which forces us to only **be able** to see a preset belief system about people of certain religions, races, skin colors or ethnicity. Rather than seeing a person as an individual the bigotry filter forces the view point that **all** ... are bad, or dumb, or stupid, or worthless, etc. The intelligent person knows that this viewpoint is not true, but the bigoted person can see nothing else.

While the person who is the victim of the bigotry certainly suffers, it is also true that the bigoted person suffers because he or she is living in a lie and because of it, they are unable to see and experience the real world. This limitation distorts not only their world-view but their self-view. When the faulty belief system is bigotry, we usually don't feel too sorry for the individual and may instead see them "as the bad guy." However, when faulty belief system lead to a sense of low self-esteem, failure, fear, or illness, then we may see these victims more as casualties of life.

In the end, all of these complexes, fears and restrictions are simply faulty belief systems which we have accepted at sometime or other during our life consciously or unconsciously. Like any other belief system they can be thrown away at anytime. We see this happening all around us, every day of our life. Someone says that they hate a particular food until they try it and decide they like it. A woman thinks a particular style is awful, until she tries it on and finds she loves it. Faulty belief systems exist whenever we "hate" something or are afraid of something, feel threatened by something and our true view of it is biased by false information or decision from the past.

Faulty beliefs exist because at some point in our life we believed (once again, consciously or unconsciously) that they in some way presented a threat to us or because some how they have some important meaning to us ("My father told me... and he wouldn't lie to me.") When they are based on something that has threatened us or when we feel that having it taken away from us will in some way cause us harm, they trigger the stress mechanism and power must be given to their loss as real or potential threat to our existence. During this process the individual made a decision or created an opinion about these beliefs and not only do they believe that they must retain them but losing them causes some sort of injury to them, to protect themselves they have to give power to this decision or opinion.

These beliefs continue to be powerful because the individual continues to allow them to take power. They may even reenforce this power over and over again. This, usually requires finding or even creating some kind of *evidence* which can be used to *prove* that this belief system is right (and hence continues to deserve the power we have given it).

The same is true of emotions. They are simply belief systems which have become associated with physical feelings. The body sets certain chemical pathways to be stimulated when certain types of events occur. When emotions are triggered, a series of specific neurochemicals are released and we immediately experience physical responses to these external events. Ultimately however, they are also simply blocks and complexes, either positive or negative depending on the circumstances.

Our job in life is to find as many of these blocks and complexes as we can, to rationalize them and then eliminate them. Then, and only then, can we be safe, sane, whole and healthy.

Blocks and Complexes and the Higher Self

When we break our connection to our Higher Self we lose its help and we create a breach in getting what we want from our life. When this happens, we feel lonely and alone. We may feel a loss of sense of spirit. Some religion tells us that this is a loss of connection to God. Huna does not disagree with this at all, although it would insert that the Higher Self is our ultimate connection to the Godhead.

Guilt is a major block between our lower selves and our Higher Self. There are many ways guilt can get started. One reason may be when we believe that we have sinned. This is a major area of difference between Huna and most organized religions. Huna does not believe in sin while most organized religions are based around sin. Most religions would tell you that the concept of sin exists to keep people from sinning and causing hurt to themselves. In Huna the belief in sin is recognized as a major cause of feeling as if one has sinned and hence it is the leading cause of sin.

If sin doesn't exist then how could one feel as if they sinned. If they do not feel that they have sinned than how can they feel guilt. If no guilt exists, than it is less likely that stress or anxiety will exist. If they do not exist then ultimately there will be no illness created by guilt. In Huna has what is called the *One Sin Rule*. It states that nothing you do is a sin, except causing an *intentional hurt to another*. If whatever you do causes no intentional hurt, then there is no sin.

Suppose you are giving a party and you make a list of people to invite and you forget a good friend. This would not be a sin, nor would guilt be appropriate in Huna unless you let that person out with the intention that others would tell him that there was a party and he had purposefully not been invited. That is he was not invited because you wanted to pay him back for something he did to you, or you were angry at him or wanted to punish him for something real or imagined.

In Huna sin is also not to be accompanied by guilt, but rather it is to be recognized as a teacher. If you intentionally cause hurt to someone, no matter the reason, you have *missed the mark*. You will find yourself losing out on something you really want. You may do this once or even twice, but eventually you will stop because it will soon become clear that it is more costly to you and then to the other person.

Certainly the argument may arise that there must be some form of punishment. In ancient Hawaii when one broke a rule or *kapu*, they there were punishments. One of the most serious punishments, even more than death, was banishment from the community. Being forced to wander alone without your family or friends. This was an awful punishment for family, tribe and community were home and this was where you were safe and loved.

If you stole from someone or cause intentional hurt you would feel bad about yourself, you would know that something you will want today, tomorrow or next year would not come to you. You would know that you caused hurt to others and you would know how they felt about you. You could however save yourself, you did not have to feel guilt or be shunned forever. There are mechanisms which allow healing to occur. These are based on making restitution, forgiveness and setting right what was wronged. Once the matter was set right, it was forgotten. No one was allowed to hold it against the individual and the individual could once again open his line of communication to his Higher Self. This was called, *unblocking the path*, it was thought of as removing the blocks and obstructions that blocked the way to the Higher Self. Now one could once again ask for whatever was desired and expect to get it.

Few people wanted to risk banishment or being shunned. When the missionaries came to Hawaii there was little crime, there were no jails, no prisons and the people were happy and healthy.

Stress and Survival

While Huna does not discuss stress, it is clear from reading about it that it was designed to reduce, and whenever possible eliminate, the seeds of stress and hence illness created by stress, the so called, *Stress-Related Disorders*.

This would be very helpful for most of us today. We live in a time when stress is everywhere and most illnesses, it has been estimated that at least 70% to 80% of all illnesses are caused by or made worse by stress. The Huna path reduces the potential of stress by creating a process of thinking and living that eliminates the basis of stress. Huna Prayer as we will see shortly is extremely important in stress reduction.

Stress can be defined in many ways, one workable way of defining it suggests that stress is the *difference between the way we want our world to be and the way it is*. Earlier we suggest that the lower self creates a picture of the way it thinks life should be based on the information given to it by the middle self. If the lower self gives power to this picture anything that threatens this picture can activate the stress mechanism. Huna tells us, that stress is based on a realistic view of ourselves and our ability to ask for and get what we

want from our Higher Self and the Intelligence of the Universe. Therefore it must be that our vision of what we want must be different from reality, if stress exists. Huna tells us that we have a built in stress reducing mechanism as we can effectively change reality by asking the Higher Self for what we want and expecting it.

Eliminating Stress

Huna further tells us that we can eliminate stress by eliminating faulty belief systems, lies, blocks and guilt. We can do this by forming a reality-based picture of our own life, this will help us to also create a Self Image that is also realistic. Along with this realistic picture of who and what we are we should also form a realistic picture of the world around us - a reality-based World View.

This can help us to set up our life up so that it works, so that we have no lies, no faulty belief systems, no illusions. Instead, we are constantly working toward finding our highest and best self through contact with and growth created by using the pathway to our Higher Self.

The Role of Huna Prayer

These functions can all be done by using Huna prayer. To understand how Huna prayer can do this we must first know that Huna prayer is not the same as religious prayer. In a sense we can think of it as a blueprint or plan, a business plan or mechanism for changing the future and creating what we want for our self and others. Examples of Huna type-prayers are common around us. Possibly the best example is that of our own country, the United States of America. It was in a clear sense created by a Huna prayer. The Bill of Rights and the Constitution of the United States are clearly Huna prayer mechanisms. There are also examples of negative Huna prayers that exist around us. The Nazi uprising and their take over of the German government was also done in the form of a Huna prayer.

It should be clear by now that one of the reasons that Huna was kept a secret was its potential to cause hurt to people. It can equally be used to help as well as hurt people. Used in the wrong hands it can cause injury, pain and suffering witness World War II and most all other wars. Used in the right way with care and attention not to cause intentional hurt to others and building in safe guards to make sure that this does not happen, it is a powerful tool for good.

The basis of Huna prayer was laid out for us in the biblical story of the sower. The seeds that were cast onto dry rock did not take hold, the seeds that were cast into fertile ground took hold and grew. In Huna what we ask for is symbolized as a *seed*. The fertile soil refers to setting everything right to begin with, preparing ourselves for what we ask for and for cleansing our self of all our guilt and our blocks and conflicts (rocks and stones also birds which eat the seeds) so that the path to the Higher Self is open and ready to bear fruit.

Water which is so essential to the growth of real seeds represents the mana (life force energy) that must be put into our prayer as breath, this is done so that our prayer can be sent to or given up to the Higher Self. The Higher Self then can create a change in the fabric of the future to make what we ask for come to fruition.

The fruit of the vine is the symbol of the manifestation of what we ask for. Mana from heaven or rain is the code for the blessings we receive when we use the Huna prayer process. Does any of this sound familiar?

The Pathway

There is another difference between Huna prayer and just praying. This is what is referred to as the "pathway" in Huna. When most people pray they generally become solemn and quite, they may get down on their hands and knees, they clasp their hands and look up to God. Then they say their prayer and get up and go their way. This is what most people believe is the way that you pray. While there is nothing wrong with this in substance, Huna tells us that there is another way to pray. It tells us that the prayer starts in the middle self where it is formulated as we will discuss in a minute and then it is sent down to the lower self (along the aka cord between the middle self and the lower self). According to Huna, only the lower self can communicate directly with the Higher Self. The middle self can talk and talk but the prayer, must first go to the lower self and then it is sent via the aka cord (the golden cord) from the lower self up to the Higher Self.

There are several reasons for this. First, when we associate breath and breathing with prayer we must have the lower self build up a surcharge of mana to carry the prayer up to the Higher Self. The middle self uses mana-mana (not just willpower here but focus, purpose and intention) to send the prayer to the lower self. The lower self must check the prayer out to be sure that it is not in conflict with what it knows and what is in our best interest.

If it finds that what we ask for is not in our best interest then it will block the prayer and keep it from going up to the Higher Self. This is a safeguard to protect us from asking for the wrong things, things that will cause hurt to us or others.

At the same time the lower self can also impede our prayer if it finds that the path to the Higher Self is blocked by previous hurt, guilt or feelings of sin or because we believe that we are unworthy of getting what we ask for. This may initially sound as if we are being sabotaged by our lower self, but this is not true. If we ask for something and it is given to us, we must be ready for it. How often do we see people get things, a new job, money, a new relationship when they are not ready for it? What generally happens? They misuse it, distort it or even destroy it. We must be ready for what we get and the lower self is merely trying to help us to not ask for things that we are not ready to really have, use and value correctly.

