

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

# **Huna: Ancient Hawaiian Secrets For Modern Living**

Huna is ancient and at the same time magnificently modern. The mystical practice of Kahuna evolved in isolation on the island paradise of Hawaii. The ancient Hawaiians valued words, prayer, their gods, the sacred, the breath, a loving spirit, family ties, the elements of nature, and mana-the vital life force-ideas profound yet elegantly simple. Discovering the concepts of Huna is like finding gemstones in a mountain-a joyous journey!

“Reality is experience, and experience is reality,” says Hawaiian shaman Serge King, speaking of Huna, the esoteric tradition in which he was

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

reared. King emphasizes that all of us have the ability to shift from one world to another. The difference is that shamans do it purposefully, while the rest of us are unaware of it. He trains us to engage in the process consciously in order to expand our human potential. Among books on Huna, this one is unique for offering actual practices for changing our reality to create the life we want. In a user-friendly, conversational style, King's chapters explain the four worlds of a shaman and basic Huna principles. Then, citing case studies, he guides us in how to change reality in each of the four worlds, bringing in ESP, telepathy, the perception of auras, telekinesis, dreaming, magical flight, and, finally, soul retrieval and the great power of healing. "It sounds simple," says King, "and it is. The most

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

difficult part is to accept the simplicity, because that means changing one's idea about what reality is. And that's what this book is all about.”

This is your life. It is yours to shape any way you choose as a result of how you think. The key to an amazing life is yours in three simple steps: Think, Believe, Receive. Unleash the power to create the life you want simply by shaping your thinking. Believe you are the designer and master of your experience; and clear the way to receiving all the good you can stand.

This simple, easy to follow creative process is your right now, in Think Believe, Receive, and the time to begin is now. "Good stuff! Simple and powerful. Reminds me of Huna on every page." Serge Kahili King, Ph.D, Author of "Huna: Ancient Hawaiian Secrets for Modern Living" "Brian

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

Graham brings the reader to new insights and visions of what life could be like. It is a powerful guide to transformative living. It gives us the courage to break old negative thought patterns and the wisdom to create joy filled lives." Rev. Edwene Gaines, author of *The Four Spiritual Laws of Prosperity, A Simple Guide to Unlimited Abundance*. "Think, Believe, Receive is just right for the person who wants to improve some area of his or her life. Brian Graham offers a step by step journey that anyone can take to get from where he is to where he desires to be. Easy to understand and apply and get fast results." Dr. Terry Cole-Whittaker" "For additional copies of this book, and other inspirational items please visit our web site at [Think, Believe, Receive.net](http://Think, Believe, Receive.net)."

Max Freedom Long was a preeminent

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

western scholar on the Huna, the psychological philosophies of the ancient polynesian culture that incorporated 'miraculous' events such as hands on healing, fire/hot lava walking, spirit communication and management, and psychic occurrences. This text is a compilation of his case studies and field work. Chapters include The Practical Use Of The Magic Of The Miracle, How The Kahunas Controlled Winds, Weather And The Sharks By Magic, The High Self And The Healing In Psychic Science, The Significance Of Seeing Into The Future In The Psychometric Phenomena And In Dreams, The Incredible Force Used In Magic, Where It Comes From, And Some Of Its Uses, and, Fire-Walking As An Introduction To Magic.  
Four Phrases to Change the World

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

One Love to Bind Them

Hawaiian Shamanistic Healing

Fundamentals of Hawaiian Mysticism

The Sacred Songs of the Hula

Hawaiian Mythology

The Sacred Power of Huna

Dream Tech

When Rima Morrell first went to Hawai'i as a young anthropology student from Cambridge University, she was surprised to find a lighter brighter world where trees talked to her in ancient temples and magic regularly happened. She found the system of ancient Hawaiian wisdom known as Huna, a system that teaches us how to focus the light of our own being to make magic. Following her Higher Self--and overcoming resistance to its rainbow guidance--she discovered

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

we are each responsible for our own power. Through practicing Huna, we can consciously create our own reality, for we are each the navigator of our own soul canoe. Following her years in the islands, and Ph.D. in Huna, Rima reveals new knowledge about this sacred tradition. Citing the work of earlier researchers such as Max Freedom Long, as well as native kahuna, Rima reveals knowledge about Huna that has not previously been available: the role of emotion in gaining true wisdom, the magical elements of Hawaiian language, the sophisticated system of lunar astrology, and the hula as a system of shamanism. Rima also shows how the principles of a society woven with love can

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

shape our own lives.

