

a world of rejuvenation



The Aloha Malu Hawaiian
Massage Centre and Retreat

The Ho'o Pono Pono Lomi Lomi
Massage and Personal Empowerment
Training Institute

(02) 9971 8862 info@alohamaluretreat.com.au
www.alohamaluretreat.com.au

Ho'o Pono Pono Huna Workshops

Our *Huna* workshops will assist you to understand your innate abilities, realise your true potential, and embrace new beginnings. You will be empowered to break free from the pull of negative memories, negative patterns of behaviour, negative emotions and negative attachments, and to harmonise your relationship with yourself and others.

In our *Huna* Workshops your therapist will guide you to an understanding of the *Huna* belief system and how it can be practically applied in your life.

There are four one-day interactive workshops which are limited to six to eight students allowing maximum learning and healing. Each workshop building on the knowledge gained from the last. Although, workshops can be completed independently and in your own time.

Workshop 1

Learn how to connect with your inner voice, your real power with *Piko Piko* breathing technique.

In this workshop, you will be trained in the ancient shamanic *Piko Piko* breathing technique. *Piko Piko* is a simple yet powerful breathing style that can relax you in minutes. *Piko Piko* before an important engagement will prepare you to be focused, less stressed and enable you stay in the present moment. *Piko Piko* is also the perfect way to prepare for a massage.

By practising *Piko Piko* regularly you will become aware of its profound power to heal your body, counteract negative emotions, calm your mind, and raise your spiritual awareness.

"Eu ka manu i kona puapua; eu ke kanaka i kona hanu": "a bird is moved by its tail; a person is moved by their breath".

Workshop 2

Learn how to work with the power of the seven principles:

Ike – The world is what you think it is -
Be Aware

Kala – There are no limits -
Be Free

Makia – Energy flows where attention goes -
Be Focused

Manawa – Now is the moment of power -
Be Here

Aloha – To love is to be happy with -
Be Happy

Mana – All power comes from within -
Be Confident

Pono – Effectiveness is the measure of truth -
Be Positive

The words you say, and how you say them, can heal or harm. You will learn how to use words, and the feelings that inspire them, for their best healing effect so that they create balance in your life and stability in your relationships with others.

"Aia ke ola i ka waha; aia ka make i ka waha":
"Life is in your speech; death is in your speech".

Continued...

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Workshop 3

Learn how to understand the power of your holistic self.

You will be guided to an understanding of the *Huna* belief that human behaviour and experience can be explained and changed through the interaction of three (sometimes four) dimensions of our makeup:

1. **The High Self** (Kane, Aumakua) - **Inspires**
2. **The Conscious Self** (Lono) - **Formulates**
3. **The Subconscious Self** (Ku) - **Remembers**
4. **The Core Self** (Kanaloa) - **Wills**

Enlightenment will come with the conscious understanding of the four 'selves' and their purpose. By understanding how to communicate with each element of your inner being, you are better able to direct your life along paths that will bring you true happiness.

Imagination is used by many healing traditions, and you will learn special ways of using it to heal the negative conditions of your life.

"*Aia ke ola i ka po*": "Health and prosperity come from your inner belief system."

Workshop 4

Learn how to communicate and to understand the world we really choose to live in.

The *Kapua* tradition divides all experience of reality into four levels:

1. **Scientific** reality - Everything is objective
2. **Psychic** reality - Everything is subjective
3. **Shamanic** reality - Everything is symbolic
4. **Mystical** reality - Everything is holistic

In this Workshop you will learn how to move freely between these four levels of reality, empowering you with a new awareness of how each level of

reality applies to each circumstance of your life. This broader frame of reference will enable you to resolve issues and avoid the tensions and accumulated stresses that they can create. You will be able to view life through an opened door instead of a keyhole.

One path to an understanding of these four levels of reality is *Ho'o Pono Pono Lomi Lomi* massage. Touch can have a profound effect. You will learn how to touch certain areas on your body to release tension quickly and allow healing to happen naturally.

"*Pa ka 'ili, pa ka iwi*": "Touching the skin, touches the bones."

Our *Huna* Workshops are designed to help with:

- attracting health, wealth and happiness
- stress management
- weight management
- physical healing
- emotional healing
- achieving and maintaining a peaceful state of mind
- skill development
- sense of inner happiness

Workshop Courses, introductory price \$200 per day (includes a healthy lunch).

BOOKINGS ESSENTIAL.

**Please contact Madeline and Kenike Killip for course bookings on;
Phone / Fax (02) 9971 8862
Mobile 0402 145 583**

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