This is all part of the wisdom of the Intelligence of the Universe which has built in safety devices to support our evolution and growth with the least pain possible. The problem is

we still need to learn our lessons and the Universe is set up to give us what we ask for even if we are not prepared for it, so we still do get what we ask for in life. The old saying, "Be sure of what you are asking for because you are liable to get it" certainly hold true here. In the next section, we will look at how and what we can ask for.

Creating What We Desire

Above we told you that you that the Universe is set up to give you everything you ask for. We can have anything we want. But how do we know what we want and how to we get exactly what we desire. The answer Huna gives us to this is Huna prayer. In this section we will look at how we can construct a Huna prayer and why we must construct it carefully and precisely. This is a subject that can fill books and so it is impossible to go into great depth at this point. Instead we are presenting an overview that will help you to get started. As you study more about Huna you will learn more and more about Huna prayer and how to make it work for you.

1. Creating a Clear Picture Of What We Desire

The process of creating what we desire is simple. First we create clear concise pictures or thought form of what we desire. These are the seeds.

In order for us to have a clear picture of what we desire we must think it out carefully and clearly before we offer it up as a prayer. We must be sure that it causes no harm or hurt to our self or another. Look at what happened to the Nazi's, what they asked for ended in a disaster and they were destroyed with it. This is a lesson one must learn for causing intentional hurt to another will always end in a disaster. Whether here in this life, or later in another life. Eastern philosophy refers to this concept as *karma*. In more modern times it is best symbolized by the saying, "What goes around comes around."

2. Planting the Seed

Next we must plant the seeds. As we stated above, this means preparing the soil for planting the seeds. The more we pray, the more we ask for the clear and stronger the path from the middle self to the lower self to the Higher Self. The more likely the Higher Self will know exactly what to do.

This preparation also includes clearing the path, or we could think of it as "tilling the soil." All blocks (rocks and birds-which eat seeds) must be removed. All previous hurt we have caused others must be eliminated. This is done by making amends, sacrifice and service. To do this we use rituals, meditation, breathing (which is vital in Huna) and a special cleansing process known as the *kala rite*.

Ultimately one learns that the best way to keep the path cleared of blocks is to prevent them from happening and to eliminate them as soon as they occur or whenever they are recognized to exist.

3. Breathe - Mana - Water

An expression which is often used in Huna is, "breathing life into what you desire." After the prayer has been prepared, we find a suitable site to present it. This can be anywhere that you wish. It could be in your church or in your home or at the beach or nearby park. Sitting comfortably, and begin breathing slowly in and out, deeply opening your chest as much as is possible and taking in as much air as you comfortably can. You visualize what you desire. See it as if it has already happened. If you desire a new house then see yourself opening the door and walking into it. Go into it, go from room to room. See yourself enjoying it, living in it. See it as yours, see yourself writing a check for the mortgage payment, see yourself cleaning it and working on it. See your family in it enjoying it and living live happily and fully within it.

It often helps to have a statement of what you desire written up and you read it while you are visualizing it. Long says that the lower self is very impressed by the written word. Isn't it so? People really do tend to believe what they see in print. "Writing is believing!" one journalist stated.

You must see what you desire as already being yours and you must do this as completely as you can, as if it has already happened. Never hex it with negative statements or thoughts. My mother would always say after asking for something, "With Gods help, he should only listen." I never really understood the negative impact that statement had until I became aware of the intention of, "he should only listen." Which left what was desired to someone else, to chance or to whether we had a reason that He should or should not be listening. Today, I would say, "So it be!" and nothing more.

4. Nurturing - Belief and Action

One does not just plant a seed in the ground and walk away and expect it to grow. We have to keep the garden free of weeds (another way of thinking about blocks and obstructions that might come along to block us from getting what we desire after we have already made our prayer), we must water (mana) the seedlings, provide manure or fertilizer (nourishment) to support its growth. We must watch it expectantly enjoying its growth and cheering it on.

Imagine what would happen if we dug up our seedling every day to see if it were really growing. What would happen if we didn't protect the seedlings and watch over them expectantly and positively? We must do whatever is necessary to make sure that they grow healthfully, but we must also not disturb them or create more blocks.

After you ask for something, it is only in process. While the most powerful kahuna could make things happen instantly we do not have such power and for us everything will take the time it must take to occur. We must pray (as we described above) on a regular basis. That might mean daily, or even twice or three times a day, depending on the circumstances. Our prayer must be presented in exactly the same way each time. It is important not to change what we are asking for or change the conditions that surround it.

Both the lower self and the Higher Self can be thrown off target by changing the prayer. This is a good reason why it is best written down and why we use a picture instead of words they are both easier to control and keep clear.

We must believe that what we have asked for will manifest when the time is right. If we do not believe it will come to us or if we try to rush the results, then we will create a block to future prayers. Imagine asking strongly and positively for something one day and then the next day asking with doubt and reticence. To prevent this we must not only be clear about what we want but we must want it strongly.

5. Will Power - Mana-Mana

To create positive action, positive belief and nurturing, we must use mana-man, our will power. We must be ready to be patient and wait, and as suggested above, be ready to do whatever is necessary to make our desires come true, without causing intentional hurt to another.

For example, if you want a college degree, you cannot just ask for it and expect to get it in the mail. You will have to enroll in a college, but not just in any college. You will have to do research to find the specific college that will give you the exact degree you desire. It will have to fit your budget or you will have to arrange for finances, and you may have to get a job or work part-time. You will have to go to classes, learn, pass examinations and depending whether you desired an A, B or C average you must do that level of work to end up with the grades you desire.

Often people ask for things and then are not willing to do the work to get it. They end up failing. They may then see themselves as failures. Also, people ask for the wrong things in life. Take the student whose father wanted him to be a doctor and he really was going to school for his father's desires. Chances are he won't ever become a doctor and if he does it is likely that he will be unhappy. He didn't do it because he wanted it, he did it to prove something to someone else. Once proven, the end result is no longer meaningful and it is let go.

Mana-mana must be used correctly and for the right thing or it will work against us. It must be used positively or it will also work against us. It must be used fully, with love and direction and with the support of a clear picture of what is desired, as well as the support of a well-structured Huna prayer. It will then give us exactly what we desire and it will help us to create ourselves to be successful, happy and healthy.

Sending Mana to the Higher Self - Mana Loa

The pathway for all Huna prayer is from the middle self to the lower self where blocks are encountered and brought to our attention. Once these blocks are cleared the lower self can send our prayer up to the Higher Self using a surcharge of mana we have created

using our breath during the Huna prayer process. This process I have just described is often called the *Ha Rite* in Huna. *Ha* is the Hawaiian word for *breath*. It also represents the pathway, where breath is used to send our prayer up to the Higher Self.

Once the prayer reaches the Higher Self it is given Mana Loa or spiritual energy. The Higher Self cannot decide whether what we ask for is right or not. This had to have been done by the middle self first and then by the lower self. Once the prayer reaches the Higher Self and Mana Loa is given to it what is desired will manifest.

The Higher Self has the power to change the fabric of time and space. It is outside of the laws of the material realm and hence can give us everything and anything we ask for. It does this by changing the future from which was going to be based on our previous decisions and choices, to what we are now asking for in the new picture of what we desire. Here once again, you can see how important it is that we think through what we ask for.

Any decision we make will affect others. Take as an example a young executive who desires a promotion. He wants to be vice president of his company. He prays for it daily. He thinks about it twenty-four hours a day every day. He works for it as hard as he can. All of this sounds commendable and even admirable.

However, he did not consider the effect of his actions on others. In order to get the job of vice president, the vice president has to leave his job. If he is not careful, he can change the future of the present vice president in a negative way. He may not also have considered his family or whether his workaholic attitude is good for himself or for the company. It may help him to solidify getting the job he so desires, but it may cause his wife to feel lonely, she may ultimately divorce him and his children may feel as if their father does not care for them. His children may end up growing up fatherless. I think you can get the picture here.

No prayer should ever be made without considering how it will affect all of the other people involved. Our young executive could still have the job if he sees the present vice president getting a better and more valuable position (in or out of the present company) and if he would include his wife's and children's needs for him and his time as part of the process. He can structure his contract to have time to be with his family, and structure his relationship so that he indeed spends quality time with his family. This is the role of the clear concise picture and the mana-mana to make sure that all of these ends are taken care of. When he does get his promotion, he will not just get a job but he will improve his life and better himself.

Cleansing and Purification

Earlier we suggested that we might have blocks and complexes that could obstruct the pathway and limit what we can get from our Huna prayer. We likened it to karma and

that when we have create blocks and complexes they can leave us (particularly the lower self) feeling unworthy, guilty or as if we had sinned. These blocks must be eliminated if we are to free up the pathway and be able to get everything we want out of life.

Eliminating these blocks is important to us for they are also the cause of illness, misfortune, accidents and injury and they block our emotional and spiritual growth.

There are many ways of finding and eliminating these blocks and complexes. How we feel, what we get or don't get in life, how we react to other people, our physical well-being, illnesses (physical, mental, emotional and spiritual) are all clues. We must look for them and listen to our body and we will find them.

The ancients knew, however, that this was a long drawn out task, which while important, especially to those who are in the process of evolving spiritually, is generally less important to the average individual. Simply stated, if you wish to reach for and find your highest and best self and evolve upward to become a Higher Self in a future existence, then you must find all of your conflicts, blocks and complexes and then resolve and eliminate them. If, on the other hand, you just want to make it through this life getting as much good as you can then there is a short cut. This short cut can also be used for the simpler problems by the first group as it is just as valid a way of eliminating blocks and complexes as any other.

This process is for cleaning and purifying ourselves. We referred to it as the *Kala Rite* earlier. It encompasses all that we have just said in the paragraphs above. We can find the conflicts one at a time and solve them or we can use a ritual process usually including fire or water or both to impress upon the lower self that we have washed them away or burned them up.

Once again this topic would take a book of its own to do real justice to it, however a few examples will give you a good idea of what it is all about. The ritual of Baptism is clearly a Kala Rite. The individual is ceremonially bathed (or dunked) and his or her sins are washed away. Washing ones hand eliminates bacteria, but when used in church and Holy Water is poured over the hands it represents a washing away of sins, guilt, anger, rage and fear. Jesus washed the feet of his disciples (remember, water is a symbol for mana or life force energy) and washed away their sins preparing them for their ministries.

When I use Huna prayer, I always include a small ritual in which I use water which I have blessed, thereby making it Holy Water to wash before I present my prayer. This can be done symbolically as well. Sometimes when I am not in a place to use real water I will imagine a decanter of Holy Water and I will at a point in my prayer process symbolically pour the water over my body, washing away my sins, blocks and complexes.

Fire can also be used. This can be in the form of incense or sage or other smudge sticks. Smudging the air and all around your body and as with the water commanding the lower self to forgive and let go of specific feelings of sin, guilt, anger, rage or other form of negativity. It can be used in a general way as well simply telling the lower self to cleanse itself or that "with this action of fire (and/or water) I cleanse myself of all sins, guilt,

anger fear, rage, hostility or negative thoughts or beliefs whether I know about them or not."

