

What is **Huna**? Huna is a system of belief originating in Hawaii. Huna is not a religion but rather a way of living. In the Hawaiian Language, Huna among other things means secret, the secret of life that our ancestors have enjoyed and the very secret that most of us are looking for. Huna can be applied to any aspect of your life to receive the results that you want. With Huna, one has to remember that everything is indeed possible. Huna is a unique system and yet a system that is so universal that as you begin to learn Huna, you will realize that you already know what I am talking about. Huna is recognized by our soul because Huna is the "secret" within each of us. Understanding and accepting Huna will take a while based on your current thoughts and the way you look at your life. There are seven basic principles of Huna and of life. **Ike**: The first principle of Huna says the world is what you think it is. You will realize you may have heard this from so many spiritual leaders, speakers, books, movies and what not. This phrase is so simple, yet, the realization of it, can be a life changing experience. The world is what you think it is, your thoughts are energy, we attract what we spend a majority of our time thinking of. I will tell you this from my personal life, it is very easy for you to be in pain when your thoughts are focused on the pain! It is that simple, what you think of magnifies and expands. **Kala**: There are no limits, everything is possible. Imagine how unclear the first point would be without the second principle of life. Everything is indeed possible. Feeling that something is impossible is just telling your mind, you can't do it! And when you tell your mind, that you can't do it, that is exactly what happens. Whatever you focus on expands so if you think you are a victim of daily life, you are making yourself a victim of daily life. **Makia**: Energy Flows where attention goes The guiding principle of reiki, and many other forms of healing. As I am writing this, my mouth is supposed to be quite numb because I just got a few deep cavities filled, but the fact is its not. I am perfectly normal and that is because as soon as I got home, I spent 5 minutes applying this principle to myself. So, if you start focusing from today on, that Mondays will bring you harmony and new opportunities, they will start to! Try it! Every time you catch yourself thinking "Mondays just suck", just tell yourself "Nah, I think Mondays are absolutely great, they are perfect and my day will be in perfect harmony with my goals and everything around me". And, note in your journal how many does of positive thinking leads to positive Mondays. Spiritual medium, dream interpreter, psychic medium, clairvoyant, counsellor, Support, guidance, Karen Ellyard, Gold Coast, Queensland, Brisbane, Reiki, Angel, Meditation and teaching. Manawa: Now is the moment of power. So simple and yet again so life changing! We all know the past cannot be undone and the future cannot be guaranteed. The present is the only thing you can work with, even spellwork or meditations effecting the tomorrow is done in the today. Today is your day, tomorrow is unknown and yesterday is gone! Act today, do not be the worst culprit by wasting your own time, or dwelling in the past or dreaming in the future. **Aloha**: To love is to be happy with Anger or hatred, no matter how deep rooted can never bring happiness. Even desires for revenge will never bring you happiness. Love is the law of human life, going against it will only bring you negative results. Love yourself, the world around you, love the moment, love the challenge, love the power, love the circumstance, love the enemy, love each soul. **Mana**: All power comes from within. When you say, "Yes, I can win the race", you are empowering yourself to win. You are giving your body and mind

permission to win. You yourself are the only person in power. Your body, mind and situations function on your will and directions. **Pono:** Effectiveness is the measure of truth. A lot of you will not reach the bottom of this page. You will close the page because a lot of what I am saying is more of a cliché to you or because you are too scared that life can be this simple! You believe the real secret of life can lie only in the nowhere, unknown and unreachable by anyone alive. There is no problem in believing that! None of us have learned to apply Huna without questioning it and its effectiveness. And the good news is, with Huna, you do not need blind faith in Huna to experiment and experience Huna working for you. You can judge and see if what I am talking about holds any truth in your life by experimenting with it and that is the only way any method or system can prove its effectiveness to you. So, go ahead and experiment. The bottom line with Huna is, "Yes, I have experienced significant changes with Huna, and it has proven effective to me, I believe it to be true, now is your chance to try it, you should only believe what proves effective to you"