

Huna I

Hawaiian Energy Work



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EARTHSTAR



SPIRITUAL CENTER

Important Note: The information in this manual is designed for educational purposes only. This information is not intended to be a substitute for informed medical advice or care provided by physicians, qualified medical professionals or current medical practices. **This information is not intended for diagnosis, cure, mitigation, treatment, or prevention of disease. The techniques described in this manual can be used for an effective stress reduction & relaxation regimen.** This information is based upon the spiritual practices of many cultures around the world. The information provided herein is given with the intent of creating harmony, balance & wellness.

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Suggestions for use of this workshop manual:

- Use as a guide for note-taking during Huna classes.
- Use to research Huna perspectives if you are unable to physically attend a Huna class.
- Use for a foundation to experience Huna on your own.
- Use as a reference guide for teachers of Huna.
- Use as a class manual.

Note for prospective Huna practitioners:

- It is suggested that you take a face-to-face workshop with a qualified Huna Master.
- Be comfortable using Huna on yourself before sharing the energy with others.
- Huna is pure ALOHA.

Authors' Biographies



Dale Stacy, D.Div. & Jeanne Stacy, D.Div. are the Abbots/Na Kahu of EarthStar Spiritual Center in Greensboro, N.C. They are Ordained Interfaith Ministers, Kumu Ho'omana/Huna/Lomilomi Masters, Merkaba Masters, Shaman Masters & Usui Reiki Masters. Dale & Jeanne teach courses in Business, Personal Development, Energy Work, Qi Gong/Tai Chi & Shamanism. They have been teaching mind/body/spiritual classes since 1995.

Dale is a former police detective & graduate of N.C. State University. Jeanne is a retired middle school English/French teacher & graduate of East Carolina University. Each of them has a Doctorate of Divinity from Esoteric Theological Seminary – Dale in Huna Hawaiian Spirituality & Jeanne in Goddess/Divine Feminine Spirituality.

Huna I

Hawaiian Energy Work

Class Synopsis

Huna, “hidden or secret,” is Hawaiian Shamanism & a way of life. Huna I will focus on the energy healing aspect of Huna & its rainbow light. Huna I will provide the student with a practicing foundation to perform Huna energy work on self & others. We will practice deep breathing, *Pikopiko* & a 7 elements exercise. We will discuss the history & philosophy of Huna or *Ho’omana*. English chanting will be practiced to complement the hand movements. Power Centers on the body will be identified for *pikopiko* energy movement. We will use various hand positions for both illness & wellness applications – “*Kahi*” or oneness. Students will participate in a Hawaiian/Huna blessing ceremony.

Huna energy work may be used to promote relaxation & wellness. The philosophy shared in Huna I is based upon the teachings of Serge Kahili King, Ph.D., of Aloha International, Big Island – Hawaii, Aunty Maile Napoleon, Big Island & the research of Max Freedom Long.

Student Performance Objectives

1. Practice *Pikopiko* & 7 Elements Breathing.
2. Discuss the history & philosophy of Huna.
3. Chant the 7 elements in English.
4. Identify Huna Power Centers.
5. Practice Huna for illness & wellness.
6. Participate in a Hawaiian Blessing ceremony.

Pikopiko Breathing

(Pikopiko = center to center)

➤ **Building Mana, Centering & Grounding**

- Inhale, & focus on feet. Exhale, & focus on navel. (3x)
- Inhale, & focus on crown. Exhale, & focus on navel. (3x)
- Inhale, & focus on navel. Exhale, & focus on navel. (3x)

➤ **Breathing Focus for Huna Sessions**

- Inhale, & focus on the power center – person – object.
- Exhale, & focus on the stressed area.
- Imagine Rainbow Light flowing between the hands.
- Say the Huna Chant.
- Use your intuition for measuring the time of Pikopiko.

➤ **Mindfulness & Heartfulness**

- Energy flows where focus goes.
- Be comfortable, or focus will shift to your discomfort.
- Be in the heart . . . love what you are doing.

Seven Elements Breathing

(Fire – Wind – Water – Stone – Plant – Animal – Human)

1. Fire: Imagine the Sun or a fire.

Hands raised straight up to sky.

Inhale – hands to navel. Exhale at navel.

2. Wind: Imagine a whirlwind or gentle breeze.

Hands out & up - “V”

Inhale – hands to navel. Exhale at navel.

3. Water: Imagine your favorite water.

Hands out to each side.

Inhale – hands to navel. Exhale at navel.

4. Stone: Imagine favorite gemstone/mountain.

Hands out to side & down to Earth.

Inhale – hands to navel. Exhale at navel.

5. Plant: Imagine favorite flower/plant/tree.

Left hand out to side.

Inhale – hand to navel. Exhale at navel.

6. Animal: Imagine favorite animal/pet.

Right hand out to side.

Inhale – hand to navel. Exhale at navel.

7. Human: Imagine hugging favorite person – real/imaginary.

Both hands out to front.

Inhale – cross hands to heart. Exhale at heart.

