

Huna Ancient Hawaiian Secrets For Modern Living

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.

“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 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 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 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.

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. 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 — 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.

Urban Shaman

***Medicine Ways to Cultivate the Aloha Spirit
Secrets of the Hawaiian Masters and Eternal Life
The Ancient Religion of Positive Thinking
Both Ends of the Rainbow
The Foundation of Huna***

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 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 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 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 ev 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 Hawaii 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 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 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 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 rec 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

The first comprehensive history of how Maori have emerged from the silence of depictions by European writers to claim their own literary voice, with a focus on Patricia Grace and Witi Ihimaera

HunaAncient Hawaiian Secrets for Modern LivingSimon and Schuster

Kahuna Magic

Fundamentals of Hawaiian Mysticism

Hawaiian Mythology

The Bowl of Light

From Silence to Voice

Ancestral Wisdom from a Hawaiian Shaman

Happy Me, Happy You

“The patterns of these stories create the spiral of inner focus like moving into inner consciousness with hypnosis.” ~ SANDY FRITZ, massage therapist, educator, author “Both Ends Of The Rainbow is a sacred gift to the world! This is a blessing of Hawaiian wisdom handed down through the ages by the Hawaiian elders with whom she has shared, and imbued it with her own magic elixir of aloha. It has the ability to affect change on a global level by opening the portal to forgiveness, release, and unconditional aloha.” ~ ANN DUNIKUS, author of The Wonderful Wizard of Is “I know Gloria Coppola to be a masterful teacher and healer. Beautifully written, Both Ends of the Rainbow is a powerful reflection of her great wisdom. A must read for all those on a spiritual journey” ~ KARLA LEE LAVOIE, author of For Time and All Eternity: Love Never Dies “This book is both a personal sharing of spiritual healing and an introduction to the Hawaiian lomilomi path. It will inspire you to explore, and live the deep and profound teachings found in ancient Hawaiian wisdom.” ~ DEBORAH LLOYD, author of Believe and it is True: A Story of Healing and Life Lessons

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.

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.

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!

How to Master the Art of Dreaming

Dream Tech

Ancient Hawaiian Secrets for Modern Living

Working with Night Dreams, Daydreams, and Liminal Dreams

Huna Wisdom to Change Your Life

Recovering the Ancient Magic

The Legends and Myths of Hawaii: The fables and folk-lore of a strange people

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 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 wisdom and spirituality of Hawaiian elders is a facet of Hawaiian culture that outsiders rarely see or truly understand. New Age veteran Sondra Ray and her personal guide, Auntie Pua, act as messengers of the Aloha spirit, sharing the sacred teachings “transmitters of secrets” — through kitchen-table style storytelling and first-hand adventures. The ancient rituals and basic tenets of the Huna way — loving oneself, nurturing other beings and the land, and living in harmony with all of life — provide a power leading to a deeper spiritual life more in tune with the rhythms of the natural world. By identifying the three core selves present in everyone, and in coordinating the way the three selves interact, readers learn to control their own reality — this is the Huna. “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 sham 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-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 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.”

Ku and Hina-man andwoman-were the great ancestral gods of heaven and earth for the ancientHawaiians. They were life's fruitfulness and all the generations of mankind,both those who are to come and those already born. The Hawaiian gods werelike great visited among the people, entering their dailylives sometimes as humans or animals, sometimes taking residence in a stone orwooden idol. As years passed, the families of gods grew and included thetrickster Maui, who snared the sun, and fiery Pele of the volcano bythe animistic philosophy that assigned living souls to animals, trees, stones,stars, and clouds, as well as to humans. Religion and mythology were interwovenin Hawaiian culture; and local legends and genealogies were preserved in song,chant, and narrative thefirst scholar to chart a path through the hundreds of books, articles, andlittle-known manuscripts that recorded the oral narratives of the Hawaiianpeople. Her book has become a classic work of folklore and ethnology, and thedefinitive treatment of Hava

introduction by Katherine Luomala.

Ho'oponopono

Huna Practices to Create the Life You Want

Huna

The Rise of Maori Literature

Ancient Wisdom for Modern Times

Lomilomi ~ a Healing Journey

Healing Relationships

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 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 shape our own lives. 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 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.

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.

Mastering Your Hidden Self

A Beginner's Guide

Presenting Magically

The Seven Elemental Forces of Huna

Transform your stage presence with NLP

The Secret Science Behind Miracles

Spirituality and Shamanism in Hawai’i

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.

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.

Serge Kahili King brings his unique style to the problems of making relationships work in an entertaining and informative way. Full of fascinating demonstrations and practical techniques, the book is divided into three parts: fundamentals that affect all relationships, your relationships with yourself, and how to heal relationships with everyone else. This book won’t change your life, but if you use it, your life will change.

Psychology, Self Help/Metaphical/Ancient Psychology, Self Help/Metaphysics/Ancient Mysteries
The Hawaiian Practice of Forgiveness and Healing
Your Path to True Forgiveness
Quantum Huna
The Hawaiian Forgiveness Ritual as the Key to Your Life's Fulfillment
Wise Secrets of Aloha
Changing Reality
Pele's Wish

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.

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

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."

The Kumulipo is the sacred creation chant of a family of Hawaiian alii, or ruling chiefs. Composed and transmitted entirely in the oral tradition, its 2000 lines provide an extended genealogy proving the family's divine origin and tracing the family history from the beginning of the world.

Vol 1, Second Edition

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

The Huna Way to Healthy Relationships

Think, Believe, Receive

Learn and Live the Sacred Art of Lomilomi

Hawaiian Shamanistic Healing

Lost Secrets of Ancient Hawaiian Huna

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.

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.

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 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 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.

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 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.

The Sacred Power of Huna

The Shaman's Mind

The Book of Ho'oponopono

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

Three steps to an amazing life

A Call to the Soul

The Secret Hawaiian System for Wealth, Health, Peace, and More

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."

The Legends and Myths of Hawaii is a collection of folk and ethnic tales written by Kal?kaua, the last king of the Kingdom of Hawai'i. Although retelling myths and legends, the book is sort of an account of Hawaiian history until the times of Kal?kaua. It reveals facts related to the waves of migration from Samoa and other places in Polynesia, and the interaction between them and the inhabitants of the Hawaii islands. It also recounts their wars and their political organization in addition to a brief look at the social organization.

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.

This classic book takes an in-depth look at magic, including fire-walking, spiritualism, levitation, mid-reading, instant healing, and changes in physical material. This is also the fist book that mention. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

A Hawaiian Creation Chant

Find Your Friggin' Joy

Zero Limits

Secrets of the Ancient Hawaiians Revealed

A Guide to the Huna Way

The Secrets and Mysteries of Hawaii

Psychometric Analysis

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 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 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 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 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 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 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

The Kumulipo

Discover Missing Links from Ancient Hawaiian Teachings to Clean the Plaque of your Soul and Reach Your Higher Self.

Dreaming Techniques