Praise For Zero Limits "This riveting book can awaken humanity. It reveals the simple power of four phrases to transform your life. It's all based in love by an author spreading love. You should get ten copies of it----one for you and nine to give away. It's that good." ---- Debbie Ford, New York Times bestselling author of The Dark Side of the Light Chasers "I love this book! I feel it will be the definitive personal-change/self-help book for at least a generation and viewed as a watershed event by historians. There is real potential for this book to start a movement that will end war, poverty, and the environmental devastation of our beloved planet." ---- Marc



## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

Gitterle, MD,

[www.CardioSecret.com](http://www.CardioSecret.com) "This book is like a stick of dynamite, and the moment you start reading, the fuse is lit. It blows away all the complex and confusing success paradigms of the past and reveals a refreshing and clear path to transform your life with just one simple step. As you explore Zero Limits with Vitale, be prepared for a journey that is both challenging and inspiring beyond anything you've imagined." ---- Craig Perrine,

[www.MaverickMarketer.com](http://www.MaverickMarketer.com) "There are more than 6 billion different manifestations of human existence on the planet?and only one of us here. In Zero Limits, Vitale has captured the truth that all great spiritual, scientific, and

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

psychological principles teach at the most fundamental level. Boil it all down to the basics and the keys are quite simple---- the answer to all life's challenges is profound love and gratitude. Read this book; it's a reminder of the truth and ability you already possess." ---- James Arthur Ray, philosopher and bestselling author of Practical Spirituality and The Science of Success "Wow! This is the best and most important book Vitale has ever written!" ---- Cindy Cashman, [www.FirstSpaceWedding.com](http://www.FirstSpaceWedding.com) "I couldn't put it down. This book elegantly sketches what I've learned and learned about in twenty-one years of personal study, and then it takes it to the next level. If you're looking for

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

true peace along with 'the good stuff,' then this book is for you."

---- David Garfinkel, author of Advertising Headlines That Make You Rich "Zero Limits is Vitale's adventure into the most mind-altering reading experience of your life." ---- Joseph Sugarman, President, BluBlocker Sunglasses, Inc.

Unwritten Literature of Hawaii: The Sacred Songs of the Hula (1909) is a collection of hulas and essays by Nathaniel B. Emerson. Translating previously unwritten songs, interviewing native Hawaiians, and consulting the works of indigenous historians, Emerson provides an entertaining and authoritative look at one of Hawaii's most cherished traditions. "For an account of the

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

first hula we may look to the story of Pele. On one occasion that goddess begged her sisters to dance and sing before her, but they all excused themselves, saying they did not know the art. At that moment in came little Hiiaka, the youngest and the favorite. [...] When banteringly invited to dance, to the surprise of all, Hiiaka modestly complied. The wave-beaten sand-beach was her floor, the open air her hall; Feet and hands and swaying form kept time to her improvisation.” As an American born in Hawaii who played a major role in the annexation of the islands as an author of the 1887 Constitution of the Hawaiian Kingdom, Emerson likely saw himself as a unifying figure capable of interpreting for

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

an English-speaking audience the ancient and sacred tradition of the hula, a Polynesian dance often accompanied with instruments and chanting or singing. Combining critical analysis with samples of popular hulas in both Hawaiian and English, Emerson works to preserve part of the rich cultural heritage of the Hawaiian Islands. With a beautifully designed cover and professionally typeset manuscript, this edition of Nathaniel B. Emerson's Unwritten Literature of Hawaii: The Sacred Songs of the Hula is a classic of Hawaiian literature reimagined for modern readers. Examinations and accounts of experimentation with subtle energies. In addition to the

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

scientifically accepted forces of electricity, magnetism, and gravity, there are, according to the author, "psychoenergetic" forces, those that interact with the mind as well as the body. His research deals with the energies behind extraordinary phenomena like non-physical healing, levitation, telekinesis, superstrength, and many others in which the mind is always an important factor. He touches on pyramid power, dowsing, feng shui, and the use of magnets for healing. These, and many more sources may have a single energy in common; the same way different physical elements all have electrons in common. Leave skepticism behind, and be fascinated by his examples and

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

observations that may someday prove to be of practical value, and no more "strange" than bread mold being used to cure disease.