The Origin & History of Huna

Long ago before Atlantis, star people from the Pleiades traveled to Earth to a peaceful place called **Mu**. Mu in modern times is often called **Lemuria**. After an earth change, Atlantis rose in the Atlantic Ocean & Mu sank, leaving remnants of what is now called Polynesia in the Pacific Ocean. Parts of Mu still exist as the islands of the Pacific Ocean, which forms a triangle—east to Easter Island, southwest to New Zealand & north to Hawaii.

The visitors were named **Menehune** or “people of secret power” by the people already living in Mu. The Pleiadean visitors were small people in stature, similar to some of today’s indigenous tribes. Their secret knowledge was called **Huna**.

Huna is a philosophy of life, & the Menehune were eager to share this perspective with the Earth people. A new language was developed to teach the Huna way. Polynesian is what we call this language today. As long as the language was spoken, Huna would survive.

Today we find sounds, pronunciations & words of the Polynesian language mixed with the languages of many cultures. The Hawaiian language is part of the Polynesian language, & it is within this language that we find Huna philosophy.

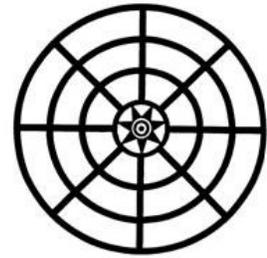
Three aspects of our consciousness evolved from this new thought & Earth life:

- 1) **Loño/Conscious mind**: decides on a pattern of thought/belief & focuses attention.
(**Mind & Imagination**)
- 2) **Ku/Subconscious mind**: remembers this pattern through sensory experience & images.
(**Body/Heart/ & Memory/Pleasure**)
- 3) **Kane/Higher Self**: creates this pattern into reality & inspires us.
(**Spirit & Harmony/Inspiration**)

“**Ho’omana**” – “**to make life-force energy**” is another term used to describe this spirituality. Huna may be used effectively with any philosophy in order to achieve the desired results. Huna is very flexible & allows individual beliefs to be a part of its embracing perspectives. There is no “right Huna” for all people to practice. As Huna developed from island to island, person to person, practices varied from one Shaman to another. Today Huna continues to evolve.

From the 1820’s when New England missionaries arrived, Huna was slowly outlawed. Thanks to President Carter & the Native American Religious Freedom Act of 1979, practicing Huna is now allowed in Hawaii as of 1989.

Huna Principles



Definitions

- “Huna” is defined as the “hidden wisdom” of Polynesia.
- “Kahuna” is defined as “keeper of the secrets.”
- “Shaman” is a Siberian word for healer, wizard, priest or medicine person.
- “Mana” is defined as the skill or ability to influence or use power effectively.

Seven Principles of Huna

1) The world is what you think it is.

- Your thoughts affect your performance.
- What you & the client are thinking will influence the pattern/belief.

Be Aware -- Ike

2) There are no limits.

- You & the client are constantly exchanging energy.
- No limitations to wellness...instant wellness.

Be Free -- Kala

3) Energy flows where attention goes.

- Focus on the effect you want...effect & cause.
- Concentrate on the client’s wellness.

Be Focused -- Makia

4) Now is the moment of power.

- Stay in the present moment, & be aware of conditions.
- Get feedback from the client...music, environment, energy, etc.

Be Here -- Manawa

5) To love is to be happy with someone or something.

- Be happy with what you are doing...enjoy your skill.
- No enjoyment = Resistance.

Be Loved -- Aloha

6) All power comes from within.

- Energy is everywhere. Use it to create wellness.
(microwaves, radio waves, cosmic waves, light, heat, etc.)
- People are responsible for their own wellness...power to change.

Be Strong -- Mana

7) Effectiveness is the measure of truth.

- When one way doesn’t work, do something else.
- Flexibility is one of the hallmarks of Huna.

Be Healed -- Pono

- B.E.T. ----- Bless the Present...Expect the Best...Trust Yourself.
- Create Love when Love is absent...Enhance Love when Love is present.
- Effectiveness = Motivation x Concentration x Confidence $E=MC^2$

Levels of Huna

There are three levels of Huna taught at EarthStar Spiritual Center.

➤ **Huna I**

- Huna history & philosophy
- Pikopiko & 7-elements breathing
- Huna chant (English)
- Kahi power centers
- Kahi/Kaulike hand positions (Stone/Human Elements)
- Self-healing
- Seated healing
- Hawaiian Blessing ceremony

➤ **Huna II**

- Huna chant (Hawaiian)
- 7-elements Kahi Loa

➤ **Huna Master-Teacher**

- Kalana Hula
- Principles of Huna Shamanism
- Huna Master Symbol
- Kahi Loa enhancements
- Distant Huna, Instant Healing & Sea Crystals
- Huna Master & Aloha Kiss ceremony
- Ceremony & Chants
- Teaching perspectives

Licenses/Statutes/Regulations for Huna

In the State of North Carolina, there are statutory/regulatory provisions that exempt Huna practitioners from requiring a license to practice. Consult your governmental statutes, regulations or licensing requirements for your specific venue. Ask well-established energy workers in your area for information on licensing requirements.