As much as anything in life it is a state of mind. Commanding the lower self to take action is acceptable to the lower self, especially when it is done with love and respect to the lower and middle selves. The lower self expects commands from the middle self, it wants to please the middle self so it will do what is asked of it.

Rituals - Chanting, Taking Action

Above I mentioned the use of rituals on several occasions this is because the lower self loves and needs rituals. Rituals are extremely important to it. Like a child it knows what to expect and it can count on what comes next and therefore will more likely cooperate and makes happen what is asked of it.

Rituals abound around us. Birthdays, anniversaries, holidays, church services, business, the doctor's office, schools and even television, all have rituals associated with them. If we break the ritual, it makes people uncomfortable. If we were to eat the birthday cake before we sang happy birthday people would feel as if something was wrong. When you went to school what happened when you were late or were not paying attention. Try being late to work, going outside of the chain of command or wearing boxer shorts on the outside of your clothing and see what it does to people.

Rituals can be complex or simple, elaborate and ornate or plain, it doesn't matter. It only depends on what you are used to. If you are creating prayer rituals then think it out clearly before you start. While there is room for exploration, too much exploration can cause confusion and diminish your results.

My ritual for presenting my Huna prayer is to find a quite, warm and comfortable place. Usually on my living room sofa or outside on my patio facing west. Which I chose depends on the time of day and the weather.

I sit quietly until I am centered and then I recite the Lord's Prayer. When I have completed this, I begin to breathe in and out slowly and deeply. I give a command to my lower self (very important) to build up a charge of mana and have it ready to send with my prayer. I use the fire and water cleansing I discussed above to cleanse myself as I enter into prayer. Next, I recite my prayer for the day, visualizing what I am asking for as I say or read it. When I have completed it, I command my lower self to send the prayer along with the surcharge of mana it has been building first to it (the lower self) and then up to Higher Self. Next, I sit quietly until my inner voice tells me that my prayer has been heard by my Higher Self and it is time to go on with the business of the day.

This, for me, is a very simple and easy to remember ritual that I can do virtually anywhere and anytime. It requires no complex preparation nor does it have elaborate parts that can be forgotten, mixed up or confused. The lower self likes order, simplicity

and repetition. I generally pray twice a day, however, I do not always send the same prayer each time.

What You Can and Cannot Pray For

Since we often want a number of things at the same time it is a good idea to learn to not overwhelm or confuse your prayers. If you want a puppy and a new job these two things will generally have little or nothing to do with each other (even though everything is indeed truthfully interconnected). To ask for a puppy and a new job in the same prayer might confuse the lower self (that is unless you want your new job to be puppy sitting or working in a pet store, etc.). Therefore, you create two separate prayers. The idea is that the lower self can then see that while you want both they are in fact, not connected. You might present one prayer (say for the job) in the morning and the other (for the puppy) in the evening or vice versa.

We have already told you that your prayer should be well thought out so that it cannot cause hurt to another. However, this cannot be understated, nor stated enough. When you create negative prayers the Universal Law will hold you accountable and you will ultimately end up receiving like kind results.

Other than these restrictions, you can ask for anything you desire. The Higher Self, unlike the lower self, is not judgmental. If you want an expensive car great, but do not have the means to keep it up, pay for insurance or support it. You can, of course, ask for all of this either at the same time or separately. You can ask for sex, drugs, money, power, you can ask for all of these just be clear about how they will change your life and what effect they will have on you and your family. Just look around you and see what these things do to people. See how their life becomes changed when they are not prepared for what they get.

Whatever you desire prepare yourself for it. Live with it for a while in your imagination. If you want a new car see yourself driving it, but also see yourself taking it in for repairs, see what it costs and how it affects your income, how your family will be affected and what it will do to your life. Do not do this exercise with the intention of talking yourself into or out of buying the car, but rather it is a kind of due diligence in which you try it on honestly and see what happens to you, your family and the rest of your world if you get this new car.

Putting Huna to Work for You on an Every Day Basis

Once you understand how to make a Huna prayer and how it works on your life you can begin to use it to create for yourself everything you want in your life. Used correctly it can greatly improve your financial, social and living standard, but it can also improve your spiritual world. One way to help this along is to always ask for something for others whenever you ask for something for yourself.

In the example of the man who wanted to be vice president if he asks for the present vice president to improve his situation and get what he has always wanted he is in a sense praying to the vice president's Higher Self asking it to use this situation to give its man what he needs next in his life. He is not telling his Higher Self to find a new job for the man, he is not specifically asking for him to take over the job of president (which might cause a conflict with the present president), even if the job is opening up because he cannot be in a position to know what is best for him. Only his (that is the vice president's) Higher Self can know that.

You can also pray for good things to happen to family members, friends or acquaintances. You can pray for the poor, or the community or for world peace but always the same rules apply. Don't ask for specific things, ask for its Higher Self (or in the case of a group, like a community or club, its Po'e Aumakua) to decide for it what is in its best interest. But ask and call upon its Higher Self to give it what is needed. By doing this you indirectly enlist the aid of the other's Higher Self, you impress your lower self that you are doing charity, you are paying back old debts and it is telling your Higher Self that you are worthy of having what you desire.

Is there More?

Certainly there is much more to Huna. It would be impossible to go much deeper without writing a book so I have included a list of books that are presently available at your local book store or you ask your book store to order for you.

Huna is a powerful and valuable tool not only for people on the spiritual path but for the rest of us everyday people who just want to make our life better. It can be used with great value for healing ourselves of just about any illness and it answers some of the most interesting, common and complex questions that we may from time to time ask ourselves.

Summary Of The Three Selves

The Lower Self	The Middle Self	The Higher Self
Automatic or Autonomic Self.	This is the conscious and awake self, the personality.	The highest level of human consciousness.
It operates 24 hours every day, 365 days each year. It never sleeps nor rests.	It operates only while we are awake.	It is connected to the Universal Intelligence (the Godhead).
Its center is in the Solar Plexus	Its center is in our head area.	It exists outside and to one side of the head.
It takes orders from and is commanded by the middle self.	It is involved with the business of the day. Conducts functions like talking, thinking and movement.	It can only communicate with the lower self and with the Intelligence of the Universe.
Its purpose is three-fold:	Its purpose is two fold:	Its purpose is three fold:
a) Manages all unconscious bodily functions: beats the heart, digests food and maintains all memories.	a) To maintain survival, it finds food and shelter. It creates ego pursuits such as hobbies and career.	a) It is our connection to the Intelligence of the Universe, the Godhead.
b) Supports survival. This includes managing the Fight or Flight, Stress Mechanism as well as the immune and defensive systems of the body. In addition it manages the Healing and Repair Systems of the body.	b) Creates civilization and civilizes the lower self. It makes judgements and issues commands to the lower self. Since the middle self is the personality its commands always inherently have within them its own particular viewpoint of the world, its likes and dislikes.	b) Connects us with the essence of Mankind and Mankind with all other conscious elements of the Universe.
c) Makes sure that the middle self gets everything it wants and needs. All the middle self has to do is ask	c) To get what it wants, the middle self gives commands to the lower self and then expects that it will give it	c) Makes available to us all the potential of "heaven," the bounty of the Universe. This occurs through a

for what it wants. It need merely to create a thought of what it wants and the lower self will make it happen.	what it wants. It often confuses itself with the lower self	specially constructed prayer. It creates "miracles" upon request.
		d) The Higher Self is not concerned with survival of the physical body. It knows the three spirits survive the physical realm at death.
The lower self remembers everything, past and present, and maintains this information to help the middle self to create its future.	It has a only short-term memory and relies on the lower self for long term memory and recall.	The Higher Self is beyond time and space. It has no equivalent of memory. It knows all and sees all.
It is often related to the Western concepts of unconsciousness or subconsciousness. However, it is never actually unconscious.	The middle self can be illogical. It has likes and dislikes and possesses intellect and intuition.	The Higher Self is selfless and in the realm of what might be called the Superconscious.
It is generally considered to be our animal or nature spirit.	It is generally considered to be the human spirit.	It is generally known as the Father or the Mother, or as the Holy Spirit.
It is ruled by internal (genetic) laws and it has an inherent wisdom, yet it constantly learns from the middle self.	It is ruled as much by its likes, wants and desires as it is by external events and forces. It wants to be socially correct and craves love.	The Higher Self operates under the rules of the Intelligence of the Universe. These rules, as we usually think of God, are unknowable.
It can only think deductively.	It uses both inductive and deductive logic. It has free choice and makes decisions about almost everything.	The Higher Self is neither logical nor illogical. It is Truth.
It serves the social aspect of the middle self as well as the physical needs of the body.	It plays social roles, imitates, speaks in words, uses emotions positively or negatively.	It has no equivalence in earthly terms.
It holds all emotions and	It manifests itself through	It manifests itself in truth It

manifests them through bodily feelings, physical signs and sensations often thought of as symptoms.	emotions and feelings and reactions to these emotions and feelings.	can heal instantly.
It has a very literal mind, and always does what it is told. It asks no questions but it can, however, resist instructions.	It has a rational and intuitional mind, it will think about and ponder questions.	It cares about the evolution of the lower self to a middle self and the middle self to a new Higher Self.
It is designed as an achiever to complete goals and tasks as rapidly as possible.	It is also designed as an achiever and goal setter.	The Higher Self has been described as the "Totally Trustworthy, Totally Benevolent Parental Spirit."
The lower self is essentially a child, it is also a student and a servant. It is programmed to perform and grow, to learn and repeat by habit.	It is more likely to be the initiator, teacher, parent or master.	The Higher Self cannot act on its own. It must be asked by the middle self through the lower self.
Its subtle aka body is an etheric body and its energy is mana or life force.	Its subtle aka body is the astral body and its energy is mana-mana or will power.	Its subtle aka body is the auric body and its energy, Mana Loa, is Spiritual Energy.

Table-1

Huna Telepathic Mutual Healing Group

Are you interested in *healing yourself or helping to heal others*? If you are then you may be interested in joining the ***Huna Telepathic Mutual Healing Group***. Telepathic healing means receiving healing for yourself or participating in healing others at a distance.

The Huna Fellowship, located at the Huna World Headquarters in Cape Girardeau, Missouri, USA. sponsors an ongoing Telepathic Mutual Healing Group. The Telepathic Mutual Healing Group was started in 1948 by Max Freedom Long and is still active today.

Information on how you can participate in the ***Huna Telepathic Mutual Healing Group*** can be found at the end of this article.

Introduction

The Telepathic Mutual Healing Group began its work in 1948 under the direction of Max Freedom Long. It consists of a small group of Huna Research members who are dedicated to the healing of those who request help healing of the body, personal problems, and social or financial tangles. The TMHG meets on a regular basis to send healing to those who request it for themselves or for others. Some are physically present at the Huna Headquarters Building in Cape Girardeau, Missouri. Others join us in their healing meditation, wherever they may be physically. We have members from all parts of the world joining us to direct their Mana for the use of those who have need of healing.

