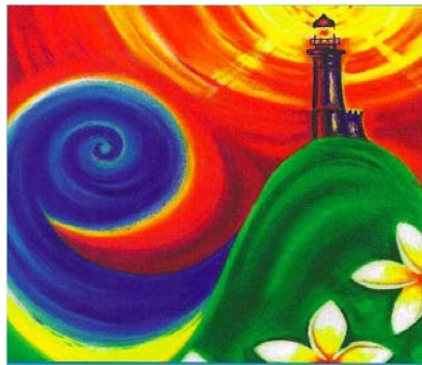


Huna

How to become your own Healer and to live the life you truly deserve. An introduction into the teachings of the Hawaiian Shamans and their secrets to self empowerment and inner peace.



Aloha Malu Hawaiian Massage and Personal Empowerment Centre

Workshop Facilitators

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INTRODUCTION

Aloha. Welcome and thank you for allowing us to present an introduction into our two day Huna, Wisdom Development Workshops that complement our Ho'oponopono Lomi Lomi Holistic Healing Massage.

What is Huna?

Huna is the teachings of the Hawaiian Shaman (Ka Huna), their secrets to self empowerment and inner peace.

Why Huna?

Huna teaches us that there is so much more to our existence than what we see. Its literal meaning is "secret" or "hidden". This is not the kind of secret that one keeps from another, but an inner knowledge that becomes outwardly apparent.

Understanding the philosophy of Huna will give you a blueprint to realize that you will have the wisdom, strength and techniques to positively influence your total environment.

Our Massage

Ho'oponopono Lomi Lomi Holistic Healing Massage

The Hawaiian Ka Huna (Shaman) believe that stress, grief and trauma held in the body as tension and manifesting as emotional and physical pain, is a major cause of all unhappiness and disease.

This treatment aims to banish that tension by creating a soft and supple body which in turn creates a peaceful state of mind, allowing emotional, physical and spiritual healing to take place. With infinite compassion, caring hands with strength and softness encourage energy flow, slowly stretching limbs and joints to bring relief to long neglected places. Breathing becomes deeper as the mind relaxes and the body feels more in balance.

Lomi is a perfect detox for the body as it lymphatically drains toxins that starve the body of vitality and joy, but there is much more to be gained.

Spiritually it comes from the heart. It communicates that you are unconditionally loved and accepted, whilst being encouraged to nurture yourself to the inner most part of your being. People who benefit most from this treatment embrace Huna, the philosophy of the Hawaiian Shamans, allowing in new thoughts, perceptions and aspects which in turn banish negative patterns.

Awakening Through The Breath

Learn the ancient healing technique of Piko Piko breathing to achieve clear mental, emotional and physical wellbeing.

The word Hawaii means “to live in the supreme power (mana) that rides on your life’s breath”. Where you live is not so much a place but in the breath that ignites and fuels the spark of life within you, your body may house you but you live in your breath.

Once fully understood and mastered you become the centre of the universe that lies within, freeing you from only defining yourself by external limiting attachments such as a locality, a dwelling or a relationship all of which you could lose. This breathing technique calms the mind, opening the body to all the wisdom and knowledge we all hold deep within our authentic self.

Awakening your inspiration and allowing you to listen to your intuition, you learn how to effectively communicate with one of your greatest assets and your best friend - your physical body. When we don’t breathe correctly, it’s like running your car with flat tyres.

Learn how to use the breath to massage your inner self allowing you to find comfort in your breath.

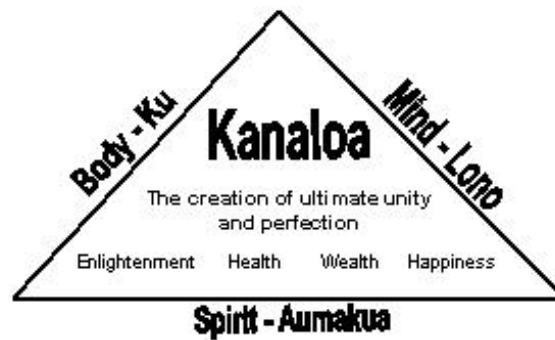
Harmony through Huna

Learn how to work with and to live by the power of the 7 Principles of Huna every day to achieve perfection.

1. **Ike – *The world is what you think it is.***
Learn how to harness the power of another great asset - your mind. Your mind can work for you or against you. If the mind becomes too controlling it can become dangerous.
2. **Kala – *There are no limits.***
Learn to trust and to work in alignment with your intuition. Discover how to quieten the limits and judgments of your mind and how to trust and work with your intuition and inspiration that has no limits.
3. **Makia – *Energy flows where attention goes.***
Learn to align your thought energy, your feeling energy and your inspiration energy to obtain perfection in your life.
4. **Manawa – *Now is the moment of power.***
Discover how to change your current belief and behaviour patterns **now**, and you will awaken to breaking old habits and create a future of your choice.
5. **Aloha – *To love is to be happy.***
Experience the freedom of giving and receiving unconditional love, releasing you from judgments and pain.
6. **Mana – *All power comes from within***
Learn how to understand and harness your electromagnetic energy, your inner authority and discover how powerful you really are.
7. **Pono - *Effectiveness is the measure of truth***
Learn how to recognize your current thought patterns. In a world of constant change, your thought patterns may be restrictive and are not allowing you to achieve true fulfillment.

Realize Your Power

You will learn how to communicate with and to understanding the power of your holistic self.



In this workshop 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 your:

- **Mind (Lono)** – Learn to understand the function of your mind and to work with this powerful energy.
- **Body (Ku)** – Learn to understand the function of your body, your stable platform and your best friend.
- **Spirit (Aumakua)** – Discover and awaken to your soul's purpose, your passion and understand the gift in you.

According to the teachings of Huna, the harmonious energy and spiritual integration of your Ku, Lono and Aumakua is what makes your life heaven on earth. (You have the tools, we will teach you how to best use them). It is at this moment you will reach ultimate unity and confidence - **Kanaloa (Complete Perfection)**

Open To Your World Of Choice

You will learn how to communicate with and to understand the world you really choose to live in.

Huna teaches us that our world consists of four levels of reality, unfolding simultaneously at any given moment. By fully understanding these levels of reality, you will be able to direct your life along paths that will bring you true happiness. These levels are:

- **Scientific Reality (Fear based)** – Most people live and work in their clinical reality 24/7. It is a very important world but only one of four levels. It is a world full of limits, rules, judgments, stress, tension, social and family expectations, unhappiness and disease.
- **Psychic Reality (Aloha based)** - This reality reaches beyond logic into a world of feelings, passion, intuition, inspiration and imagination that has no limits. Learn how to really trust your feelings.
- **Shamanic Reality (Aloha based)** – In this reality take nothing personally. Every experience or perceived mistake is only symbolic. Learn how to find a lesson in any experience.
- **Mystical Reality (Aloha based)** – In this reality everything is connected. Learn how to understand and harness your electromagnetic energy. Communication is the key.

You will learn to identify which level of reality you live in, then learn how to move freely between each level of reality, lowering stress and tension, and maximizing awareness. This will give you the power to see what is really happening beyond the limiting program you are currently running in your head.

CONCLUSION

Huna is the Secret Knowledge we will share with you. Opening the pathway to the power of the present moment and to sacrifice who you think you are to who you may become.

These two day workshops will allow you to consciously co-create the life you choose. Everything you desire is achievable.

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For workshop times and pricing, please go to our website www.alohamaluretreat.com.au or call us on (02) 9971 8862.

Wishing you love and inner peace beyond all understanding.

Mahalo Nui Loa
Madeline and Kenkie Killip