- **Practicing without a Medical License: 90-18**

(c) The following shall not constitute practicing medicine or surgery as defined in subsection (b) of this section:

(5) The treatment of the sick or suffering by mental or spiritual means without the use of any drugs or other material means.

- **Massage and Bodywork Therapy Practice – (1998-230, s. 10.) § 90-624. Exemptions.**

This Article shall be known as the North Carolina Massage and Bodywork Therapy Practice Act . . . Nothing in this Article shall be construed to prohibit or affect:

(7) The practice of techniques that are specifically intended to affect the human energy field.

- In North Carolina, you may touch people who voluntarily go to you for Huna/Energy Work. You **do not have to be a minister** to use Huna or other energy work on clients.

Huna Healing Chant (English/Hawaiian)

Be Aware	--	Ike
Be Free	--	Kala
Be Focused	--	Makia
Be Here	--	Manawa
Be Loved	--	Aloha
Be Strong	--	Mana
Be Healed	--	Pono

Seven Steps of a Huna Session

- H** – **healing space cleared**
- E** – **ease the client**
- A** – **activate, ask & scan**
- L** – **lay on hands** (imagine rainbow light)
- I** – **invoke prayer**
- N** – **need to breathe**
- G** – **ground client**

To help standardize your initial Huna sessions, follow the acronym above to help maintain continuity in your practice.

“H” – healing space cleared with love, peace & harmony.

“E” – ease your client, & allow him/her to relax before beginning—deep breathing, rubbing back lightly, etc.

“A” – activate your palm chakras by clapping your hands together once & rubbing them in tiny circles. Scan body with palms—head to toes. Notice any energy fluctuations, i.e., coolness, heat, tingling, etc. to indicate a different energy vibration. Ask about any healing issues.

“L” – lay on the hands for illness or wellness session. For injury/illness, go directly to affected area first. For wellness treatment, use Kahi.

“I” – invoke a prayer, mantra, or loving words. Choose any words that feel appropriate. If you use words/phrases that others may not know, explain them to the client.

“N” – ask client to take some deep breaths while imagining the cloak of rainbow Huna light around him/her. At this time, “sweep the ki/chi” or the energy field of the client. Move your hands over the body in one even motion – head to toe.

“G” – ground the client if he/she feels unstable; give water to drink. If your client has a headache or feels “swimmy-headed,” help him/her to a nearby chair. Stand behind the client, placing your palms on his/her shoulders. With the middle finger of each hand, touch the upper chest . . . right below the clavicle/collarbone. Relax; feel a pulse in your finger. This is the client’s heartbeat. Have the client take slow, deep, even breaths. When pulses are simultaneous, you & the client are grounded.

Huna Wellness & Illness Sessions

Huna may be used for wellness sessions & illness/hurting situations. For illness/hurting Huna, go directly to the area where the client is feeling the stress/pain. Place your hands on the affected body part & any Huna Power Center. Pikopiko (rainbow light) the area as you switch your breathing/mental focus between a Power Center & the pain. Inhale at the Power Center & exhale at the pain/stress. You may move your hands to reposition for comfort or choose another Power Center to continue the pikopiko. Use as many Power Centers as desired. Hold the energy there until you feel it is time to move. Once the client feels calm/relief in the area, ask if there is any other pain elsewhere in the body . . . follow the pain. After all areas are calm, complete the session with the line-square-diamond (Stone Element) & Kaulike (Human Element), only on the current side of the client’s body – usually one-hour for a Huna session.