Anyone may request help through the Telepathic Mutual Healing Group (TMHG).

All healing in essence is self-healing and is accomplished through your own three selves. The TMHG helps in two basic ways:

1. By reinforcing the visualized picture which you describe as the desired result, and
2. By sending an extra supply of healing mana (vital force), which will give your own life energy a boost and enable it to fulfill your request in the way you desired. We ask that you cooperate in the healing effort by following the simple suggestions outlined here. If you are joining the TMHG as a contributor to the healing Mana that is gathered and sent, we welcome you.

Step One

Decide that you really want the illness healed or the physical, mental, or emotional problem solved, or the personal problem worked out. You must not only desire healing on a conscious level, but also on a subconscious level. All three selves must be involved to bring about healing: the conscious middle self, the subconscious basic self, and the higher consciousness of the High Self. Examine your feelings and determine what emotional reaction you have when you see yourself completely well and back to your desired way of living.

Step Two

Decide exactly what you want the outcome to be. This requires careful thought (meditation, contemplation). Some requests cannot be made in exact terms. In that case, decide on what you will be doing when the desired result has been realized. If you always put yourself in the picture of your future, seeing yourself in action, the decision will be clear. When you know what the desired result will be, you are ready for it to be accomplished.

Step Three

Visualize the desired result and describe it as briefly, but completely as possible. This naturally follows Step Two, but it is important to make a mental picture of your request, so that you can see it in your mind during a quiet period of meditation. And it is important to work out an exact verbal description in order to convey the picture to the TMHG workers.

The word-picture will also act as a strong physical stimulus to your subconscious mind. *Check* the words you have chosen for any emotional reaction associated with them.

Step Four

Chose a time of day when you can stop for a few moments, without distraction and remain in a receptive attitude. This is the time when the healing energy can be sent by the TMHG and received by you. It is important that you do this on a regular basis, every day. If you wish to do this more than once each day, so much the better. The TMHG sends energy to those on the healing list at various times during the day and night. If we know you are in an especially receptive attitude, the healing energy can be concentrated. Send us the times you have chosen, so that we can work with you.

Step Five

You may take part in one of two ways. Simply maintain a *receptive attitude* for a few minutes at the chosen time, or at any other time during the day when you feel it is needed. Thus the healing work of the TMHG can be more effective as the energy flows freely and without resistance.

The second way you can participate is through *active participation*. This can help you even more.

1. Take several deep breaths.
2. Picture yourself receiving healing energy from the TMHG and charging your body.
3. Visualize the picture you have worked out and repeat the verbal description.
4. Instruct your basic self to carry the request to the High Self.
5. Release the request and put it out of your mind.

Step Six

Add a request for help for someone else. This is done very simply in your thoughts. There are two basic Huna tenets involved in living the Huna life and receiving healing:

1. Do no harm to anyone.
2. When you perform a service to someone else, your inner consciousness (basic self) is convinced that you deserve the healing that *you* are requesting. This is summarized in the Huna motto: The Hurtless and Helpful Life.

Step Seven

A simple, but *definite ending* to your quiet period of meditation should be made. One of the best endings is a statement of thanksgiving for the healing you have received. The ending releases the request to the High Self and allows it to be acted on. There are actions to be taken by all three selves, so be sure to allow each of your selves to do the part appropriate to that level of consciousness.

The Prayer-Picture is like a seed that is planted; you do not dig it up every day to see if it is growing.

Step Eight

It is of the utmost importance that you convince your basic self or subconscious (unihipili) that you are *worthy* of healing and that you *will* be healed.

A physical stimulus is most effective in impressing the inner consciousness of the importance of the request.

A pledge or vow to some worthy cause; helping someone; giving up something for a period of time, an offering to a worthy cause or doing whatever you can do to make the desired outcome certain.

Summary

1. After deciding on your request in exact words and the mental picture, send your request to Huna Headquarters. If you have already written a general request, it may be necessary to revise it according to the suggestions given here and send it again.
2. State also the time of day you have chosen to participate. We will make sure there are TMHG members participating at that time. Our *regular TMHG time* is on Tuesday evenings at 9:00 P.M. Central Time (we have a full hour of meditation and energizing starting at 8:00 P.M.) TMHG members also work independently and in groups *every day*.
3. Keep in touch by reporting briefly at regular intervals. A short handwritten note will be sufficient. We can only keep you on the healing list if you report regularly. You may telephone the report or the request at (573) 334-3478 by Email to hunahq@compuserve.com

We recommend using the Huna Prayer (see below) process written by Max Freedom Long as a Kala (cleansing) meditation once or more every day. Use it especially when joining the TMHG.

Huna Prayer

by Max Freedom Long

If I have hurt someone today
With thought or word or deed,
Or failed another in his need,
I now repent.

If I can take those steps again,
Tomorrow will I make amends
And heal with love those hurts.
I do this pledge.

And if a hurt has struck me deep
And no amends are made,
I ask the light to balance all.
I count the debt as paid.

Parental Spirits whom I love,
And who I know love me,

Reach through the door I open wide.

Make clear my path to Thee.

If you are interested in further information about membership in Huna Research Inc., Huna books, tapes, Huna courses, Huna workshops Huna seminars, send or call us and give us your name and mailing addressing. Mail, E-mail or calls to:

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THE ALOHA SPIRIT
a.k.a. The Little Pink Booklet of Aloha

by Serge Kahili King
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The Aloha Spirit is a well known reference to the attitude of friendly acceptance for which the Hawaiian Islands are so famous. However, it also refers to a powerful way to resolve any problem, accomplish any goal, and to achieve any state of mind or body that you desire.

In the Hawaiian language, aloha stands for much more than just "hello" or "goodbye" or "love." Its deeper meaning is "the joyful (oha) sharing (alo) of life energy (ha) in the present (alo)."

As you share this energy you become attuned to the Universal Power that the Hawaiians call mana. And the loving use of this incredible Power is the secret for attaining true health, happiness, prosperity and success.

The way to tune into this Power and have it work for you is so simple that you might be tempted to pass it off as being too easy to be true. Please don't let yourself be fooled by appearances. Take the time to try it out.

This is the most powerful technique in the world, and although it is extremely simple it may not prove easy, because you must remember to do it and you have to do it a lot. It is a secret which has been given to humanity over and over again, and here it is once more in another form. The secret is this:

Bless everyone and everything that represents what you want!

That's all there is to it. Anything that simple, however, does need some explanation.

To bless something means to give recognition or emphasis to a positive quality, characteristic or condition, with the intent that what is recognized or emphasized will increase, endure or come into being.

Blessing is effective in changing your life or getting what you want for three reasons: First of all, the positive focus of your mind stirs up the positive, creative force of the Power of the Universe. Secondly, it moves your own energy outward, allowing more of the Power to come through you. Thirdly, when you bless for the benefit of others instead of directly for yourself, you tend to bypass any subconscious fears about what you want for yourself, and also the very focus on the blessing acts to increase the same good in

your life. What is so beautiful about this process is that the blessing you do for others helps them as well as you.

Blessing may be done with imagery or touch, but the most usual and easy way to do it is with words. The main kinds of verbal blessing are:

Admiration - This is the giving of compliments or praise to something good that you notice. E.g., "What a beautiful sunset; I like that flower; you're such a wonderful person."

Affirmation - This is a specific statement of blessing for increase or endurance. E.g., "I bless the beauty of this tree; blessed be the health of your body."

Appreciation - This is an expression of gratitude that something good exists or has happened. E.g., "Thank you for helping me; I give thanks to the rain for nourishing the land."

Anticipation - This is blessing for the future. E.g., "We're going to have a great picnic; I bless your increased income; Thank you for my perfect mate; I wish you a happy journey; May the wind be always at your back."

In order to gain the most benefit from blessing, you will have to give up or cut way down on the one thing that negates it: cursing. This doesn't mean swearing or saying "bad" words. It refers to the opposite of blessing, namely criticizing instead of admiring; doubting instead of affirming; blaming instead of appreciating; and worrying instead of anticipating with trust. Whenever any of these are done they tend to cancel out some of the effects of blessing. So the more you curse the harder it will be and the longer it will take to get the good from a blessing. On the other hand, the more you bless the less harm any cursing will do.

Here, then, are some ideas for blessing various needs and desires. Apply them as often as you like, as much as you want.

Health - Bless healthy people, animals, and even plants; everything which is well made or well constructed; and everything that expresses abundant energy.

Happiness - Bless all that is good, or the good that is in all people and all things; all the signs of happiness that you see, hear or feel in people or animals; and all potentials for happiness that you notice around you.

Prosperity - Bless all the signs of prosperity in your environment, including everything that money helped to make or do; all the money that you have in any form; and all the money that circulates in the world.

Success - Bless all signs of achievement and completion (such as buildings, bridges, and sports events); all arrivals at destinations (of ships, planes, trains, cars and people); all signs of forward movement or persistence; and all signs of enjoyment or fun.

Confidence - Bless all signs of confidence in people and animals; all signs of strength in people, animals and objects (including steel and concrete); all signs of stability (like mountains and tall trees); and all signs of purposeful power (including big machines, power lines).

Love and Friendship - Bless all signs of caring and nurturing, compassion and support; all harmonious relationships in nature and architecture; everything that is connected to or gently touching something else; all signs of cooperation, as in games or work; and all signs of laughter and fun.

Inner Peace - Bless all signs of quietness, calmness, tranquility, and serenity (such as quiet water or still air); all distant views (horizons, stars, the moon); all signs of beauty of sight, sound or touch; clear colors and shapes; the details of natural or made objects.

Spiritual Growth - Bless all signs of growth, development and change in Nature; the transitions of dawn and twilight; the movement of sun, moon, planets and stars; the flight of birds in the sky; and the movement of wind and sea.

The previous ideas are for guidance if you are not used to blessing, but don't be limited by them. Remember that any quality, characteristic or condition can be blessed (e.g., you can bless slender poles and slim animals to encourage weight loss), whether it has existed, presently exists, or exists so far in your imagination alone.

Personally I have used the power of blessing to heal my body, increase my income, develop many skills, create a deeply loving relationship with my wife and children, and to establish a worldwide network of peacemakers working with the aloha spirit. It's because it has worked so well for me that I want to share it with you. Please share it with as many others as you can.

How to Enhance Your Power to Bless

There is a technique practiced in Hawaii which enhances your power to bless by increasing your personal energy. It is a simple way of breathing that is also used for grounding, centering, meditation and healing. It requires no special place or posture, and may be done while moving or still, busy or resting, with eyes open or closed. In Hawaiian the technique is called pikopiko because piko means both the crown of the head and the navel.

