

Huna Ancient Hawaiian Secrets For Modern Living

Huna is the ancient spiritual, psychological, and physical healing discipline of Hawai'i, a tradition that was secretly transferred from teacher to initiate for many generations. For the first time, this tradition is brought to the general public by someone chosen to carry on one of Huna's lineages, Dr. Matthew James. A university president, lecturer, and trainer, Dr. James has studied many ancient paths but is dedicated to preserving the practice and wisdom of Huna. While honoring the integrity of Huna in "The Foundation of Huna; Ancient Wisdom for Modern Times", Dr. James translates Huna's primordial teachings into contemporary realities, offering practical applications of Huna principles to enhance health, prosperity, and well being in all aspects of life.

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

The ancient wisdom of Hawai'i has been guarded for centuries -- handed down through lines of 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 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.

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

HunaAncient Hawaiian Secrets for Modern LivingSimon and Schuster

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 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 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 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 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.

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

Why should we meditate? How can crystals heal the mind and body? Why is visualization so powerful - and so effective?

Alternative therapies, healing modalities, and spiritual practices are often referred to as 'woo-woo,' - but many of these approaches are actually supported by compelling scientific evidence. In this dynamic and thought-provoking book, David R. Hamilton PhD dives deeper into the true nature of consciousness and presents the cutting-edge research behind energy healing, crystals, meditation, and more. You'll discover:

- The science behind some of today's most popular alternative practices
- How your thoughts, emotions, and beliefs have healing power
- The benefits of nature and a holistic approach to healing
- A fascinating link between consciousness and human connection
- The relationship between suppressed emotions and disease

The ideas behind some of these holistic therapies have been around for millennia - but now we have scientific evidence demonstrating how they can contribute to physical, emotional, and energetic healing too. It's time to embrace the truth: That woo-woo really does work.

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

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 -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 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 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 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...

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 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 descendant of an ancient Hawaiian priestly clan calls on readers to return to traditional modes in daily life. Original. This book takes an in-depth look at magic, including fire-walking, spiritualism, levitation, mid-reading, instant healing, and changes in physical material.

In the year 1953 the presence of coded Huna information in the Bible was discovered. Since that time the research work has progressed, with a number of additional pieces of coded information uncovered. This book gives not only the later findings, but further expands the study to show similar coded information in the religions of the ancient Egyptians, Israelites, Buddhists and practitioners of Yoga. The complete investigation of the Bible and Gnostic literature has not yet been finished, and the reader who wishes to do so may carry on for himself without much difficulty, once this book has been read and the research method is understood. Yesterday the unveiling of the coded knowledge would have been countered by the Church with burnings and any torture needed for the suppression of heresy. Today, happily, even the humblest Galileo is able safely to take up his telescope and peer into the realms of the new and strange.... and still forbidden. (From the Forward.) Get Your Copy Today!

How many place names are there in the Hawaiian Islands? Even a rough estimate is impossible. Hawaiians named taro patches, rocks, trees, canoe landings, resting places in the forests, and the tiniest spots where miraculous events are believed to have taken place. And place names are far from static--names are constantly being given to new houses and buildings, streets and towns, and old names are replaced by new ones. It is essential, then, to record the names and the lore associated with them now, while Hawaiians are here to lend us their knowledge. And, whatever the fate of the Hawaiian language, the place names will endure. The first edition of Place Names of Hawaii contained only 1,125 entries. The coverage is expanded in the present edition to include about 4,000 entries, including names in English. Also, approximately 800 more names are included in this volume than appear in the second edition of the Atlas of Hawaii.

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 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.

The ancient wisdom of Hawai'i has been guarded for centuries—handed down through line of 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 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.

A practical guide to shamanic ancestor work, inspired by Huna and supported by guided rituals and exercises • Explains how to heal traumatic experiences and old blockages that are stored in the memory of your lineage • Includes Hawaiian teachings about spiritual and genetic ancestors and reveals how to bond with your spirit family, your Aumakua • Shows how unlocking the support of your ancestors enables you to shine your light fully Knowing your ancestral lineage is not only a matter of curiosity, your life path will unfold with much more ease if you are aware and in harmony with your origins. Exploring the heritage of your bloodline as well as the energy of your spiritual family, which we are often less aware of, opens you up to enormous potential for healing and self-development. This practical guide explains, in a clear and straightforward way, how the energy field of our ancestors influences our personal lives and how we can draw from their strength as well as liberate ourselves from burdens that have been carried over generations. It helps us to lift the veil of forgetting and allow ourselves to fully shine our light, supported by the souls that came before us, by making peace with past hurts and traumas. Drawing on the Huna Hawaiian shamanic tradition as well as other shamanic and energetic practices, the authors show how to connect with our Aumakua, our ancestors and higher self, which includes our close relatives, ancestors stretching back thousands of years, and our spiritual ancestors or karmic family. The authors offer practices to reconcile with our parents and spiritual family, uncover suppressed matters and family secrets, clear and charge our personal energy field and our family energy field, and awaken the potential of our bloodline. They explain how to perform an ancestor healing circle, carry out an ancestor release ritual, and offer blessings for children and grandchildren as well as providing meditative journeys to meet our ancestors, our spiritual family, and our spiritual roots in other realms. They also provide short case studies to illustrate how the rituals and exercises have worked for other people. By enacting ancestral healing, we can recognize who we are, where we come from, and truly fulfill our destiny in this life.