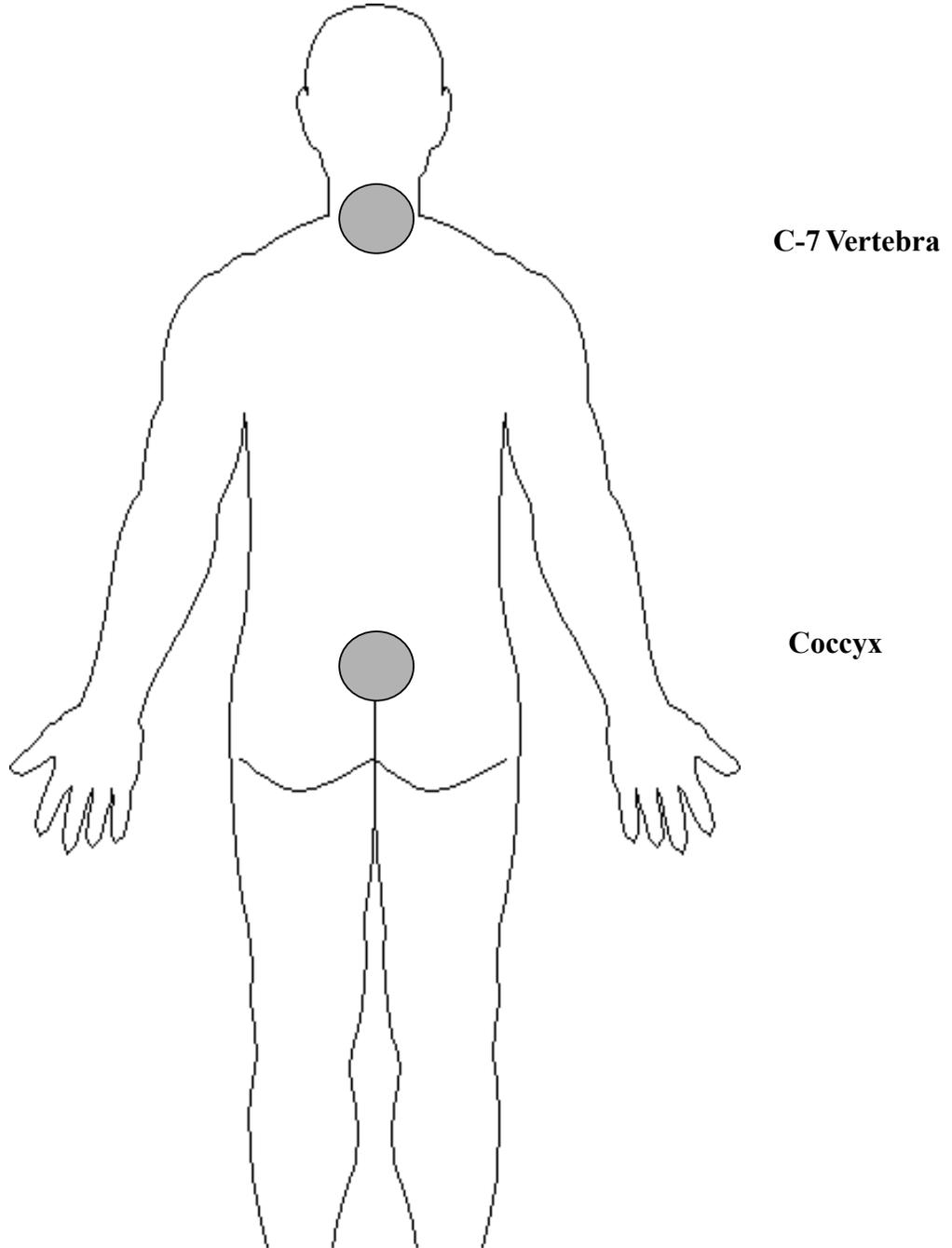
For a Wellness Session, use the Stone element with more breaths per position & finish with Kaulike. (Stone/Human elements are part of Huna II, which incorporates 7 total elements, Fire-Wind-Water-Stone-Plant-Animal-Human.)

Important: Maintain CONSTANT contact with the client, especially when moving to another position. This will allow the client to know where you are at all times. It will also strengthen the energy bond between the two of you. Inform your clients about the “rainbow light.”

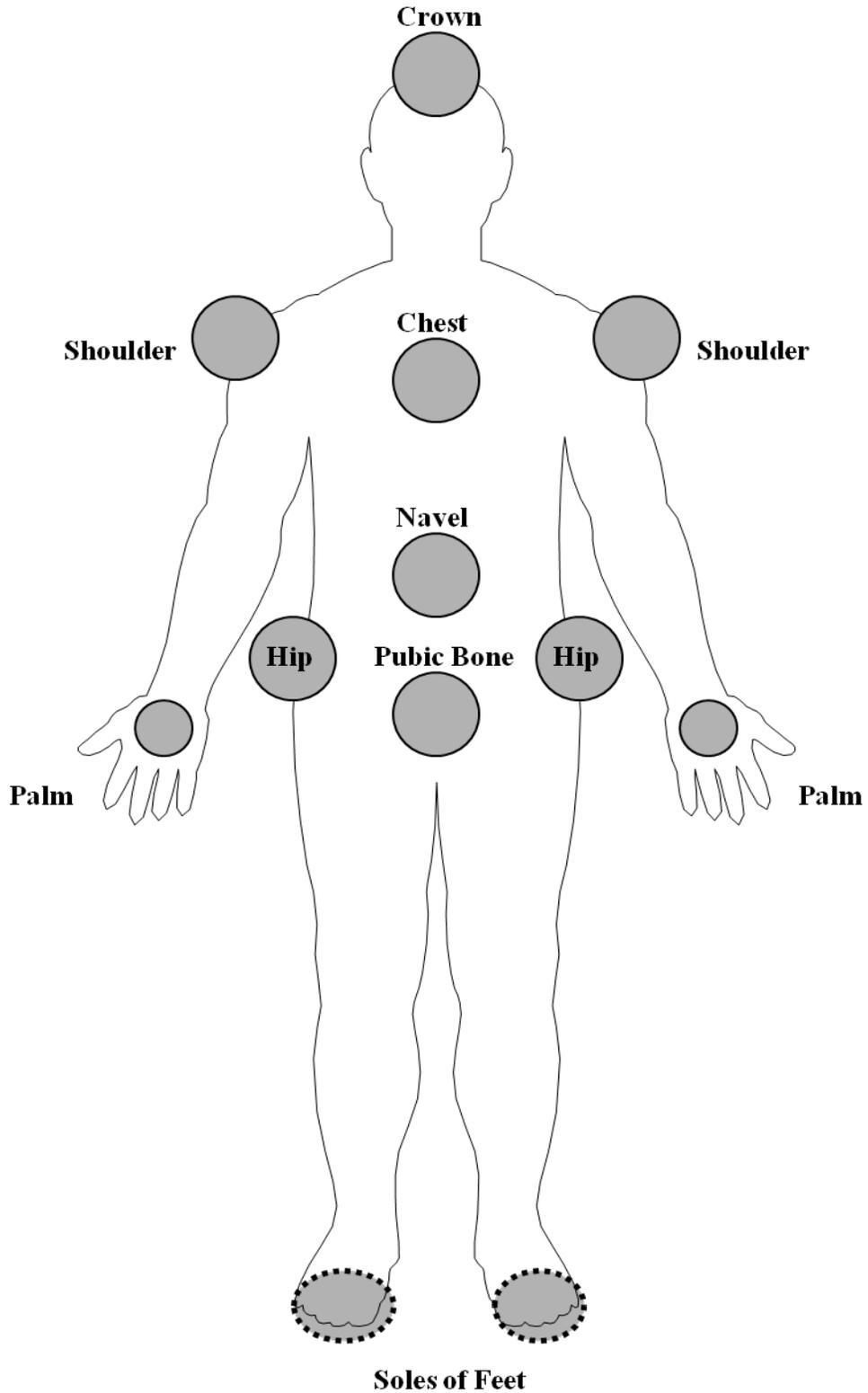
Power Centers (14) may be used in any order or pattern. The healing goal is to promote calm & peace, so use the Power Centers in the most effective way. Asking the client is the best way to determine if the Huna energy is working.