The Technique

1. Become aware of your natural breathing (it might change on its own just because of your awareness, but that's okay).
2. Locate the crown of your head and your navel by awareness and/or touch.
3. Now, as you inhale put your attention on the crown of your head; and as you exhale put your attention on your navel. Keep breathing this way for as long as you like.

4. When you feel relaxed, centered, and/or energized, begin imagining that you are surrounded with an invisible cloud of light or an electro-magnetic field, and that your breathing increases the energy of this cloud or field.

5. As you bless, imagine that the object of your blessing is surrounded with some of the same energy that surrounds you.

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The Eye Of Kanaloa

by Serge Kahili King



The Name

In the mythology of old Hawaii, Kanaloa was the god of the ocean, a healer god, and the close companion of Kane, the god of creation. They would journey together, share the sacred drink of 'awa, and use their staves to strike the ground and cause springs of fresh water to burst forth. Rare statues of Kanaloa feature him with round eyes, unlike those of any other representations of the gods. According to a Kauai tradition, if you could look into the eye of Kanaloa you would see the pattern above. In the Hawaiian language, "kanaloa" is also used as a word that means "a sea shell; the young stage of a certain fish; an alternate name for Kaho'olawe Island; and secure, firm, immovable, established, unconquerable." A root translation of the word, ka-na-loa, means "the great peace, or the great stillness." The word also has the connotation of total confidence. In the esoteric tradition of Huna Kupua, Kanaloa represents the Core Self, or the center of the universe within oneself.

The Pattern

As a whole, the pattern represents the Aka Web, or The Web of Life, the symbolic connection of all things to each other. In this aspect, the star at the center is the spider/shaman, or the individual who is aware of being the weaver of his or her own life, a dreamweaver.

In another aspect, the eight lines represent "mana", or spiritual power, because another meaning of "mana" is "branching lines" and the number eight in Hawaiian tradition is symbolic of great power. The four circles represent "aloha", or love, because the "lei" or garland, a symbol of love, is circular and is used figuratively in Hawaiian to mean a circle (as in "Hanalei - Circular bay"), and because the word "ha" is a part of the word "aloha" and also means "life" and the number four. Together the circles and lines represent the harmony of Love and Power as an ideal to develop.

The star pattern is composed of a dot in the center representing the Aumakua, or Higher Self; a ring representing Lono, or the Mental Self; the seven limbs of the star representing

the Seven Principles of Huna; and the ring around the star representing Ku, the Physical or Subconscious Self. One point of the star is always down, aligned with a straight line of the web, representing the connection of the inner with the outer.

The Energy

The Eye of Kanaloa symbol generates subtle energy, known as "ki" in Hawaiian. This energy can be used for healing, for stimulating physical and mental faculties, and for many other purposes. Most people can sense the energy, which may feel like a tingle, a current, a pressure or a coolness, by holding the hand, fingers, cheek or forehead near the symbol. By itself the symbol will help to harmonize the physical, emotional and mental energies of a room or other location. The energy may be accessed more directly by meditative gazing or by holding the symbol near something that needs harmonizing. The symbol can also amplify and harmonize other energy sources by placing it behind or in front of the source.

The Gospel of Huna

The Seven Principles of Huna as taught by Jesus of Nazareth
compiled by Serge Kahili King

Huna is the very ancient wisdom of Polynesia, said by some to have been formulated by wise ones of Mu who were careful observers of God, Man and Nature. The same wisdom has thus been found in many times and places, including the Gospel of Jesus of Nazareth.

Below is a list of the seven principles of Huna, each followed by sayings of Jesus that teach the same thing. Translations are from the King James version of the Bible except for a few from the Amplified Version (AV). This study is not complete by any means.

The World Is What You Think It Is

"Repent - that is, change your mind for the better, heartily amend your ways with an abhorrence of your past sins, for the kingdom of heaven is at hand" (Matt. 4:17AV)

"As thou hast believed, so be it done unto thee." (Matt. 8:13)

"Thy faith hath made thee whole. (Matt. 9:22)

"According to your faith, be it unto you." (Matt. 9:29)

"And all things whatsoever ye shall ask in prayer, believing, ye shall receive." (Matt. 21:22)

"Thy faith hath made thee whole." (Mark 5:34)

"Whosoever ... shall not doubt in his heart but shall believe that those things which he saith shall come to pass, he shall have whatsoever he saith." (Mark 11:23)

"What things soever you ask in prayer, believe that ye receive them, and ye shall have them" (Mark 11:24)

"Thy faith hath saved thee." (Luke 7:50)

"Your faith has made you well." (Luke 8:48)

There Are No Limits

"Your father knoweth what things ye have need of, before ye ask him." (Matt. 6:8)

"If ye forgive men their trespasses, your heavenly father will also forgive you." (Matt. 6:14)

"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." (Matt. 7:7)

"If ye have faith as a grain of mustard seed, ye shall say unto this mountain, 'Remove hence to yonder place,' and it shall remove, and nothing shall be impossible unto you." (Matt. 17:20)

"Whatsoever ye shall bind on earth shall be bound in heaven, and whatsoever ye shall loose on earth shall be loosed in heaven." (Matt. 18:18)

"All things are possible to him that believeth." (Mark 9:23)

"With God all things are possible." (Mark 12:27)

Energy Flows Where Attention Goes

"For where your treasure is, there will your heart be also." (Matt. 6:21)

"Therefore all things whatsoever ye would that men should do to you, do ye even so to them." (Matt. 7:12)

"For whosoever hath, to him shall be given, and he shall have more abundance; but whosoever hath not, from him shall be taken away even that he hath." (Matt. 13:12)

"Do not judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves." (Matt. 7:1AV)

"Unto you that hear shall more be given." (Mark 4:24)

"For he that hath, to him shall be given; and he that hath not, from him shall be taken even that which he hath." (Mark 4:25)

"For where your treasure is, there will your heart be also." (Luke 12:34)

Now Is The Moment Of Power

"So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble." (Matt. 6:34AV)

"The kingdom of heaven is at hand." (Matt. 10:7)

"O woman, great is your faith. Be it done for you as you wish.' And her daughter was cured from that moment." (Matt. 15:28)

"So the father knew that (his son was healed) at the same hour in the which Jesus said to him "Thy son liveth."" (John 4:53)

To Love Is To Be Happy With

"Happy (blessed) are the humble (poor in spirit), for the kingdom of heaven is theirs; happy are they that mourn, for they shall be comforted; happy are they who are patient (the meek), for they shall inherit the earth; happy are the upright, for they shall be satisfied; happy are the merciful, for they shall obtain mercy; happy are the pure in heart, for they shall see God; happy are the peacemakers, for they shall be called sons of God; happy are those who are persecuted for being and doing right, for theirs is the kingdom of heaven; happy are you when people revile you and persecute you and say all kinds of evil things against you falsely on my account. Be glad and supremely joyful for your reward in heaven is strong and intense." (Matt. 5:3-12AV)

"Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which spitefully use you." (Matt. 5:44)

"A new commandment I give unto you, that ye love one another." (John 13:34)

All Power Comes From Within

"Not that which goes into the mouth defileth a man, but that which cometh out of the mouth, this defileth a man." (Matt. 15:11)

"There is nothing from without a man that entering into him can defile him, but the things which come out of him, those are they that defile the man...For from within, out of the heart of men, proceed evil thoughts." (Mark 7:15, 21)

"The kingdom of God is within you." (Luke 17:21)

Effectiveness Is The Measure Of Truth

"Bring forth fruit that is consistent with repentance let your lives prove your change of heart." (Matt. 3:8 - John the Baptist AV)

"You are the salt of the earth, but if salt has lost its taste, its strength, its quality, how shall its saltiness be restored? It is not good for anything any longer." (Matt. 5:13 AV)

"Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house." (Matt. 5:14-15)

"Beware of false prophets ... Ye shall know them by their fruits." (Matt. 7:15,16)

"A good man out of the treasure of his heart bringeth forth good things; and an evil man out of the evil treasure bringeth forth evil things." (Matt. 12:35)

"And he arose and rebuked the wind, and said unto the sea 'Peace, be still.' And the wind ceased, and there was a great calm. And he said unto them 'Why are ye so fearful? How is it that ye have no faith?'"

HUNA – HOW TO USE FOR YOUR BENEFIT

Cleansing:

Before proceeding further first and foremost forgive everyone who had harmed you before. Forgive yourself. Assert that you will not hurt anyone in the future.

Step 1:

- Decide what you want to achieve. Stick to a single request.
- Make a mental picture of the results you want to achieve.
- Be positive. Don't use words or sentences that have a negative connotation.
- Your request should not hurt anyone's sensibilities.
- Fix the picture in your mind and encapsulate with a protective casing so that it will not be damaged or changed.

Step 2:

This is the meditation phase. Meditate for 5 to 15 minutes. Retire to a quiet and lonely place.

- Sit comfortably.
- Take a deep breath. After inhalation hold the breath for a few seconds and then exhale. Mentally say, "I am relaxing my entire body, mind and soul. When I relax this way, I go deeper faster." Then mentally assert, "With every breath my energy levels increase copiously. My body is totally relaxed. I am focusing on deep breathing and increasing energy levels."
- Mentally feel the increasing energy levels.
- Say to yourself, "I visualize very clearly what I want as previously sealed."
- "I am, asking my inner consciousness to send this picture to the higher consciousness."
- Mentally, "I thank you for fulfilling my desired want at the Higher Conscious Level and expect it will realize itself on the physical plane."
- Say mentally, "My prayer has been conveyed to the higher self. Let abundant energy from higher self inundate me. Let me wait for guidance from above."

Step 3:

- You have presented your mental picture to your higher self and await response.
- Every day energize the sealed desire.

Step 4:

- Go to your quiet place. Sit comfortably. Take a deep breath, hold it for some time and exhale very slowly. Say, "My entire body, mind and soul is totally relaxed. I am fully alert."
- Take another deep breath and let it out as before. Say to yourself, " With these deep breaths, my energy levels are increasing and I am totally relaxed in my mind, body and soul."
- Take a few more deep breaths and feel your breathing become regular, smooth and controlled. Mentally focus on the increasing levels of energy.
- Now whisper aloud very clearly, "I now transfer to the Higher Self a bountiful gift of energy so as to use it for bringing my request into reality on the tangible plane. I am one with the infinite riches of my inner self. It is my right to be rich, happy and successful. Money flows to me copiously, freely and endlessly. I am forever conscious of my true worth. I give my talents freely and I am wonderfully blessed financially. It is wonderful."

Can Huna and Mainstream Medicine Coexist?

If you practice the teachings of Huna -- whether you define it as ancient wisdom, the source of your spirituality or faith, a religious doctrine or a philosophy of life -- you are well aware of one of its fundamental principles: All power comes from within. This power cannot be realized unless you properly care for your mind, body, and spirit. Failure to do so will prevent you from attaining balance and harmony.

