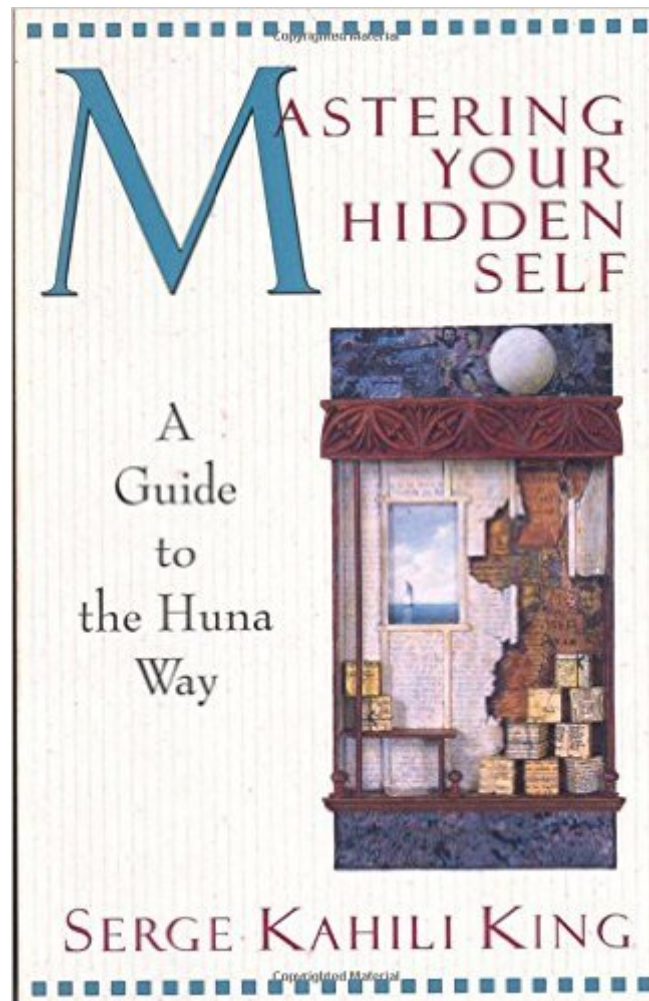


The book was found

Mastering Your Hidden Self: A Guide To The Huna Way (Quest Book)



Synopsis

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.

Book Information

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Customer Reviews

I've read many self help books. Some of them have been slightly helpful. The majority of them, whilst well written, have been nothing but hot air, penned by an author who's main priority was to get to your wallet with shallow advice, and not to your soul with fruitful results. This book defied everything I had ever come to believe of self help books. Huna has been around for a long time, and it's philosophies of dealing with yourself, mainly your conscious and unconscious mind, are like nothing I have encountered before. After putting the methods into practice, I can happily say that I have overcome negative thoughts, which I had been dealing with for most of my adult life, within a matter of weeks. The most startling thing is that I have only just begun, yet have made more progress by implementing Huna's methods of dealing with my subconscious mind than I have in the

last 10 years put together. The nonchalant way that Serge Kahili King writes is also a pleasure to read. He knows that something as simple as a book will not solve all of your life's problems, but he is there to support you and be a fence sitter along the way, neither condemning any other form of self development or promoting one over the other. It's this unbiased view of life that makes you sit up and take notice. I strongly recommend that for anyone that is interested in making a difference to their lives, particularly one filled with negativity, to read this book. The methods involved are simple, and can be used daily, for as little as 20 minutes, or for further 'Gains' much more. Bless The Present. Trust Yourself. Expect The Best.

This guy basically explains how rituals and religious faith healing actually works. He doesn't try to convert you to some "Huna" religion. He just kind of uses that as a base to start at. This book's all about the subconscious mind. He shows you how to communicate with your own subconscious.

While I don't claim to be a master of what Huna "should" be, I will just comment on some of the useful things that I enjoy about this book. I like things that do what they claim they will. As simply as possible, the results I get when I apply the Huna principles within Mastering Your Hidden Self are the results that are claimed I will get. That's good enough for me. As another reviewer elegantly stated, there is a nice "description" of how the "subconscious" works. From someone without a degree in Huna (myself) this book is very helpful in making changes.

I picked up this book while browsing the alternative health section of the Rochester Borders Book Store. I had to stand on the little stool to reach the top shelf & found this little volume by accident. I have been studying Daoist meditation and healing methods and found a great similarity in this book in describing the non-verbal holistic "powers" of the mind. In Tai Chi Chuan we say "Where the mind (yi) goes the energy (qi, chi) follows." The key is to relax and stop trying to analyze everything. Let the chit chat in your mind quiet down, drop your expectations and see what happens. You might be surprised at the powerful results

This book is one of those books that if you find it at the right moment in your life, it'll help you understand yourself and everything around you in a very deep, logical, and spiritual way. I personally don't believe in anything too much. I adapt the various ideas that ring true to me and make me feel that they are useful in my personal development and growth. The Huna teachings in this (my first introduction to Huna) book are elegant yet powerful and I have incorporated them in my

self and they have helped me enormously. If self-exploration and critical view of the universe and life are things you are ready to indulge in, this is one of the books that I would definitely recommend.

This is one of the best mind programming books available today. Serge Kahili King is director of Aloha International-healing and self help network. His writing is down-to-earth and practical and the book is a great source of knowledge, techniques and wisdom. So what's your benefits? You just have to keep reading: 1. Feel life force energy or mana 2. Interpret your dreams 3. Protect yourself from negativity 4. Remote Influence Through Mental Telepathy 5. Reprogram your thinking 6. Apply first aid healing energy 7. Get rid of complexes 8. Relieve stress 9. Know your Subconscious mind 10. Discover what meditation is all about and learn to meditate 11. Learn to manifest your goals and dreams Much more. Grab your copy now

This book needs to be read and internalized for full benefits to be realized. I am a bit of a 'scientific method' guy - so there is quite a load of BS in this about clairvoyance, telepathy, etc. Leave that out of the equation and selectively work on your inner game to improve your self-confidence in an inside-out manner. There are lots of suggested exercises in this book that will raise your performance and your poise to the next level. Strange things happened to me - the book states that "The world is what you think it is" - and it actually happened in a rather dramatic way to me (again it can be scientifically explained without resorting to the supernatural). I highly recommend this book if you are keen on improving your inner game with the intention of achieving difficult goals.

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