

# The Ancient Hawaiian Code to Exceptional Being

## Introduction

The ancient Hawaiians possessed a profound understanding of the universe and the human experience. Their wisdom, known as Huna, offers a unique perspective on life that can help us achieve greater harmony, balance, and well-being.

Huna is a holistic philosophy that encompasses the physical, mental, and spiritual aspects of existence. It recognizes the interconnectedness of all things and emphasizes the importance of living in harmony with the natural world. Huna teaches us that we are all capable of accessing our inner power and wisdom and that we can use this power to create a better life for ourselves and others.

One of the key concepts in Huna is mana, a vital life force that permeates all living things. Mana can be cultivated and directed to promote healing, abundance, and success. Huna also emphasizes the importance of forgiveness and gratitude, which are seen as essential for releasing negative energy and attracting positive experiences.

Another important aspect of Huna is the practice of ho'oponopono, a powerful healing ritual that involves taking responsibility for our actions and forgiving ourselves and others. Ho'oponopono can help us to release negative emotions, heal relationships, and create a more peaceful and harmonious life.

The ancient Hawaiians also had a deep understanding of the subconscious mind and its influence on our lives. They believed that the subconscious mind is a vast reservoir of wisdom and power that can be accessed and directed to achieve our goals. Huna teaches us how

to tap into the subconscious mind and use its power to improve our lives.

Huna is a profound and transformative philosophy that can help us to live more fulfilling and harmonious lives. Its principles are simple yet powerful, and they can be applied to every aspect of our lives. By embracing the wisdom of Huna, we can unlock our inner potential and create a life of joy, abundance, and well-being.

## Book Description

Embark on a transformative journey of self-discovery and empowerment with *The Ancient Hawaiian Code to Exceptional Being*, an enlightening guide to the ancient Hawaiian philosophy of Huna. This comprehensive book delves into the profound wisdom of the Kahunas, the revered healers and spiritual masters of ancient Hawaii, offering practical insights and techniques for achieving greater harmony, balance, and well-being in your life.

Within these pages, you will discover the core principles of Huna, including the concept of mana, the vital life force that permeates all living things. Learn how to cultivate and direct mana to promote healing, abundance, and success in all areas of your life. Explore the significance of forgiveness and gratitude, and discover how these powerful emotions can release negative energy and attract positive experiences.

The Ancient Hawaiian Code to Exceptional Being also introduces you to the practice of ho'oponopono, a powerful Hawaiian healing ritual that involves taking responsibility for your actions and forgiving yourself and others. Through ho'oponopono, you can release negative emotions, heal relationships, and create a more peaceful and harmonious life.

The book delves into the mysteries of the subconscious mind and its profound influence on our lives. Discover how to tap into the vast reservoir of wisdom and power within your subconscious mind and use it to achieve your goals and aspirations. Learn techniques for reprogramming your subconscious mind and releasing limiting beliefs that may be holding you back.

The Ancient Hawaiian Code to Exceptional Being is more than just a book; it's an invitation to embark on a journey of personal transformation. Its principles and practices can be applied to every aspect of your life, helping you to cultivate greater health, happiness, and

fulfillment. Embrace the wisdom of Huna and unlock your inner potential for a life of joy, abundance, and well-being.

# Chapter 1: Unveiling the Ancient Hawaiian Code

## Tracing the Roots of Huna Philosophy

Huna, the ancient Hawaiian philosophy of exceptional being, has its roots in the rich cultural heritage of the Hawaiian people. It is a holistic system of knowledge that encompasses spirituality, healing, and practical wisdom for living a harmonious and fulfilling life. The origins of Huna can be traced back to the ancient kahunas, the wise men and women who served as healers, priests, and teachers in traditional Hawaiian society.

The kahunas possessed a deep understanding of the natural world and the human experience. They believed that everything in the universe is interconnected and that humans are an integral part of this interconnected web of life. Huna teaches that we all have the ability to access our inner power and

wisdom and that we can use this power to create a better life for ourselves and others.

One of the key concepts in Huna is mana, a vital life force that permeates all living things. Mana can be cultivated and directed to promote healing, abundance, and success. The kahunas believed that mana is not limited to humans but is present in all aspects of nature, including plants, animals, and the elements.

Another important aspect of Huna is the practice of ho'oponopono, a powerful healing ritual that involves taking responsibility for our actions and forgiving ourselves and others. Ho'oponopono can help us to release negative energy, heal relationships, and create a more peaceful and harmonious life.