Huna and Health New York-based author, therapist and Reiki master Ellie Crystal reminds Huna followers to take good care of themselves to derive energy and function optimally. She stresses many of the basics Mom taught you:

- * Engage in physical exercise to attain (and maintain) health.
- * Practice deep breathing.
- * Pay attention to your posture.
- * Eat nutritious foods.
- * Get enough sleep and rest.
- * Foster a mental attitude that allows you to gain personal power and strength.

Indeed, traditional medicine (allopathy) would not object to any of Crystal's guidelines. In fact, if each of us followed her prescriptions with dedication, we would not be a society of overweight, sedentary, sleep-deprived souls who dread going to work and turn on the TV as soon as we get home. We'd make fewer visits to our allopaths, as well as our complementary and alternative (CAM) health-care providers. In short, we would feel better, be more emotionally stable, have a heightened awareness of our environment and live more mindfully.

Where the Conflict Arises Problems occur, however, when mainstream physicians and CAM providers wage fruitless turf wars. Each group tends to be polarized, at opposite ends of a black-and-white spectrum, lacking the ability to discern the shades of gray. It therefore falls on Huna followers to take advantage of the best of both worlds. You can meditate, do yoga, use certain herbs and supplements, go for massages, see an acupuncturist, practice guided imagery and try other CAM therapies while also maintaining a relationship with a licensed MD. One approach to health does not obviate the other. Huna and traditional medicine can coexist. Yes, it's certainly true that some allopathic physicians will be biased against Huna and CAM until they retire their stethoscopes. Mainstream MDs have been trained to worship "evidence-based" medicine, whereby therapies and procedures are subjected to formidable scrutiny and testing before being accepted as the gold standard. Thankfully, the National Institutes of Health (NIH), the White House Commission on Complementary and Alternative Medicine Policy, and the National Center for Complementary and Alternative Medicine are making our lives easier by studying CAM modalities to help us navigate our way through the healthcare system. Acupuncture, for example, has already received the NIH's blessing for use in treating postoperative pain, among other conditions. As studies continue, proof of what works -- and what doesn't -- will be refined, leaving less room for argument.

Living in Both Worlds How do you bridge the gap between Huna and allopathy? It behooves you to find a board-certified physician who will not dismiss you for following Huna, using natural health products or seeking out CAM therapies. At the same time, it's vital to choose CAM providers who know they have distinct limits and are willing to refer you to a physician when necessary. H.C. George Wong, MD, a clinical associate professor in the Division of Allergy and Immunology at the University of British Columbia's Department of Medicine, in Vancouver, Canada, has written numerous academic papers on CAM's impact on mainstream medicine. In an article published last year in the British Columbia Medical Journal, he reminds his allopathic colleagues that 42% of the U.S. population had used CAM therapies (including herbal and dietary supplements) in 1997, and the numbers seem to increase each year. Dr. Wong encourages physicians to become familiar with alternative therapies. He also urges them to supply specific guidelines to patients, allowing them to follow belief systems like Huna without compromising their health. For example:

1. Make sure your physician establishes the root cause of any illness so he or she can discuss conventional therapies before you go for CAM treatments.
2. Be truthful with physicians about any CAM therapies you employ, as well as herbs and dietary supplements you take. This will allow them to determine whether there are any potentially dangerous interactions among prescription drugs and supplements. (For example, mixing Ginkgo with a blood thinner can cause excessive bleeding, and ephedra/ephedrine is associated with nervous system and cardiovascular problems. Multiple drugs interact with St. John's wort, bee pollen may induce an allergic reaction, and liver toxicity is associated with kava.)
3. Let your physician examine the labels of the natural health products you take. He or she can help determine whether ingredient labels are incomplete, the supplement has expired, allergic or adverse reactions may occur, and dosages are proper. You must be particularly careful if you are

pregnant, breastfeeding or about to have surgery. 4. Never exceed recommended dosages or use longer than the recommended duration.

Dr. Wong clearly understands that physicians must partner with patients who use alternative therapies and/or follow nontraditional belief systems. As he puts it, "you can always get a second opinion from your doctor."

Light-Switch Huna

by Dr. E. Otha Wingo

A Simple System for Using the Huna System Without Theories, History, or Explanations of Special Terminology.

Using Huna is Like Turning on a Light-Switch or Pushing a Button

NOTE

This method will work every time 100%, if used exactly as described. If the results are not as you desire, this means that some part of the procedure has not been followed EXACTLY (i.e., one of the light switches has not been pushed!). If this happens, then mentally CANCEL the picture that you had previously worked out by saying aloud:

"I dissolve the mental picture and sweep away any remnants that might have accumulated, in order to begin again and make the picture perfect. All energy attached to that picture is removed and the picture now is totally dissolved and removed."

The reason for this is that a picture left with the Higher Authorities will continue to be worked on and some parts of it will come into reality, thus bringing about imperfect and often undesirable results. Cancel the picture (blueprint) and start over, using whatever parts of the previous plan are suitable to you and making sure that all the process is done correctly.

Light-Switch Huna

How to Use Huna

When you want to turn on the light in a room, you reach up and flick the switch or push the button. Immediately the light comes on and the room is illuminated.

It is not necessary for you to understand how electricity works or how the building is wired or where the electrical generating plant is located.

Even if you were an electrical engineer or physicist, you would still turn on the light exactly the same way!

This little article is designed to show you simply and easily EXACTLY how to "turn on the switch" of HUNA, so that you can get the results you want.

Preventing Overloaded Circuits

As in all power circuits, it is a good idea to make sure that the circuits are clear and not overloaded. In electricity we make sure the circuit is correctly fused or with a proper breaker switch. And then we are careful not to overload the circuit by plugging a powerful motor into an outlet fused for a smaller wattage. And we are also careful not to add too many appliances to the same circuit.

The Huna equivalent of this is FORGIVENESS. Have a little talk with yourself. Forgive everyone for whatever has been done to you. Then forgive yourself for anything you have done in the past, adding a promise that you will do nothing to hurt anyone.

If you are not fully satisfied with this forgiveness session, assign yourself some GOOD DEED to convince yourself that you are serious about forgiveness.

Light Switch Number One

1. Decide exactly what you want to accomplish. Be very specific. Stick to a single request, including only the things directly involved with that result.
2. Make a clear picture in your mind of the RESULTS you want to bring about. Make sure to include yourself in the picture, as well as anyone else affected by your request.

Use your imagination to create this mental image. See yourself DOING and ACTING and THINKING the way you will when the result has been realized. Allow all the sensations of seeing, hearing and touch, taste and smell come fully into your imagination. Add the strong emotion of desire.

3. Do not use negatives in any description of your request. Instead of saying, "I want to get rid of all tensions and conflicts," say, "I see only peace, joy, love, and harmony in all my relationships." Instead

of, "I want my illness to be healed," say, "I see myself completely healthy, vigorous, and strong in body, mind, and spirit."

4. Be sure your request is not hurtful to anyone, including yourself.
5. When you are completely satisfied that you have prepared exactly the picture of the results you want, mentally seal the "blueprint" or picture, so that it will not be changed . Here is the way to do that: "I am completely satisfied with this mental picture of my request. I now seal it with a protective covering so that it will stay exactly as it is now and cannot be accidentally changed or damaged."
6. Go to Light Switch Number Two.

Light Switch Number Two

1. Find a quiet place where you can be alone and undisturbed for a few minutes-- 5 or 10 minutes is sufficient.

If you are at home, you may want to use a special place each day. If there is much activity at home, use any place that provides privacy.

In a busy office, business, or factory, you may want to take your "break" wherever you can find a quiet spot-- in a storeroom or maybe the washroom.

In a busy public place, slip into a washroom or even a telephone booth. (You can become "superman" or "superwoman" by using Huna, so why not a phone booth?)

2. Sit comfortably in your quiet place. (If it is necessary to stand, get as comfortable as you can by leaning against a wall or stand with feet and heels slightly out.)
3. Take a very deep, slow breath, hold it briefly, and let it out slowly. Say these words aloud:

"I am relaxing in my entire body, mind, and spirit. With each breath I take, I feel more relaxed and comfortable, and mentally alert."

4. Take another deep breath, as before, and let it out. Say, "As I take these breaths, my energy is increasing tremendously. My body is relaxed and I feel good all over. My mind is clear and alert and I am

focusing only on deep breathing and increasing my energy supply."

5. Take a few more deep breaths and let your breathing become smooth and regular, but still slower and deeper than usual. Let it become natural to breathe in this way. Keep your mind only on the thought that your energy is increasing as you breathe.
6. Say clearly aloud, "I now see a clear picture of what I desire, just as I have prepared it previously."
7. "I now ask my inner consciousness to send this picture to the Higher Consciousness along with a generous supply of energy, to be brought into reality."
8. "I give thanks that the desired future has been immediately realized on the higher level and will come into reality on the physical level."
9. "The prayer takes its flight to the High Self. Let the higher energy from the High Self descend upon me. Let silence prevail, as I wait for Guidance from above."

Light Switch Number Three

1. Once you have presented your mental picture, along with a generous supply of energy, to the Higher Authorities, the next step is to LEAVE IT ALONE!

You must release it. It is like a seed. Once you plant the seed, you do not dig it up every day to see if it is growing. But you must still water the ground, which is the replenishing of the daily supply of energy.

2. Every day after the first presentation, turn on the fourth switch. It is like the first five parts of Number Two, then continue with energizing the "blueprint" or "seed:" every day.

Light Switch Number Four

1. Find a quiet place where you can be alone and undisturbed for a few minutes-- 5 or 10 minutes is sufficient.
2. Sit comfortably in your quiet place. (If it is necessary to stand, get as comfortable as you can by leaning against a wall or stand with feet and heels slightly out.)

3. Take a very deep, slow breath, hold it briefly, and let it out slowly. Say these words aloud:

"I am relaxing in my entire body, mind, and spirit. With each breath I take, I feel more relaxed and comfortable, and mentally alert."

4. Take another deep breath, as before, and let it out. Say, "As I take these breaths, my energy is increasing tremendously. My body is relaxed and I feel good all over. My mind is clear and alert and I am focusing only on deep breathing and increasing my energy supply."
5. Take a few more deep breaths and let your breathing become smooth and regular, but still slower and deeper than usual. Let it become natural to breathe in this way. Keep your mind only on the thought that your energy is increasing as you breathe.
6. Say clearly aloud, "I now send to the High Self a generous gift of energy, to be used in bringing my request into reality on the physical level. Day by day, in every way, I am getting better and better."