This is a new release of the original 1953 edition.

Powerful yet concise, this revolutionary guide summarizes the Hawaiian ritual of forgiveness and offers methods for immediately creating positive effects in everyday life. Exploring the concept that everyone is deeply connected — despite feelings of singularity and separation —

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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 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.

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 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, 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 to have a good time."

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!

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 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.

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.

YOU CAN LEARN THE MAGICAL WAYS OF THE KAHUNA - SO POWERFUL ARE THEIR SUPERNATURAL POWERS THAT IT IS SAID THEY CAN BRING BACK THE DEAD Twenty odd years ago paranormalist Timothy Green Beckley toured the Hawaiian islands to seek out answers to its deepest mysteries. He spoke with the native Hawaiians about phantom animals, supernatural powers, the existence of invisible beings, helpful spooks, playful spirits, the volcano Goddess Pele who appears in physical form before an eruption as well as the local version of UFOs or ghost lights. Now after a second trip to the Islands, an updated version is now available to those who wish to enter a seldom glimpsed society and to understand a spiritual system which is still virtually unknown to the outside world. By practicing the ancient occult art of Kahuna Magic, it is said that an individual can attract good health, love, self esteem, power and enjoy the best things in life. CONTENTS OF KAHUNA POWER INCLUDES: Ghosts and Gods of Hawaii; Helpful Spooks, Good Spirits and Guardian Angels; Dire Warnings From the Goddess; Chants to Avoid Possession, Evil and Misfortune; Animals and the Spirit World; Ritualistic Burials; The Menehune - Leprechauns of

the Pacific. It is said that the powerful Kahuna can cure almost any disease and ailment through proper use of herbs which they cultivate. Communicate at will with higher dimensions and the departed souls of loved ones whom they are able to contact for personal guidance and assistance in all matters of everyday life. Predict and sometimes control the course of future events. After gaining the confidence of the local Kahuna practitioners author Tim Beckley and psychics Maria Carta and Penny Melis were permitted to enter a seldom glimpsed society and to understand a spiritual system which still offers considerable appeal to those living in today's world. Kahuna Power contains the chants, the prayers and the documented legends that could improve YOUR life if you let it.

The Huna Way of Life contains elements of philosophy, psychology, and religion, offering practical, easy-to-learn methods of personal goal attainment and spiritual growth. First published in 1959, this book by Max Freedom Long, founder of The Huna Fellowship—an organization which co-ordinates the teaching, research, and practice of this ancient system recovered during over fifty years of research by Long himself from the ancient traditions of Hawaii—serves as a technical manual on the special aspects of his many years of research. The Huna Way of Life contains elements of philosophy, psychology, and religion, offering practical, easy-to-learn methods of personal goal attainment and spiritual growth. An enlightening read. "Huna is not an 'occult' system—that is, hidden from all but a few 'favored' adherents or 'initiates.' It is based on knowledge of human psychology and of how the various parts of the human personality function. When you learn how the psyche works, you will be able to see how it functions properly and with the greatest effectiveness. Huna emphasizes normal living in every way and makes everyday life more liveable. In times of stress, Huna offers effective relief in any situation. As Max Freedom Long put it, 'If you are not using Huna, you are working too hard!'"—Huna Research, Inc.

Lomilomi is a way of life that weaves a path of Aloha in all you do. Both Ends of the Rainbow shares this healing journey and how you can find your life's purpose through Gloria's inspiration. Exquisitely illustrated through stories shared by the author and the hawaiian teachers along with with beautifully depicted photos of this healing art. You will feel like you traveled to hawaii with Gloria Coppola.

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

Quantum Huna is a discussion of the Ancient Hawaiian Kahuna rituals, knowledge, and customs from a Quantum 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.

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 Gitterle, MD, 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 "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 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 "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 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. Train yourself to interpret dreams, heal the sick or travel out of body. These occult feats defy the logic of our modern world, yet they can be a potent force in your life. The author, a well-known authority on psychic and occult experiences, shows how a knowledge of "Huna," an ancient Hawaiian religion, helps you master feats of occult magic. With this unique guidebook, you can

teach yourself the ancient Kahuna techniques. Use them to foresee the future, to increase your wealth, to control the weather and other ways to enrich your life. As the author says, "I want readers to discover their ability to apply some of the psychic secrets employed by the Kahunas."

Max Freedom Long was a preeminent 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.

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 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.

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