Three steps to an amazing life

The Legends and Myths of Hawaii

Working with Night Dreams,

Daydreams, and Liminal Dreams

A Teaching Story

Recovering the Ancient Magic

The Seven Elemental Forces of

Huna

Ho'oponopono Secrets

The sacred Flower of Life

pattern, the primary geometric

generator of all physical form, is

explored in even more depth in

this volume, the second half of

the famed Flower of Life

workshop. The proportions of the

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

human body, the nuances of human consciousness, the sizes and distances of the stars, planets and moons, even the creations of humankind, are all shown to reflect their origins in this beautiful and divine image. Through an intricate and detailed geometrical mapping, Drunvalo Melchizedek shows how the seemingly simple design of the Flower of Life contains the genesis of our entire third-dimensional existence. From the pyramids and mysteries of Egypt to the new race of Indigo children, Drunvalo presents the sacred geometries of the Reality and the subtle energies that



## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

shape our world. We are led through a divinely inspired labyrinth of science and stories, logic and coincidence, on a path of remembering where we come from and the wonder and magic of who we are. Finally, for the first time in print, Drunvalo shares the instructions for the Mer-Ka-Ba meditation, step-by-step techniques for the re-creation of the energy field of the evolved human, which is the key to ascension and the next dimensional world. If done from love, this ancient process of breathing prana opens up for us a world of tantalizing possibility in this dimension, from protective

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

powers to the healing of oneself, of others and even of the planet. Embrace the expanded vision and understanding that Drunvalo offers to the world. Coincidences abound, miracles flourish and the amazing stories of mysteries unveiled arise as the author probes the Ancient Secrets of the Flower of Life.

The descendant of an ancient Hawaiian priestly clan calls on readers to return to traditional modes in daily life. Original.

“Belinda Farrell is a courageous woman sharing personal woes so that others may find strength in their own journey. She lights the path of hope, brightens the

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

realm of despair and embraces the act of survival. Cal-Berkeley graduate, Mom, "Snow White," almost CIA agent, stunt car driver, actor, writer, hot coal walker, Huna teacher, wild dolphin swim guide, she 's a New Millennia Renaissance woman offering good health and holistic healing. Her new book Find Your Friggin ' Joy is not for the faint of heart, but a manual for those brave enough to confront their demons, face their feelings, and exalt their potential." –Broderick Perkins, Executive Editor at DeadlineNews.com This book takes you on a journey using Ancient Hawaiian Teachings that

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

invite the reader to take personal responsibility to unplug from the old non-productive stories and step into the frequencies of your Higher Self. Connecting with these frequencies can heal your physical body, bring you back into balance, lighten your load, and fulfill your soul's purpose. It's all up to YOU! When Belinda was forty eight she collapsed with herniated discs and spinal nerve damage. Threatened with paralysis by her medical doctors if she didn't have surgery, Belinda instead chose to apply the ancient Hawaiian healing practices she had been learning for the past three years which

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

are covered in this book. Her back completely healed including childhood scoliosis. Belinda retired from stunt car driving and, for fifteen years has been sharing these healing practices with others. She offers Reconnective Healing and Huna in Santa Cruz, Ca. and takes clients to Hawaii to teach Huna and swim with wild spinner dolphins. The dolphins help us to dissolve fear with an open heart expanding our reality through their vibrational tones so that we experience our deepest joy. The ancient wisdom of Hawai'i has been guarded for centuries -- handed down through lines of

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

kinship to form the tradition of Huna. Dating back to the time before the first missionary presence arrived in the islands, the tradition of Huna is more than just a philosophy of living -- it is intertwined and deeply connected with every aspect of Hawaiian life. Blending ancient Hawaiian wisdom with modern practicality, Serge Kahili King imparts the philosophy behind the beliefs, history, and foundation of Huna. More important, King shows readers how to use Huna philosophy to attain both material and spiritual goals. To those who practice Huna, there is a deep

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

understanding about the true nature of life -- and the real meaning of personal power, intention, and belief. Through exploring the seven core principles around which the practice revolves, King passes onto readers a timeless and powerful wisdom.

The Shaman's Mind

Applications of Huna to Health,  
Prosperity, and Personal Growth

The Secrets and Mysteries of  
Hawaii

Ancient Hawaiian Secrets for  
Modern Living

Life Stories of Three Yukon  
Native Elders

The Hawaiian Practice of

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

## Forgiveness and Healing

## Dangerous Journeys

Bring the Peace of Paradise Into Your Life Every Day, No Matter Where You Are Aloha refers to the divine spirit of love that flows through all things. In this book, you'll learn how to cultivate the Aloha spirit with Hawaiian philosophy, Ho'oponopono, Lomilomi massage, and other traditional medicine ways. Hawaiian Shamanistic Healing explores the techniques of several renowned healing systems, including Kahi Loa, Heartworks Lomi, Big Island Massage, Traditional Hawaiian Touch Medicine, and Temple Style Lomi. Join authors Wayne Kealohi Powell and Patricia Lynn Miller, longtime students and practitioners of Hawaiian bodywork



## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

and shamanism, as they show you how to create space for miracles and open up to the healing energy of the divine. Praise: "My first experience of receiving bodywork from Wayne in 2003 was profound, and I have been hooked ever since. I have been involved in body work for many years and have had hundreds of body work sessions internationally. What makes Wayne's sessions so profound is the depth he takes me to and the magic that gets evoked for weeks after my sessions. I literally feel all old baggage fall off, injuries healing fast, and my energy shiny, new, and ready to take on the world from a place of heart and soul. I now make receiving Wayne's healing work part of my lifestyle and a must for my family and the clients I mentor. I urge you to experience, learn, and dive into

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living.