Hints and Suggestions

1. "Huna is All Powerful in this World."
2. If you are not using Huna, you are working too hard.
3. If you are using Huna, you are still working, but you are getting RESULTS.
4. Including help for someone else is a good aid for faster and greater results for yourself.
5. Motto: "TO LIVE THE HURTLESS AND HELPFUL LIFE."
6. Huna means "secret," but you now know the secret of getting what you need and desire.
7. Very strong desire for the requested results increases the energy tremendously. If you are casual and uninterested in getting the results, they are less likely to be realized.
8. Be careful what you ask for, you may get it. Since this method is very effective, it is important to decide very carefully what you want before using it.
9. Your IMAGINATION is one of your most powerful tools.
10. Daily energizing is very important. You must use a SURCHARGE of energy, not your normal supply of energy, to get results.
11. When doing the deep breathing for energizing it may help to do a lot of imagining. For example, imagine that you are getting ready to run a race. Take a stance as if you were about to start running. In this position, energize yourself by the breathing technique and mental suggestion.
12. If you have difficulty visualizing (making a mental picture), you can simply describe the desired result in words, adding as many other sensory impressions as are natural to you and to the request. This description can be sealed for protection, when completed, just as

- the visual picture can be.
13. If you tend to prefer an auditory reinforcement of your "blueprint," use a tape recorder to record the description and play it back as you energize.
 14. In relationship problems it is often necessary to dissolve the inner connections you have with another person. This may be true if there has been a conflict or separation, when it is desirable to end the relationship. It may also be necessary in a broken relationship that you wish to re-establish! By "cutting the cords" that bind you together, you get rid of disruptive conflicts, allowing the establishment of new and clear connections.
 15. It is important to establish a friendly partnership with your inner self. Consider your inner consciousness as a skilled worker who needs the talents you, the conscious mind, have and has other skills and talents that you lack. Together you make a perfect partnership. When you then join forces with your Higher Consciousness of High Self, you have the perfect triangle or trinity-- a team that can accomplish anything you decide upon and work toward.
 16. If you have any difficulty in clearing your mind of the distractions of daily life when you are in your quiet place, sit for a few seconds with your fingertips lightly touching. This will automatically balance your energies.
 17. Praise and Thanks. Just as you would express thanks and praise to a friend who assists you in completing a project, it is important to speak words of praise to your inner self and your High Self for the help they have given you.
 18. Even though the Light Switch method is done in a private, quiet place, once you have established the procedure as a habit, you can do a quick version at any time, anywhere, just by a brief pause as you form the picture and send it with energy to the High Self. This is especially useful for a picture which you have previously prepared carefully, and also for small things that do not require extensive preparation, such as getting a parking place or finding misplaced objects.
 19. You have a perfect memory! In order to have perfect recall any time you want it, get in very friendly terms with your inner self. That is the part of you which has the perfect memory.

Everyday Huna

Some of the "little" things of everyday life in which Huna techniques can be used:

1. Finding a parking place.
 2. Finding misplaced or lost objects.
 3. Getting green traffic lights and smooth traffic flow as you drive.
 4. Recalling things such as grocery lists and telephone numbers.
 5. Using hunches to prompt you to go a different route or stop off at a certain store where you will find what you've been looking for, what you need, or something that interests you.
- etc.

by Rev. James Vinson Wingo, DD

Life is but a series of breaths. Breath is Life. We can live a long time without eating, a couple days without drinking, but life without breath is measured in minutes. Something so essential deserves our attention. Breath is the most important of all the bodily functions, in fact all the other bodily functions depend on breath.

As much as we are dependent on breath for life, so are we largely dependent on correct, healthy breathing habits for continued vitality and freedom from disease.

One of the first things we learn in Huna is that by controlling our breathing we can increase energy and vitality. On the other hand, incorrect, careless breathing leads to decreased vitality and opens us up to disease.

Civilization has changed our manner of breathing. Very few people breath correctly in today's world. The results can be seen in poor posture, contracted chests, stooped shoulders, and the large amount of respiratory disease.

The foundation of health is a healthy bloodstream. Breathing is the way you fully oxygenate the body and thereby stimulate the electrical process of every cell in the body.

Breathing also stimulates the flow of the lymph fluid which contains white blood cells. The lymph system is the body's sewage system. Every cell is surrounded by lymph. We have four times as much lymph fluid than blood! The blood carries oxygen and nutrients to the capillaries which diffuse them into the lymph fluid around each cell. The cells take only what they need and excrete toxins. Dead cells and other toxins must be eliminated by the lymph system, and the lymph system is activated by deep breathing!.

Whereas the blood system has a pump called the heart, the lymph system moves only through deep breathing and muscular movement.

Not only does physical health depend on correct breathing, our mental power, happiness, self-control, clear-sightedness, morals, and spiritual growth are dependent upon breath. Entire schools of Oriental Philosophy have been founded upon the "Science of Breath."

In Huna we practice breathing exercises which allow us to gain control of our bodies and our selves, enabling us to send mana to any organ or area of thought (thought-form) to energize it and thereby strengthen ourselves and others. By controlled breathing we can not only cure disease, but also practically do away with fear, worry, and the baser emotions.

Although breathing is something we do naturally and automatically it is important to examine just how breath functions.

The Mechanics Of Breathing

Breathing is accomplished through the elastic movements of the lungs and the activities of the thoracic cavity in which they are contained. The thorax is the portion of the body between the neck and abdomen. The thoracic cavity is occupied mainly by the heart and lungs. It is bound by the spine, the ribs and their cartilage, the breastbone and by the diaphragm below. It is more than simply the chest.

There are twenty-four ribs, twelve on each side which emerge from the spine. The upper seven pairs are called “true ribs” because they are fastened directly to the breastbone. The lower five pairs are called “floating ribs” because they are not directly attached. The upper two of them are fastened by cartilage to the other ribs and the lower three have free ends.

In respiration the ribs are moved by muscular layers known as the intercostal muscles. The diaphragm separates the thorax from the abdominal cavity.

In breathing the muscles expand the lungs so that a vacuum is created so that air rushes in (obeying that well-known law of physics). The whole process depends on the respiratory muscles. Without the muscles the lungs cannot expand.

So, in essence, the science of breathing relies on the proper control and development of these muscles resulting in the ability to attain the maximum degree of lung expansion and to secure the greatest amount of life-giving properties of air to the system. Proper breathing exercises allow us to efficiently accumulate the maximum amount of mana. This is essential to health and to the practice of Huna.

Categories Of Breathing

Upper Breathing. This is the most common method of breathing in Western society. This is also the worst type of breathing and is the source of many of our problems. One breathing this way elevates the ribs, collarbone and shoulders while drawing the abdomen in. The abdomen pulls up and pushes against the diaphragm, raising it.

In Upper Breathing only the upper part of the chest and lungs are used. This is the smallest area and so only the smallest amount of air enters the lungs. Also, because the diaphragm is being raised, there can be no expansion in that direction. Go back and review the mechanics of breathing. It will become quite obvious that Upper Breathing uses a maximum amount of effort and energy to obtain a minimum amount of benefit.

Upper breathing wastes energy. People who breath this way (most of our modern culture) are weak and unhealthy. Even athletes who should know better tend to breath this way and suffer because of it. Respiratory diseases and vocal problems can be directly traced to this manner of breathing which strains the delicate organs and results in harsh voices. People who breath this way often resort to mouth breathing which increases their problems.

Mid Breathing. This method of breathing is similar to Upper Breathing and only slightly better. In Mid Breathing the diaphragm is pushed up and the abdomen drawn in while the chest is raised somewhat and the chest partially expanded. The results are much the same.

Deep Breathing. This method of breathing is far better than either of the two preceding methods. Deep Breathing is well known among those who recognize the importance of breath in health and meditation. Many systems of breathing have been built around Deep Breathing. Many have benefited and much money has been made on Deep Breathing. It is, however, only a part of proper breathing. Deep Breathing must be understood before we can proceed to Complete Breathing.

You saw that in Upper and Mid Breathing the diaphragm is raised. The diaphragm is the great partition muscle separating the chest from the abdomen and its contents. At rest the diaphragm is like a dome above the abdomen. When it is used, the diaphragm is lowered to press down on the abdomen and force it out.

In Deep Breathing the diaphragm is used and the lungs are able to move more freely. This has led some to tout Deep Breathing as the best method as it is definitely superior to the previous methods.

The problem is that in none of these three methods do the lungs become completely filled with air. Even in Deep Breathing only a portion of the lungs are filled at best. Upper Breathing fills only the upper portion of the lungs. Mid fills only the middle and some of the upper part. Deep Breathing fills only the lower and middle parts.

It should be evident that a method which fills the entire lung space will be of the greatest value in allowing us to absorb the greatest quantity of oxygen and to generate the most mana. The Complete Breath is the best method known.

Complete Breathing. This method of breathing combines all the good points of Upper, Mid, and Deep Breathing while eliminating the objectionable features of each. It brings into play the entire breathing apparatus, every part of the lungs, every air-cell, and every respiratory muscle. The entire respiratory system responds to Complete Breathing and the maximum amount of benefit is derived from the minimum expenditure of energy. The chest cavity expands to its normal limits in all directions and every part of the breathing mechanism performs its natural function.

In Complete Breathing all the respiratory muscles are completely called into play. The other types of breathing use only a portion of these muscles. This means that the space for the lungs to expand increases and the muscles give support to the organs as needed. The diaphragm is under complete control and is able to function properly.

In the Complete Breath the lower ribs are pulled slightly downward by the diaphragm while other muscles hold them in place and the intercostal muscles pull them outward. This combined action increases the mid chest cavity to its maximum capacity. The upper ribs are lifted and forced outward by the intercostal muscles, increasing the capacity of the upper chest to its maximum capacity

The Complete Breathing Technique

Complete Breathing should not be forced. This is a return to nature. Native people and infants breath this way naturally and that should be our goal. Once you have learned Complete Breathing it is not necessary to completely fill the lungs with every inhalation. This is an exercise for developing healthy habits and to be used several times a day in a controlled manner. With regular practice this manner of breathing will become a habit.

(1) Stand or sit erect. Inhale steadily through the nostrils. Fill the lower part of the lungs first by descending the diaphragm and thereby putting pressure on the lower abdominal organs, pushing the front wall of the abdomen forward. Next fill the middle part of the lungs by expanding the chest, pushing out the lower ribs and the breastbone. Finally fill the upper part of the lungs by protruding the upper part of the chest and thereby lifting the chest and the upper seven pairs of ribs. During this final movement the lower abdomen will be brought in slightly. This movement supports the lungs and helps fill the upper part of the lungs.

This breath is presented as three distinct movements, but the inhalation should be continuous, even, and fluid by expanding the entire chest, from the lowered diaphragm to the highest point of the chest in a uniform movement. Try to achieve an even, rolling action as you practice.

(2) Hold the breath for a few seconds.

(3) Exhale slowly through the mouth. As you do so hold the chest firmly in place, draw the abdomen in a little and lift it up slowly as the air leaves. When exhalation is complete you may relax the chest and abdomen. This requires a little practice at first, but it can easily become automatic.

