

Kahi Loa: Great Oneness

7 Element Hawaiian Self-Healing Treatment

Acronym to help you remember the order of the elemental treatment is:

FWWP SPAH

This is a sensory journey for the mind that affects the body.

F-Fire

Imagine warm basalt lava stones soothing your muscles and releasing tension in your body. Call in the element of fire to melt away stress, cleanse toxic emotions and transmute lower frequencies. Visualize warm embers soothing your body and energizing you at the same time.

W-Water

Imagine soft waves of water caressing and cleansing every part of your body. Like ocean waves rush over lava rocks, connect with the element of Water to purify your body and energy field. Allow whirlpools of water to rush in and clear your energy centers (chakras) along with the joints in your body. Allow water to soothe your emotions and clear your mind.

W-Wind

As you breathe deep, connect with the Air element and feel the wind rush over your body. Allow the wind to take your cares away and lift your spirits. Imagine how it feels to have a warm breeze touch your skin. Let the wind help you release your fears.

P-Plant

Visualize smooth leaves from plants being brushed against your body. The plants work to cleanse you and strengthen you. You can feel your body responding to the herbs and flowers as they brush up against your legs, arms, back and feet. Let the plants do their healing work on you and feel how your body responds.

S-Stone

As you lie comfortably, imagine the perfect placement of gemstones and crystals all over your body. If you were to call in the best crystals to assist your healing process, what would they look like and where would you place them? You might ask the stones to come in and arrange themselves on your body. See who shows up and where they position themselves. This is your healing visualization so there are no limits to what the crystals can do for you. Do you need psychic surgery to remove an old blockage or energetic implant? Do you need field repair to strengthen your energetic field where an old injury or surgery happened? Let the crystals work for you. Use your imagination to experience the healing benefits. You might just call these stones to you on the physical realm once you have vividly imagined your crystals.

A-Animal

Call in your totem guides and power animal to assist your healing process. Visualize the fur or feathers of your animal as it touches your skin. Feel the animal giving you it's medicine through the power of wings, claws, paws, teeth, bones, etc. What do you imagine it feels like to touch your power animal? Allow your animal to work deeply in your chakras, empowering you with energetic transmissions. You can also imagine connecting with a pet or an animal you love in this part of the exercise.

H-Human

Visualize someone you love dearly or a master healer placing their hands on your body. Engage in the sensory journey of energy healing with another human. You may imagine your own healing team of loving individuals who envelop you with unconditional love, acceptance and prayer as they touch you. Enjoy this feeling for as long as you like. When you bring your awareness back to the room and the present moment, set your intention to feel great and have a beautiful day!

*If you enjoyed this sensory visualization and would like more "imagineering" techniques, check out the work of Hawaiian Kahuna Serge Kahili King in his book *Instant Healing*.

<https://sites.google.com/site/dsg6dsgdsf67sdf7sgdd6su/pdf-download-instant-healing-mastering-the-way-of-the-hawaiian-shaman-using-words-images-touch-and-energy-pdf-read-online---by-serge-kahili-king>

I also highly recommend Serge's book *Urban Shaman* available here:

<https://www.scribd.com/book/224362113/Urban-Shaman>