Wayne's magic and I assure you that you'll be gifting yourself a spa-healing for your body, mind, and soul."—Satyen Raja, founder of Warrior Sage Trainings "...The mature lomilomi practitioner, no matter the franchise, always lives within the current of authority to heal. The core relationship between the soul and the practitioner is the maturing process. When that happens; the healing that follows is immortal. The place we hold for lomilomi is far reaching, so many practitioners have far moved past the certificates on their wall and into their own expression. In that expression is the non-franchised, authentic relationship between soul and person, carrying the healing that is known as lomilomi. And Wayne and Patti's effort in this book speaks

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

to all lineages in a single voice."—Harry Uhane Jim, Kahuna, healer, teacher, and author of *Wise Secrets of Aloha* "Many are the techniques for revitalizing and relaxing the body temple, but there is only one that delivers the results of Wayne's Lomilomi techniques.

Wayne's unique combination of Lomilomi and ancient breath work promotes the integration of healthy new choices while releasing old ones. In short it is a transforming gift to yourself!"—Rev. Dr. Michael Bernard Beckwith, founder and senior minister of Agape International Spiritual Centre, and author of *Life Visioning*

Ho'oponopono is not about the other person. It's about you. Ho'oponopono is known as the ancient Hawaiian forgiveness process. But, according

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

to Dr. Matt James, that's not quite accurate. "Ho'oponopono is about release. Releasing pain from the past that enslaves you in the present. Releasing old perceptions of those you love, so your relationships are alive and fresh. Even releasing those who have died so your grief can shift into a new appreciation." Through consistent use of practices like ho'oponopono, ancient Hawai'ians were almost completely devoid of mental and emotional diseases. They knew what modern medical science has since verified: that holding a grudge affects you not only emotionally, but is also related to physical issues like heart disease, compromised immune systems, and increased stress. This book will show you: - Why emotional baggage is so toxic physically, and how to remove

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

it - How holding grudges sabotages your dreams, and how to release any resentment - Why your relationships become stale, and how to bring vibrancy back to them - How to turn your grieving into love and joyful acceptance "Now that science understands the importance of forgiveness and release, many teachers and trainers are promoting ho'oponopono. Their intentions are good, but they miss the mark. It's not just about the words. For true healing, you need to understand how to tap the energy of ho'oponopono." Modern teachers often streamline the process of ho'oponopono, but in doing so, they leave out elements that ancient Hawaiians knew were critical. In Ho'oponopono: Your Path to True Forgiveness, Dr. Matt reveals those elements, and shows you step

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

by step how to use them for total healing. Few teachers who talk about ho'oponopono have the extensive background Dr. Matt James has in the practice. Dr. Matt is privileged to carry on the 28th generation of Huna- the ancient practice of energy work, empowerment and flexibility of the Spirit, Mind and Body- and its teachings. He also wrote the dissertation for his doctorate in psychology on ho'oponopono and its effectiveness. He has practiced ho'oponopono and taught it to thousands of students for over 20 years.

A simple practice to heal your past and cleanse negative memories to live a more peaceful and harmonious life • Details how to apply Ho'oponopono to deal with traumatic past events, destructive thought

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

patterns, family dynamics, daily annoyances, or any other disagreeable event in your life, from traffic jams to relationship break-ups

- Draws on the new science of epigenetics and quantum physics to explain how Ho'oponopono works • Explains how the trauma of past events can cloud your perceptions and reveals how to break free from the weight of your memories Based on an ancestral Hawaiian shamanic ritual, the healing practice of Ho'oponopono teaches you to cleanse your consciousness of negative memories, unconscious fears, and dysfunctional programming and grant yourself forgiveness, peace, and love. The process is deceptively simple--first you must recognize your own responsibility for creating the events in your life, then you are

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

ready to apply the mantra of Ho'oponopono: I'm sorry, Forgive me, Thank you, I love you. Repeated several times over a dedicated interval, the negativity is replaced with inner peace, love, and harmony--and, as the stories in this book show, sometimes even miracles take place. In this step-by-step guide, the authors explain how to apply Ho'oponopono to traumatic past events, destructive thought patterns, family dynamics, daily annoyances, or any other disagreeable event in your life, from traffic jams to relationship break-ups. Drawing on quantum physics and epigenetics, they explore how Ho'oponopono works--how thoughts and consciousness can affect the expression of your DNA, the materialization of your goals, and the



## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

behavior of those around you. They explain how negative thought patterns and memories unconsciously guide your life and draw more negativity to you, perpetuating the cycle of bad events and clouding your recollection of the past. By apologizing to yourself, your memory, and the event in question, you can forgive yourself, heal your memories, and cleanse your perceptions. By reconciling with yourself, you open your heart to love for your experiences, yourself, and others and bring harmony to your mind, body, and the world around you.