Practice Complete Breathing in front of a mirror if possible with your hands over your abdomen so that you can feel the all movements.

Rhythm. Once you have the basic structure of Complete Breathing mastered you can begin rhythmic breathing. Try the Ha breath. Ha means four and it means breath. It is also the sound you should make when exhaling during the mana generating stage of the Ha Rite.

The four is divided into a ratio of 1:1:2 for the basic Complete Breath. This means you inhale for a count of one, hold the breath for a count of one and then exhale for a count of two. You hold the breath to allow full oxygenation of the blood and to activate the lymph system and you should take twice as long to exhale because that is when you are eliminating toxins. It's like Huna people have a reason for doing everything!

Use your heartbeat to establish a natural rhythm. You may want to start inhaling for a count of four beats, hold for four, and then exhale for eight. As you develop you can raise the number of beats for longer, slower breathing. This takes time. I started with a four count and now average an inhalation time of about thirty seconds, holding for thirty, and exhaling for sixty. Trained Yogis can take several minutes for one breath. Your breathing will improve with increased lung capacity and there's no need to overdo it.

The Complete Breath is the foundation for all breathing. It should become your natural way of breathing, though as mentioned before you need not take it to the extreme with every breath. You should become comfortable with the Complete Breath, doing it naturally and evenly before proceeding with the following breathing exercises.

Breathing Exercises

What follows are some Yoga breathing exercises which when combined with Huna and Complete Breathing with contribute to great health, wealth, wisdom, and happiness.

The Cleansing Breath

This breathing exercise ventilates and cleans the lungs. It stimulates the cells and tones the respiratory organs. You may conclude the other breathing exercises with the Cleansing Breath as it refreshes the entire system. It can be used after speaking or singing to rest the repertory system.

(1) Inhale a Complete Breath.

(2) Hold the breath a few seconds.

(3) Pucker the lips as if you were whistling without swelling the cheeks. Exhale a little air through the small opening with considerable force, stop for a moment (retaining the air), and then exhale a little more. Repeat this exhalation pattern until the air is completely out.

The Cleansing breath can be used any time you are tired. I use this breath any time I have been around smoke or other air pollutants.

The Chanting Breath

This technique can be used by speakers, singers, or anyone to improve their voice. This exercise provides power, control, and clarity. This is to be used only as an exercise and not as a regulate form of breathing.

(1) Inhale a Complete Breath very slowly and steadily taking as much time as possible for inhalation.

(2) Hold the breath a few seconds.

(3) Exhale quickly in one vigorous breath with the mouth wide open. This should be done instantly and your mouth should be wide enough to insert four fingers vertically between the teeth, or as close to this ideal as you can comfortably get.

(4) Rest the lungs with the Cleansing Breath.

The Oxygenizing Breath

This breathing exercise is designed to stimulate the air cells in the lungs. Do not overdo it. You will likely feel dizzy the first few times you do this. If you smoke or have smoked, do this only under supervision because you can pass out from the incredible rush of oxygen which your body is not used to. When I first tried this exercise I was about fourteen, spent hours each day riding (and racing) bicycles, and even I got dizzy the first couple times. Go easy and if you do get dizzy, walk around a little and discontinue the exercise for a while.

(1) Stand erect with your hands on your chest.

(2) Inhale a complete breath very gradually and slowly. As you do, gently tap your chest with the finger tips. Move your hands constantly so as to stimulate every inch of the lungs.

(3) When the lungs are filled, hold the breath and pat the chest with your palms. As you progress you can pat your chest more and more firmly.

(4) Practice the Cleansing Breath.

This exercise is very stimulating to the whole body. Many of the air cells in the lungs become inactive over time from incorrect breathing, smoking, etc. This exercise when done regularly can stimulate those cells back into activity over time. It is a very worthwhile exercise.

Summary Of The Three Selves

The Lower Self	The Middle Self	The Higher Self
Automatic or Autonomic Self.	This is the conscious and awake self, the personality.	The highest level of human consciousness.
It operates 24 hours every day, 365 days each year. It never sleeps nor rests.	It operates only while we are awake.	It is connected to the Universal Intelligence (the Godhead).
Its center is in the Solar Plexus	Its center is in our head area.	It exists outside and to one side of the head.
It takes orders from and is commanded by the middle self.	It is involved with the business of the day. Conducts functions like talking, thinking and movement.	It can only communicate with the lower self and with the Intelligence of the Universe.
Its purpose is three-fold:	Its purpose is two fold:	Its purpose is three fold:
a) Manages all unconscious bodily functions: beats the heart, digests food and maintains all memories.	a) To maintain survival, it finds food and shelter. It creates ego pursuits such as hobbies and career.	a) It is our connection to the Intelligence of the Universe, the Godhead.
b) Supports survival. This includes managing the Fight or Flight Stress	b) Creates civilization and civilizes the lower self. It makes judgements and issues	b) Connects us with the essence of Mankind and Mankind with all other

Mechanism as well as the immune and defensive systems of the body. In addition it manages the Healing and Repair Systems of the body.	commands to the lower self. Since the middle self is the personality its commands always inherently have within them its own particular viewpoint of the world, its likes and dislikes.	conscious elements of the Universe.
c) Makes sure that the middle self gets everything it wants and needs. All the middle self has to do is ask for what it wants. It need merely to create a thought of what it wants and the lower self will make it happen.	c) To get what it wants, the middle self gives commands to the lower self and then expects that it will give it what it wants. It often confuses itself with the lower self	c) Makes available to us all the potential of "heaven," the bounty of the Universe. This occurs through a specially constructed prayer. It creates "miracles" upon request.
		d) The Higher Self is not concerned with survival of the physical body. It knows the three spirits survive the physical realm at death.
The lower self remembers everything, past and present, and maintains this information to help the middle self to create its future.	It has a only short-term memory and relies on the lower self for long term memory and recall.	The Higher Self is beyond time and space. It has no equivalent of memory. It knows all and sees all.
It is often related to the Western concepts of unconsciousness or subconsciousness. However, it is never actually unconscious.	The middle self can be illogical. It has likes and dislikes and possesses intellect and intuition.	The Higher Self is selfless and in the realm of what might be called the Superconscious.
It is generally considered to be our animal or nature spirit.	It is generally considered to be the human spirit.	It is generally known as the Father or the Mother, or as the Holy Spirit.
It is ruled by internal (genetic) laws and it has an inherent wisdom yet it constantly	It is ruled as much by its likes, wants and desires as it is by external events and	The Higher Self operates under the rules of the Intelligence of the Universe. These

learns from the middle self.	forces. It wants to be socially correct and craves love.	rules, as we usually think of God, are unknowable.
It can only think deductively.	It uses both inductive and deductive logic. It has free choice and makes decisions about almost everything.	The Higher Self is neither logical nor illogical. It is Truth.
It serves the social aspect of the middle self as well as the physical needs of the body.	It plays social roles, imitates, speaks in words, uses emotions positively or negatively.	It has no equivalence in earthly terms.
It holds all emotions and manifests them through bodily feelings, physical signs and sensations often thought of as symptoms.	It manifests itself through emotions and feelings and reactions to these emotions and feelings.	It manifests itself in truth. It can heal instantly.
It has a very literal mind, and always does what it is told. It asks no questions but it can, however, resist instructions.	It has a rational and intuitional mind, it will think about and ponder questions.	It cares about the evolution of the lower self to a middle self and the middle self to a new Higher Self.
It is designed as an achiever to complete goals and tasks as rapidly as possible.	It is also designed as an achiever and goal setter.	The Higher Self has been described as the "Totally Trustworthy, Totally Benevolent Parental Spirit."
The lower self is essentially a child, it is also a student and a servant. It is programmed to perform and grow, to learn and repeat by habit.	It is more likely to be the initiator, teacher, parent or master.	The Higher Self cannot act on its own. It must be asked by the middle self through the lower self.
Its subtle aka body is an etheric body and its energy is mana or life force.	Its subtle aka body is the astral body and its energy is mana-mana or will power.	Its subtle aka body is the auric body and its energy, Mana Loa, is Spiritual Energy.

Table-1

Huna and Huna Reiki

Hawaiian Spiritual Healing

Hawaiian spiritual healing, known as Huna, means "secret". It is an energy system that places as much emphasis on connecting with your spirituality as it does on connecting to the earth, your body, and your emotions. Huna teaches us to celebrate life on the physical plane, to merge matter and spirit rather than transcendence of the physical plane.

The Hawaiian Huna Philosophy

This ancient tradition believes that the key to living a fulfilled life lies in the awakening and integration of your subconscious or lower self, the conscious or middle self, and the spiritual or higher self. It offers us a profoundly beautiful philosophy of life centered in love with the vision of humankind, nature, and the divine as harmonious parts of a cosmic community.

Huna is much more than a philosophy, it is a way of life that gives us a set of practices that are simple yet, profoundly transformational.

Historically the Kahuna was the spiritual master or shaman who was the keeper of the Huna knowledge and tradition. When the English settled in the Hawaiian islands the practice of Huna was banned and the Kahunas went into hiding. Today these practices are emerging once again to help us heal.

THE SEVEN PRINCIPLES OF HUNA

Huna was initially known as "Ho'omana". The word "Mana" is nothing but life force energy. Synonyms: In Japanese "Ki", In Chinese "Chi" and in that very old and colorful language Sanskrit "Prana". Mana = Life Force Energy. "Ho'omana", therefore, is empowerment through life force energy.

Seven Principles of Huna

1. **The world is what you think it is:** This is exactly what psychologists – the mind experts say. Change your thought, you can change your attitude, behavior and thereby destiny!
2. **There are no limits:** The three-dimensional body supported by the five senses is not real. If we go deep in to the matter and energy, it is possible for you to come to the genesis of Universe. In the space – time universe we live, there is a common source outside what we assume as reality. In effect there are not limits.
3. **Energy flows where attention goes:** Our body is composed of energy and intelligence. This vibrating energy and intelligence can be converted in to any other energy field according to your thought process.
4. **Now is the moment of Power:** Your deeds of yesterday are history; your dreams of tomorrow are not real – you do not know what it holds, but this very moment is very real and in front of you for you to use it most positively, wholesomely for your betterment.
5. **To love is to be happy with:** Love is happiness. Unhappiness springs from doubt, fear, anger etc – the base instincts. If these are obliterated from your mind, Love becomes deeper and stronger.
6. **All power comes form within:** You are the powerhouse. You have the capability to create and this creation manifests through your belief system, mores and codes, desires, expectations as well as fears. Your thinking channeled positively will have positive power.
7. **Effectiveness is a measure of truth:** What is effectiveness? When the thinking and the resultant attitude and behavior are appropriate to a given situation, it is considered effective; if it is not appropriate it is ineffective.