The Pubic Bone is a Power Center. Use discretion in using this Power Center, since we have many options. Communicate with your client to determine if it is necessary. The use of this Power Center will most likely be with intimate clients or self-healing. If this area is used, an alternative option will be for the client to place the hands over the pubic bone while you place your hands on top of the client’s hands. As long as you inform your client & you both feel it is appropriate to use this Power Center, then all is well.

Kahi Power Centers – Back (2)



Kahi Power Centers – Front (12)



Self-Healing

(Remember: H-E-A-L-I-N-G)

- Place one hand on a power center & the other hand on a stressed area.
- Pikopiko – Inhale on a power spot...Exhale on the stressed area.
- Imagine rainbow light flowing between the hands.
- Say the Huna chant.
- Imagine/picture/visualize a new pattern of wellness.

Seated Huna*

(Be seated to reach lower body . . . Maintain comfortable posture.)

Illness Session

>>> Perform Pikopiko w/rainbow light. <<<

- Place one hand on a power center, & inhale.
- Place the other hand on the stressed area, & exhale.
- May finish with Stone Element & Human Element.
- Say the Huna chant.
- Sweep.
- Ground the client, & give water.

Wellness Session

>>> Perform Pikopiko w/rainbow light. <<<

- Stone Element – Line/Square/Diamond
 - Line: Crown & Navel/Coccyx
 - Square: Shoulder/Hips – Shoulder/Hips
 - Diamond: Crown/Hip – Hip/Foot – Foot/Hip – Hip/Crown
- Use Power Centers as desired.
- Heart (one hand on top of client’s hands . . . other on your heart)
- Finish with Kaulike/Human Element & Huna chant.
- Sweep the Chi.
- Ground the client, & give water.

* Elderly/Clients w/pain or limited mobility/wheelchairs

Stone Element

- **Power Centers** – radiant crystal energy – rainbow light
- Client affirmation: “I am relaxing.”