A full-color practical guide to connecting with the 7 elemental forces for empowerment, manifestation, and divination •  
Details how to connect your soul with

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

Huna's seven elemental forces of nature--water, fire, wind, rock, plants, animals, and beings of light, including angels • Provides simple exercises, techniques, and rituals to tap into the energies of nature, communicate with the elemental forces as well as nature spirits and the weather, manifest our dreams, and divine answers to life's difficult situations • Explains how to build a wheel of the elements to anchor your connection to the energies of the elements In the Huna tradition of Hawaii, there are seven elemental forces whose all-pervading energies flow around us in abundance. Each of us has the ability to easily tap into this rich source of energy to aid us in any situation, empower ourselves and our actions, and manifest good things in our lives. In this full-color

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

practical guide, Susanne Weikl details how to connect mentally and spiritually with Huna's seven elemental forces of nature--water, fire, wind, rock, plants, animals, and beings of light, including angels. Providing simple exercises, techniques, and rituals, she invites you to sense and meet each of the elemental forces and draw on their powers for manifestation and empowerment. You will learn to communicate directly with nature spirits, including gnomes, dwarfs, leprechauns, and the weather, and work with nature on an energetic level. You will learn how to build a wheel of the elements to anchor your connection to the energies of the elements and provide a conduit for easily accessing their powers at any time. You will also receive

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

inspirational messages from each of the seven elemental forces. By connecting with the seven elemental forces of Hawaiian shamanism, you open yourself to an infinite reservoir of energy, an oracle for finding answers to difficult questions, a powerful support for manifesting positive outcomes, and an intuitive source for decoding symbols in nature. We each are already connected with nature and, with the practices in this book, we each can become a nature energy worker.

Wise Secrets of Aloha

The Science Missed by Max Freedom  
Long in the Secret Science Behind  
Miracles

Happy Me, Happy You

Find Your Friggin' Joy

Lost Secrets of Ancient Hawaiian  
Huna

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

How to Master the Art of Dreaming  
The Secret Science Behind Miracles  
To learn to think like a shaman is to attune yourself to a magical spectrum of infinite possibilities, unseen truths, alternative realities, and spiritual support. When a shaman likes what's happening, they know how to make it better, and when they don't, they know how to change it. The Shaman's Mind is a book that teaches the reader how to align and transform their own mind into one

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

that sees the world through the lens of the indigenous healers of old. Based on the Omega workshop by the same name.

In 1996, a revered Hawaiian elder befriended an American anthropologist, and from their rare and intimate rapport, something miraculous emerged.

Through the words and teachings of the kahuna wisdom-keeper Hale Makua, Dr. Hank Wesselman was gifted with an enhanced

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

perspective into the sacred knowledge of ancient Hawaii. Before his passing, elder Makua encouraged Dr. Wesselman to convey much of what had passed between them to the wider world, giving him permission to share his spiritual knowledge. Now, with The Bowl of Light, you are invited to share in the sacred wisdom of one of the world's most powerful indigenous traditions, including: The Bowl of Light—how we can restore our natural

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

divine radiance The  
three directives of the  
spiritual warrior—love  
with humility, live with  
reverence, and know with  
self-discipline Rituals  
for communing with  
nature, receiving wisdom  
from the spirit world,  
purifying our  
consciousness, and more  
The Ancestral Grand  
Plan—exploring the path  
our ancestors set in  
motion millennia ago,  
and how the Plan is  
playing out across the  
world today  
Ku and Hina-man andwoman-



## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

were the great ancestral gods of heaven and earth for the ancient Hawaiians. They were life's fruitfulness and all the generations of mankind, both those who are to come and those already born. The Hawaiian gods were like great chiefs from far lands who visited among the people, entering their daily lives sometimes as humans or animals, sometimes taking residence in a stone or wooden idol. As years passed, the

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

families of gods grew and included the trickster Maui, who snared the sun, and fiery Pele of the volcano. Ancient Hawaiian lived by the animistic philosophy that assigned living souls to animals, trees, stones, stars, and clouds, as well as to humans. Religion and mythology were interwoven in Hawaiian culture; and local legends and genealogies were preserved in song, chant, and

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

narrative. Martha Beckwith was the first scholar to chart a path through the hundreds of books, articles, and little-known manuscripts that recorded the oral narratives of the Hawaiian people. Her book has become a classic work of folklore and ethnology, and the definitive treatment of Hawaiian mythology. With an introduction by Katherine Luomala. This book takes an in-depth look at magic,

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

including fire-walking,  
spiritualism,  
levitation, mid-reading,  
instant healing, and  
changes in physical  
material.