Huna also emphasizes the importance of living in harmony with the natural world. The kahunas believed that humans are part of nature and that we have a responsibility to care for the Earth and all its creatures.

Huna teaches us how to connect with the natural world and to live in a sustainable and respectful way.

The wisdom of Huna is a valuable resource for anyone seeking to live a more fulfilling and harmonious life. Its principles are simple yet powerful, and they can be applied to every aspect of our lives. By embracing the wisdom of Huna, we can unlock our inner potential and create a life of joy, abundance, and well-being.

# Chapter 1: Unveiling the Ancient Hawaiian Code

## Unveiling the Three Selves: Unihipili, Uhane, and Aumakua

In ancient Hawaiian philosophy, the concept of the three selves holds a central position. These three selves, known as Unihipili, Uhane, and Aumakua, represent different aspects of the human experience and play crucial roles in shaping our lives. Understanding these three selves is essential for unlocking the full potential of Huna wisdom.

### **Unihipili: The Physical Self**

Unihipili is the physical body, the tangible aspect of our being. It is the vessel through which we interact with the world, perceive our surroundings, and experience life. Unihipili is also the seat of our physical senses,

desires, and instincts. It is the aspect of ourselves that craves food, shelter, and companionship.

### **Uhane: The Mental Self**

Uhane is the mental and emotional self, the realm of thoughts, feelings, and memories. It is the aspect of ourselves that thinks, reasons, and makes decisions. Uhane is also the seat of our creativity, imagination, and intuition. It is the aspect of ourselves that experiences joy, sorrow, love, and anger.

### **Aumakua: The Spiritual Self**

Aumakua is the spiritual self, the divine spark within us that connects us to the universe. It is the aspect of ourselves that is immortal and eternal. Aumakua is the source of our higher consciousness, our sense of purpose, and our connection to the sacred.

These three selves are not separate entities but rather interconnected and interdependent aspects of a single whole. They work together in harmony to create a

balanced and fulfilling life. When our three selves are in alignment, we experience a sense of inner peace, clarity, and well-being.

### **Balancing the Three Selves**

The goal of Huna is to achieve balance and harmony among the three selves. When one self is out of balance, it can lead to disharmony and suffering. For example, if we focus too much on our physical desires (Unihipili) at the expense of our mental and spiritual selves (Uhane and Aumakua), we may become materialistic and shallow. Conversely, if we focus too much on our mental and spiritual selves while neglecting our physical needs, we may become disconnected from the world and unable to fully experience life.

By understanding the three selves and their roles in our lives, we can learn to bring them into balance. This can be achieved through practices such as meditation, yoga, and spending time in nature. By nurturing all

aspects of ourselves, we can unlock our full potential and live a life of greater harmony, fulfillment, and well-being.

# Chapter 1: Unveiling the Ancient Hawaiian Code

## Understanding the Concept of Mana

Mana is a fundamental concept in Huna philosophy, representing a vital life force that permeates all living things. It is often translated as "power," but it encompasses a broader meaning that includes energy, vitality, and spiritual essence. Mana is believed to be present in varying degrees in all beings and objects, and it can be cultivated and directed to promote healing, abundance, and success.

Mana is closely associated with the breath and the heartbeat, which are seen as the primary channels through which mana flows. By consciously connecting with our breath and heartbeat, we can increase our awareness of mana and learn to direct it for specific purposes. Huna teaches us that we can also draw mana

from the natural world, such as from the sun, the ocean, and the plants.

There are many ways to cultivate and enhance our mana. Some common practices include:

- **Meditation:** Meditation helps us to connect with our inner selves and to access the reservoir of mana within us. By quieting the mind and focusing on the present moment, we can open ourselves up to the flow of mana.
- **Breathwork:** Consciously connecting with our breath is a powerful way to increase our mana. By taking deep, slow breaths, we can draw more mana into our bodies and circulate it throughout our energy system.
- **Spending time in nature:** Nature is a potent source of mana. By spending time in natural settings, we can absorb the mana of the earth, the plants, and the animals.

- **Eating a healthy diet:** Eating a diet rich in fresh, whole foods helps to nourish our bodies and increase our vitality. This, in turn, supports our mana levels.
- **Engaging in physical activity:** Physical activity helps to circulate mana throughout the body and release any blockages. Exercise also helps to strengthen our bodies and improve our overall well-being.

By cultivating our mana, we can improve our health, increase our vitality, and attract more positive experiences into our lives. Mana is a powerful force that can be harnessed for personal transformation and spiritual growth.

**This extract presents the opening three sections of the first chapter.**

**Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.**

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