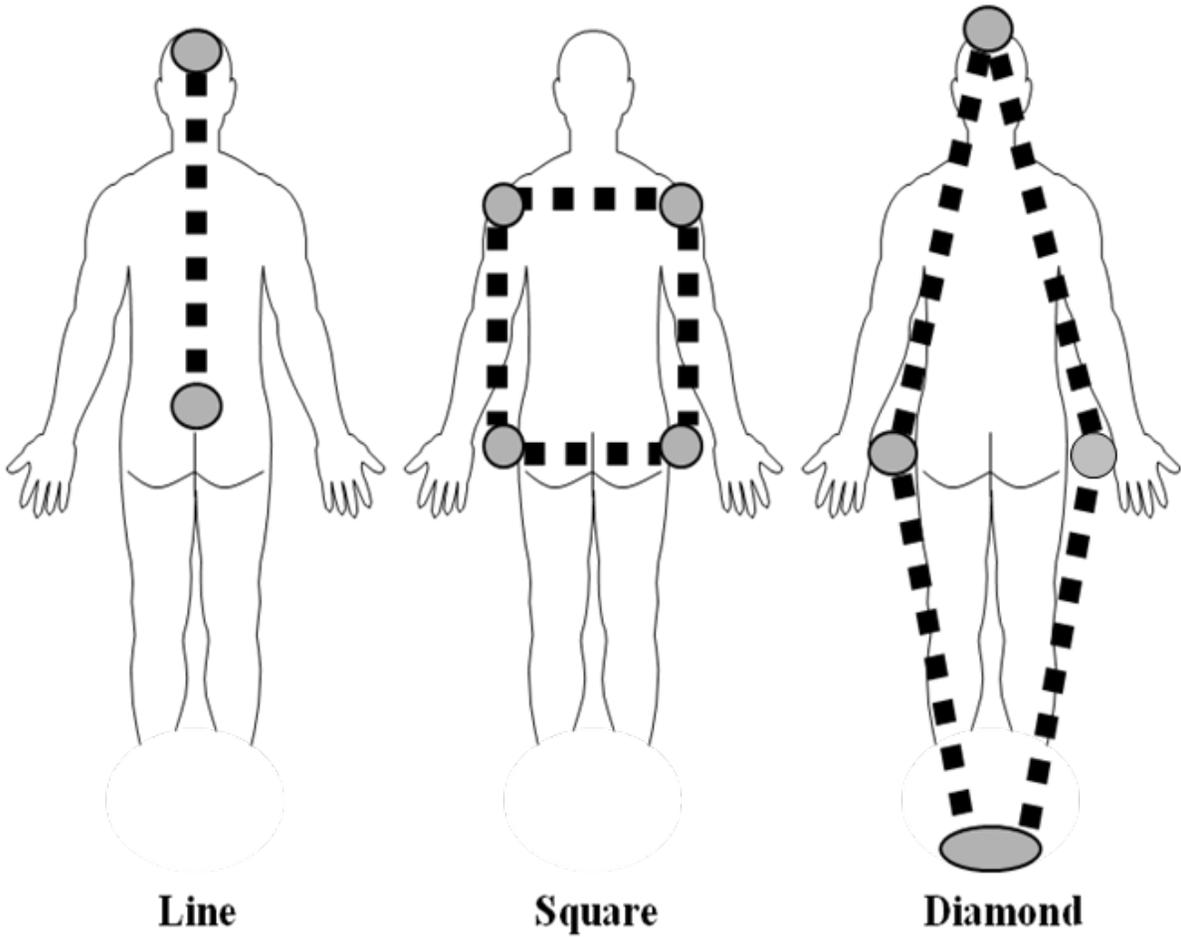
BACK – Line/Square/Diamond (1x)

- crown & coccyx
- shoulder & hip
- shoulder & hip
- crown & hip
- hip & foot
- foot & hip
- hip & crown

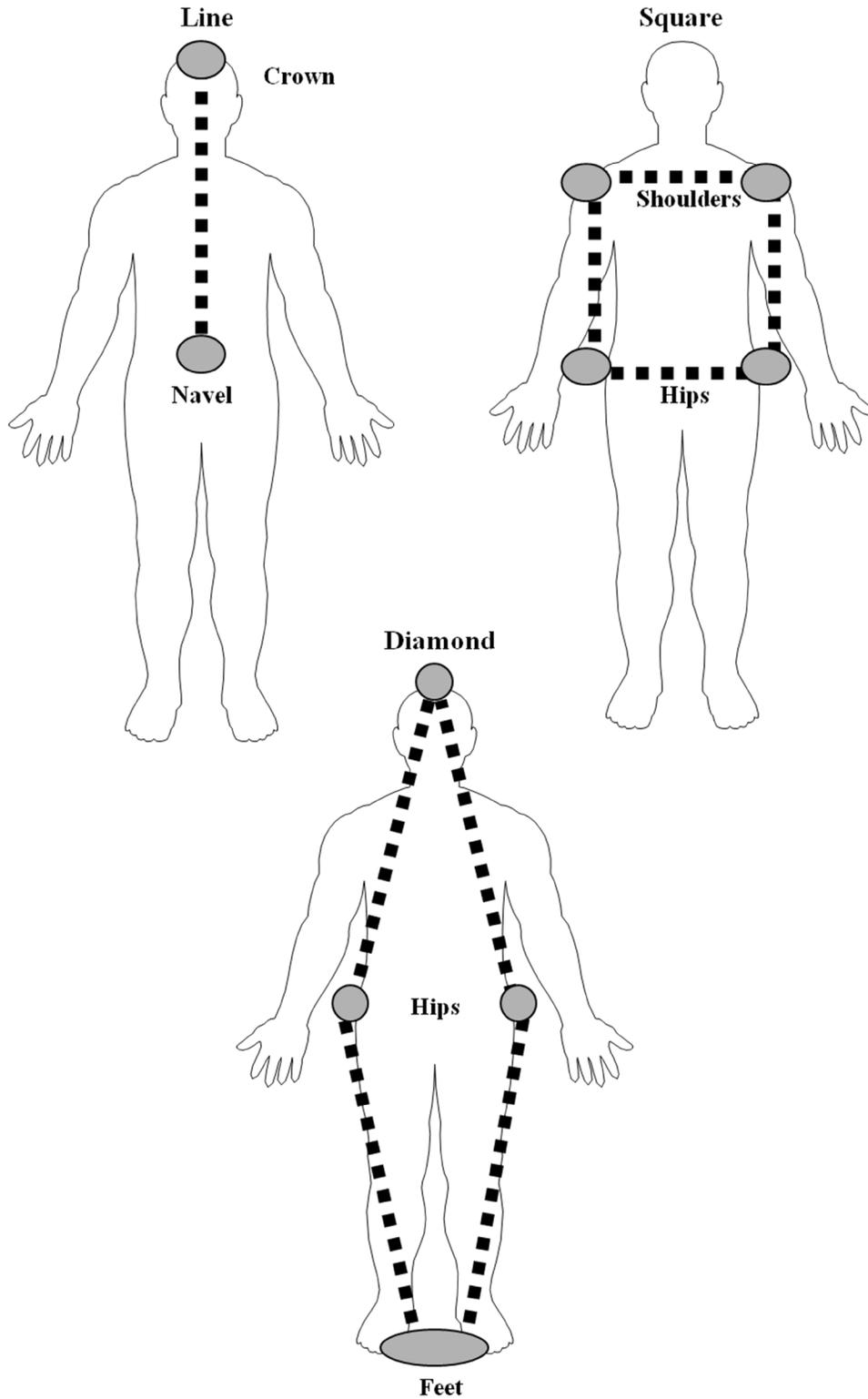
FRONT – Line/Square/Diamond (1x)