Spirituality and  
Shamanism in Hawai'i  
A Quest for the Hidden  
Power of the Planet  
A Beginner's Guide  
Kahuna of Light  
Urban Shaman  
The Science of Using NLP  
to Create Ideal Personal  
and Professional  
Relationships  
The Secret Hawaiian  
System for Wealth,

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

Health, Peace, and More

*Married couples...dating  
couples...parents and  
children...teachers and  
students...office  
workers...management and  
staff...business to  
business... There is a  
simple solution to  
improving your  
communication and  
building better,  
healthier relationships.  
It's called Law of  
Connection. Make it work  
for you! Are there  
certain people you  
cannot seem to  
communicate with--at*

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*home, at work, or in your community? You say one thing, they hear something different. You simply do not understand one another, and you cannot explain why. The only thing you are certain of is that the lack of connection leads to disappointment, frustration, and conflict. Now in LAW OF CONNECTION, Michael J. Losier gives you the key to successful communication. Using the principles of Neuro-Linguistic Programming*

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*(NLP), you will soon master the few simple skills needed to create better understanding with people in every aspect of your life. With tips, tools, exercises, and scripts to guide you, you will discover: --the three conditions for connecting --techniques for calibrating your conversations --four easy methods for effective communication --tips for creating positive rapport in all kinds of situations --a*

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*special section for teachers, trainers, and anyone who makes group presentations. Bring LAW OF CONNECTION home to your family and introduce it into your workplace. Watch and listen as communication improves wherever you are, and your relationships become fuller, richer, and free of conflict. Powerful yet concise, this revolutionary guide summarizes the Hawaiian ritual of forgiveness and offers methods for*



## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*immediately creating positive effects in everyday life. Exploring the concept that everyone is deeply connected – despite feelings of singularity and separation – four tenets are disclosed for creating peace with oneself and others: I am sorry, Please forgive me, I love you, and Thank you. Offering practical exercises, this simple four-step system encourages readers to focus on difficult conflicts*

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*within personal relationships and heal the past. By addressing these issues, owning one's feelings, and accepting unconditional love, unhealthy situations transform into favorable experiences. The final chapters delve into love, relationships, health, career and healing the planet. Quantum Huna is a discussion of the Ancient Hawaiian Kahuna rituals, knowledge, and customs from a Quantum*

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*Physics and Energy point of view. Other researchers including Max Freedom Long have viewed the secrets of these ancient ones from a religious perspective and we believe missed the true essence of the power they carried through the ages. This work will thus empower you as no other to conduct your life in a truly manifesting way. You are an Energy Being First.*

*The life stories of three remarkable and*

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*gifted women of  
Athapaskan and Tlingit  
ancestry who were born  
in the southern Yukon  
Territory around the  
turn of the century -  
when storytelling  
provides a customary  
framework for discussing  
the past.*

*Quantum Huna*

*Law of Connection*

*Changing Reality*

*Medicine Ways to*

*Cultivate the Aloha*

*Spirit*

*Vol 1, Second Edition*

*Huna Practices to Create*

*the Life You Want*

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*The Book of Ho'oponopono*

This is a fictional "teaching story" by Serge Kahili King, author of Instant Healing, Kahuna Healing, and Urban Shaman, which pits two Hawaiian shamans against a psychic assassin and her accomplices in a modern action-adventure that ranges from Hawaii to Europe and back again.

HO'OPONOPONO FOR  
BEGINNERS- A Complete Practical  
Guide To Successful

Ho'oponopono Practice: Everything  
you need to know about the  
Spiritual Practice that is sweeping  
the globe & changing the lives of all  
it touches... INCLUDES- -Beginners  
Guide to Ho'oponopono  
-Ho'oponopono Origins & History

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

-Ho'oponopono Philosophy -How & Why It Works -Simple Step by Step Instructions -Practical Tips for Success Through Ho'oponopono -Sample Mantras EVERYTHING YOU NEED TO BEGIN PRACTISING HO'OPONOPONO RIGHT AWAY...Ho'oponopono (Ho Oh Pono Pono) roughly translated as "to make right", "to correct", is an ancient transformational and healing technique originating in Hawaii. Its simple message of 100% responsibility, repentance, and gratitude has been changing the lives of all it touches. Originally practiced by the native Hawaiians, Ho'oponopono was primarily a group based ceremony, used to solve community based problems

