

The Kahuna Mind

2008 Huna world Convention

Is Huna a Religion?

"What is Huna?"

- Huna is about **miracles**, making things happen no matter what.
- Huna is about self-reliance.
- Huna is about **empowerment**, increasing your spirituality, energy, and your metaphysical healing powers.
- Huna is about living a hurtless and helpful life.
- Huna is a **powerful and transforming system** of practices, teachings, philosophy, energy work, and more.

HUNA[™] is an Ancient, yet *"timeless"* system recovered and re-synthesized by Max Freedom Long (1890-1971) from the ancient Kahuna traditions of Hawaii.

Huna contains elements of philosophy, science, and religion.

We often speak of Huna as not in itself a religion, but the truth which lies behind all religions alike. It is a **science** because it explains spiritual/metaphysical matters ... not as theological belief ... but by direct knowledge obtainable by *study* and *investigation*. It's religious aspect gives Huna practitioners a rule of life ... not based on alleged "commands" given to the "chosen" at some remote period in the past, but on plain common sense as indicated by observable facts. The "Divine Will" is expressed in what we know as the Laws of Nature.

YOUR RELIGION is what **YOU** believe ... not what you're told to believe.

There are **TWO BIG DIFFERENCES** between Huna and "religion."

FIRST ... Huna does **NOT** demand belief or even speak of "belief" in the usual sense, because the Huna student either **KNOWS** a thing or suspends judgment about it until they can **experience** the results and prove it for themselves.

SECOND ... Huna does NOT endeavor to "convert" anyone ... it EXPLAINS your religion to you and enables you to see the DEEPER MEANING and PURPOSE.

Huna principles are not tenets of faith, but are based on **direct and repeatable OBSERVATION** of what happens.

As my Hawaiian "grandfather" taught ...

"Huna Ka Mana Loa Ike Ao Nei"

-- Kauakokoula Kuhaimoana Kaimana "Koko" Willis

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Page 1 or so of maybe 5

The Kahuna Mind

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Kahuna Physics

The Huna "Mechanics of Telepathy and Telepathic Prayer"

from The Secret Science Behind Miracles by Max Freedom Long



- A. The physical body.
- B. The shadowy body pictured as slightly out of the physical body (as in astral travel etc.) but connected with the physical body by a large cord of shadowy body material.
- C. A cluster of grapes representing in Huna symbology the clusters of thought forms embodying all memories. These are stored by the low self in its shadowy body (not in the physical brain) and are carried away in the shadowy body when the physical body dies.
- D. This single wavy line represents the low voltage of vital force used by the low self (and made by it in the body). The shadowy body is an ideal storage battery to hold such vital force, and the threads of shadowy material extending in all directions (uniting the individual with all things and persons once touched) are ideal conductors for the low voltage vital force.
- E. The thicker shadowy body material cord connecting the shadowy body with the physical body when the low self (usually accompanied by the middle self in its shadowy body) leaves the physical body during sleep, trance and astral travel. The zig-zag line pictures the flow of vital force along the cord.

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Page 2 or so of maybe 5

The Kahuna Mind

2008 Huna world Convention

F. The dotted circle indicates the shadowy body of the middle self. It does not have the shape of the physical body and is thinner than the shadowy body of the low self.

G. A distant person with whom telepathic or mind reading experiments are being carried out, or to whom the healing thought forms and vital force are being transferred in absent healing.

H. The thread or cord of shadowy body substance which connects the man with a distant person (as explained in G). Along the connecting thread flows low voltage vital force and thought forms, both moving to and from the experimenters. The small circles represent the thoughts as thought forms, but these would naturally be clusters to form complete ideas or impressions gained by an extension of sensory faculties along the thread to see, hear, smell, taste etc. and bring back reports. The kahunas symbolized this extension of sensory organs along shadowy threads as "reaching out a finger" or "an ear" etc. The sensory organs are duplicated in the shadowy body, so that the low self, when out of the physical, as in astral travel or after death can still see, hear, taste, etc.

I. Low voltage vital force bringing into action the shadowy cord connecting the low self with the High Self. This low voltage of force goes along the thread carrying the thought forms of a prayer to the High Self. It also furnishes the High Self with the force to be used in making instant or miraculous answers to prayers for healing.

J. The three wavy lines symbolize the flow of high voltage vital force from the High Self to the low. This is the atom smashing voltage which can make instant changes in bodily tissues to cause instant healing, or can produce the "physical phenomena" of Psychological Research.

K. The symbol of the High Self. It is connected with the low self by a thread of shadowy body substance.

L. Along the shadowy connecting thread move thought forms and sensory impressions, the latter gained either by a projection of shadowy sensory organs, such as the eyes, or by impressions already recorded as thought forms. All visions of the future are from the High Self and reach the low self as sensory impressions or thought forms sent along the thread from the High Self to the low self. Or, the low self may extend a portion of a shadowy body eye to the region of the High Self and "see" the thought forms of the not-yet-materialized future which have already been constructed by the High Self.

M. The doubled wavy line represents the middle voltage of vital force used as "will" and in its thinking, by the middle self.

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HUNA *Ha Rite* (Kahuna "Prayer-Action") Format *

1. Decide *exactly* what you want.
2. Obtain the cooperation of the three selves. This requires the complete relaxation of the body, the inner self and the conscious mind, followed by meditation on the High Self to "draw it near to you."
3. Generate a surplus charge of mana (life force).

--> For "*how-to*" ... see *Kahuna Breathing*.

"I am now going to generate mana by breathing deeply. I am gathering extra mana as I draw in more and more oxygen. I ask my inner self to assist me in generating and storing this force. My will is being made strong and enduring so that I am filled with the determination to accomplish the things I desire."

Take a series of deep breaths.

"My vitality is building up; my inner self is creating mana. Mana is flowing like water into a bowl. Energy is being stored in the bowl. I can see the mana rising higher and higher in the bowl ... until it overflows."

Continue breathing until you feel fully charged.

"I now command my inner self to hold this mana energy, until I am ready to send it to the High Self."

4. Make contact with your High Self.

"Parental Spirit, who dwells in the realm of Light, I call to you. May the perfection of Your level of being be reflected to my level of being. I ask that You lead and guide me in all that is being done. I ask that You take an active part in my life."

"May Your power create for me the good things, first in Your perfected realm and then cause them to appear as realities on my physical level."

The Kahuna Mind

2008 Huna world Convention

5. Make the mental picture (thought-form) of the desired condition.

"I now make in my mind the mental picture of that which I desire. I feel a deep, emotional need for this."

Repeat your request three times with as much emotion as possible:

"I see myself as already having obtained my request, and give thanks for it."

6. Send the thought-form to your inner self to present telepathically to your High Self:

"I hold this picture before the mirror of my High Self and reflect it down into the depths of my inner self."

7. Strengthen the thought-form with mana and send it to your High Self.

"I now send this thought-form picture along a stream of mana to You. May this gift of mana empower You to work on Your level."

8. End the prayer with a feeling of faith and confidence:

"I end my prayer and release it to Your keeping to work with as You see fit. I know that it is only a matter of time until my request appears as a reality on the physical level . . . My prayer has taken flight. Let the Light of my High Self shine back to me. Let the rain of blessings fall. So Mote it Be."

OK.

This is a really nice, simple, step-by-step process that works.

Now ...

Even though this is more than 30 years old and we are constantly learning new ways of improving it ... you can easily use this technique to **start turning your dreams into reality!**

* Adapted from William Glover's book, *Huna: The Ancient Religion of Positive Thinking*, pp. 52-53

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Page 5 or so of maybe 5