- crown & navel
- shoulder & hip
- shoulder & hip
- crown & hip
- hip & foot
- foot & hip
- hip & crown

Stone – Back Line – Square – Diamond



Stone – Front Line – Square – Diamond



Human Element

- **Kaulike** – Balance/Harmony – Loving Touch – favorite person touching
(Ku remembers the previous touches & totally integrates.)
- Client affirmation: “I am relaxing.”

BACK (1x)

- crown
 - back of head
 - back of neck
 - upper back
 - middle back
 - lower back
- Say Huna Chant.
- cheeks
 - shoulders
 - elbows
 - wrists
 - hips
 - knees
 - ankles
 - toes
- Say Huna Chant w/
Pau.

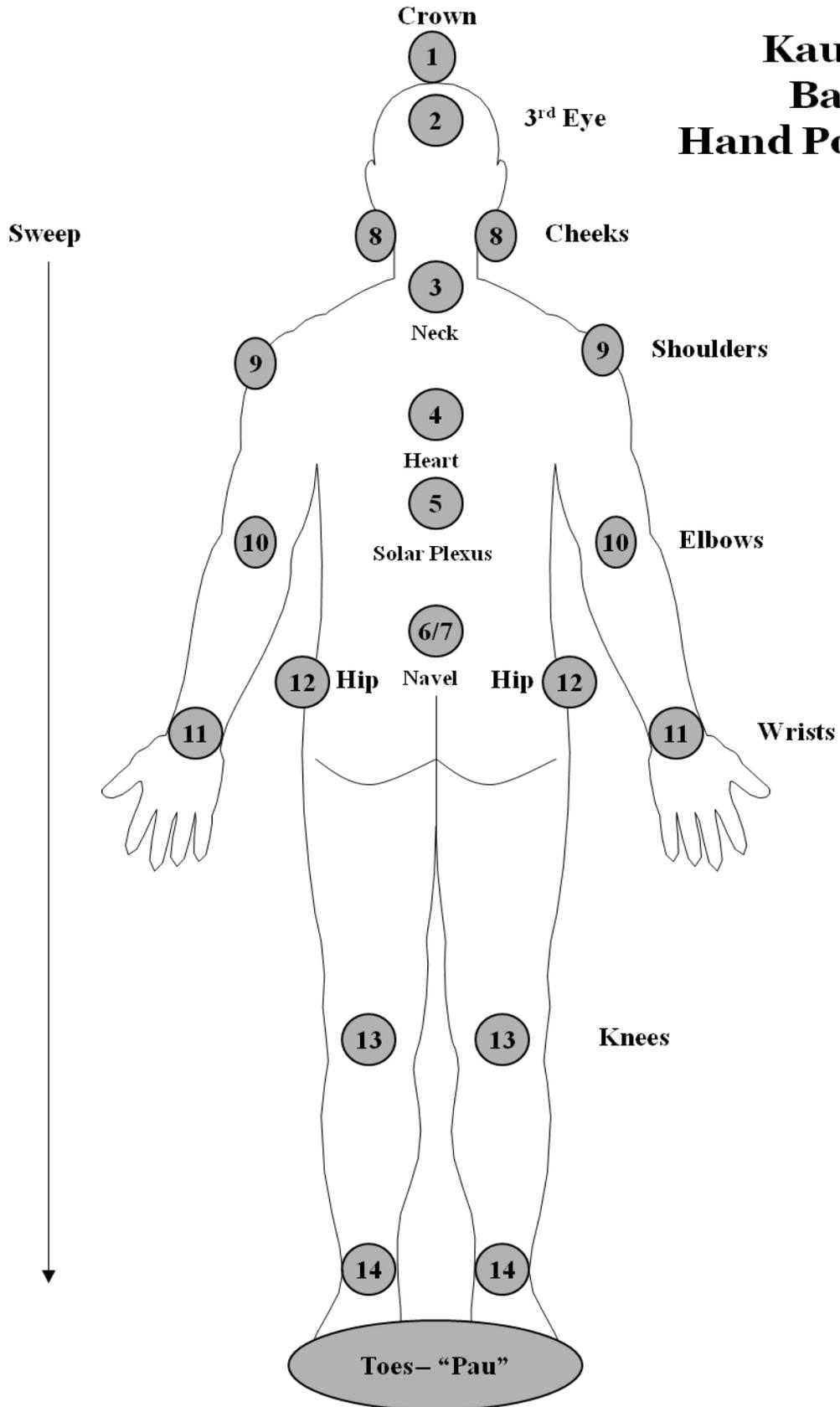
Sweep the body to finish.