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

and disputes and it has ties and similarities to many indigenous shamanic practices found throughout the world. The Ancient Hawaiians understood the power of the mind. Centuries before mainstream science they identified the distinction between the Conscious, Subconscious, and Super-Conscious minds, and the part they play in forming our present day circumstances. This knowledge was considered so important that they built their whole belief system Huna (The Secret) around it...Huna's main focus was on resolving community based disputes and problems. They discovered the best way to accomplish this was by

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

understanding and controlling the power of the Subconscious Mind- The Ho'oponopono process was one of the most powerful tools they had in achieving this. It was used to clean and 'reset' the mind, leaving it free and open to the positive influences that are constantly being sent to it from the Divine Universal Consciousness. It was updated by Mornah Simeona in the late 90s to better reflect the demands of the modern world. No longer needing a collective the process could now be practised individually. Since then Ho'oponopono has been quietly but steadily spreading around the globe, gathering rave reviews and devotees as it goes. So what exactly is Ho'oponopono? Is it really so



## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

easy? Does it work? Why does it work? How do you do it? What can it do for me? This book will answer these questions and many more, examining its origins, development, and the philosophy that underpins it. It will provide you with all the knowledge and information you need, guiding you through the Ho'oponopono process step by step with sample mantras so you can begin practising right away. We'll look at why this deceptively easy, but extremely powerful process, is changing the lives of all it touches. And show you how it can change yours too...

Harry Uhane Jim is one of the last Kahuna of Lomilomi, Keeper of the Deep Mysteries of authentic

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

Hawaiian esoterica. He shares the secrets of this ancient oral tradition with readers for the first time in *Wise Secrets of Aloha*. Recognizing that the world is in great peril, Kahuna Harry was blessed by the Halau Guardians who instructed him to share the true teachings and tools of Lomilomi for the practice of physical, emotional, and spiritual healing. He writes: "Now is the time to share aloha with humanity. `Aloha' means the Breath of God is in our Presence. It is time to reveal the profound Lomilomi secrets of the kahunas for personal and planetary peace." *Wise Secrets of Aloha* is as simple as it is profound, as contemporary as it is ancient. It is true to Hawaiian esoteric

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

teachings and available to all who bring the right attitude. Aloha calls. Listen in the the splash of waves, in the breeze—the air is filled with aloha. All the abundance, joy, and freedom from old wounds readers have ever yearned for can be found by adopting the aloha spirit.

The first practical guide to applying the ancient healing art of Hawaiian shamanism to our modern lives. Uniquely suited for use in today's world, Hawaiian shamanism follows the way of the adventurer, which produces change through love and cooperation—in contrast to the widely known way of the warrior, which emphasizes solitary quests and conquest by power. Now, even if you can't get out into the

# Get Free Huna: Ancient Hawaiian Secrets For Modern Living

wilderness or undertake a long apprenticeship with a shaman, you can learn to practice the art of shamanism. You'll learn how to:

- Interpret and change your dreams
- Heal yourself, your relationships, and the environment
- Cast the shaman stones to foretell the future
- Design and perform powerful rituals
- Shapechange
- Make vision quests to other realities

And more.

The Ancient Religion of Positive Thinking

The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment

Unwritten Literature of Hawaii

Ancestral Wisdom from a Hawaiian Shaman

The Huna Way to Healthy Relationships

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

Dreaming Techniques

Huna

***Written in a simple style, the book includes many practical exercises and illustrations designed to gradually develop the extraordinary latent abilities of one's inner mind and apply the principles of Huna, which means secret in the Hawaiian language. The purpose of Dream Tech is to give readers an in-depth understanding of night dreams, day dreams, and the perception of life as a dream. along with techniques and practices for developing one's skills***

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

***in each of these areas. The first ten chapters deal with night dreams and the next two are about what Dr. King calls the "In-Between State." These are followed by three chapters on Day Dreams and five chapters on Life As A Dream. The last chapter is about how to put all this together in Lucid Living.***

***This exuberant guide is special among the many books on relationships because of Serge King's seasoned perspective as a master Huna shaman and alternative healer. "The problem between two***

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

***people is never a 'relationship' that isn't working," he says. "It is always that one or both of them don't know how to relate in a better way. The real problem is behavioral, and it's easier to change behavior than to change an abstraction called a 'relationship.'" King teaches the best methods for creating healthier relationships of all kinds—with family members, friends, lovers and spouses, and the rest of the world as well as with our own body, mind, and spirit. In a warm,***

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

***conversational style, he shows us how to shift our behavior using holistic techniques based on his shamanistic understanding of consciousness. He also gives the antidotes for specific relationship problems caused by such feelings as fear, anger, and alienation. "Many people spend their entire lives seeking to know the rules of the universe," he says, "so I've decided to save them a lot of time by giving them out now, for free. The better we understand these rules the easier it will be for us to grow, to heal, and***



Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

***to have a good time.”***

***Harness the transformative power of night dreams, half-awake dreams, and daydreams for healing, manifestation, and insight • Examines the types of dreams we have and how to remember and interpret them • Offers techniques for using night dreams and liminal dreams to improve our health and well-being and for manifesting our dreams in reality • Provides techniques for using daydreams for healing, insight, and creativity • Explains how dream techniques can be used to***

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

***influence the behavior of people, things, and nature in the waking world Dreams can change our lives in profound and tangible ways. In this guide to mastering the art of dreaming, Serge Kahili King, Ph.D., explores techniques to harness the power of dreams for healing, transformation, and changing your experience of reality. Drawing on his analysis of more than 5,000 of his own dreams as well as those of students and clients from his almost 50 years of clinical work, King examines the types of night***

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

***dreams we have, how to remember them better, how to make use of them to improve our health and well-being, and how to interpret them. He explores how dreams are understood in neuroscience and psychology, in Native American and Aboriginal cultures, in indigenous Senoi dream theory, and in India, Tibet, Hawaii, and Africa as well as ancient Egypt, Greece, and China. He examines the power of liminal dreams--those experienced in the half-awake state before or after sleep--for manifestation***

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

***and self-understanding. He offers techniques for enhancing the dream experience for both night dreams and liminal dreams, along with practical methods to induce lucid (conscious) dreaming and to create healing thoughtforms. King then explores daydreams in depth, including fantasy, guided imagery, meditation, visions, and remote viewing and provides techniques for using daydreams for healing, insight, and creativity. He divides daydreaming into two categories, defining “active***

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

***daydreaming” as the scripted dream in which you envision a goal happening and “passive daydreaming” as allowing ideas and memories to arise spontaneously from the depths of the mind.***

***Reflecting on how dreamlike our daily experience is, King shows that each of us can use dreams as tools for seeing the world differently and influencing the behavior of people, things, and nature.***

***The Bowl of Light***

***A Call to the Soul***

***Life Lived Like a Story***

***Your Path to True***

Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

## **Forgiveness**

**Think, Believe, Receive**

**A Guide to the Huna Way**

**Presenting Magically**

*Whether you are a newcomer or a*

*seasoned professional, Presenting*

*Magically will provide you with*

*masterful tips and techniques to*

*transform your presenting skills. "*

*A treasure trove of information on*

*how to acquire the skills of a world*

*class presenter." Judith E. Pearson*

*PhD, Anchor Point*

*Centuries ago, the Kahuna, the*

*ancient Hawaiian miracle workers,*

*discovered the fundamental pattern*

*of energy-flow in the Universe.*

*Their secrets of psychic and intra-*

*psychic communication, refined*

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*and enriched by modern scientific research, are now revealed in this practical, readable book. Learn to talk directly to your own unconscious selves and others'. It could change your life.*

*Hawaii -- a place all the world knows as paradise and one of the most remote places on earth -- may hold a clue for all humanity during our very defining moment in history. Pila explains why Hawaii is the crossroads of all our mysteries. The Hawaiian people, their legends and culture, even the location of the islands themselves hold a key that could unlock a giant door and reveal the path to our future. Pila of Hawaii will take*

## Get Free Huna: Ancient Hawaiian Secrets For Modern Living

*you on a journey through time and captivate your soul with the life-transforming power that the islands' sacred sites, folklore and myths bring to those who are willing to seek it. Whether you are planning a trip to this tropical paradise or searching for greater insights into your own spirit, this book will open you to a world of exquisite beauty and power. Huna philosophy is about learning to become a conscious cocreator with the Universe. Hawaiian shaman King uses Kahuna healing methods to help us access the hidden energy of life, develop powers of concentration, and make friends with the deepest aspect of*



Get Free Huna: Ancient  
Hawaiian Secrets For Modern  
Living

*our being. Learn how your Higher Self, or aumakua, is contacted in the dream dimension. Get in touch with the Mana, the hidden energy of life. Develop higher powers of concentration by utilizing the tikis, created images of sight, sound, and feeling in meditation. Become aware of your subconscious, an integral part of your being, which impatiently awaits communion with the ego.*

*The Three Spirits*

*The Ancient Secret of the Flower of Life, Volume 2*

*Ho'oponopono*

*Huna Wisdom to Change Your Life  
Mastering Your Hidden Self*

*Learn and Live the Sacred Art of*

Get Free Huna: Ancient  
Hawaiian Secrets For Modern

Living

*Lomilomi*

*Practices for Tapping into the  
Energies of Nature from the  
Hawaiian Tradition*