FRONT (1x)

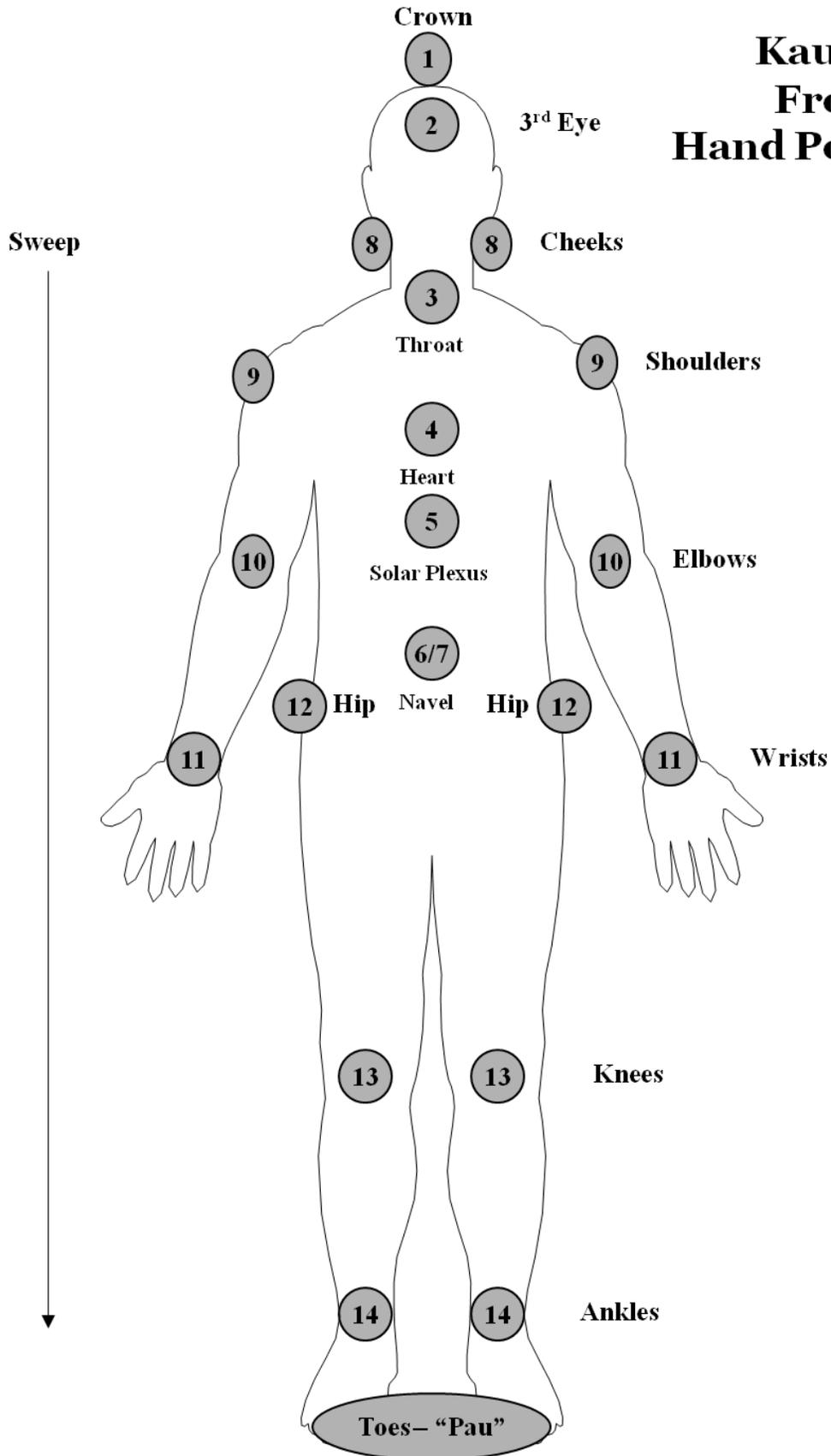
- crown
 - forehead
 - throat
 - chest
 - solar plexus
 - navel
- Say Huna Chant.
- cheeks
 - shoulders
 - elbows
 - wrists
 - hips
 - knees
 - ankles
 - toes
- Say Huna Chant
w/Pau.

Sweep the body to finish.

Kaulike Back Hand Positions



Kaulike Front Hand Positions



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Aloha

