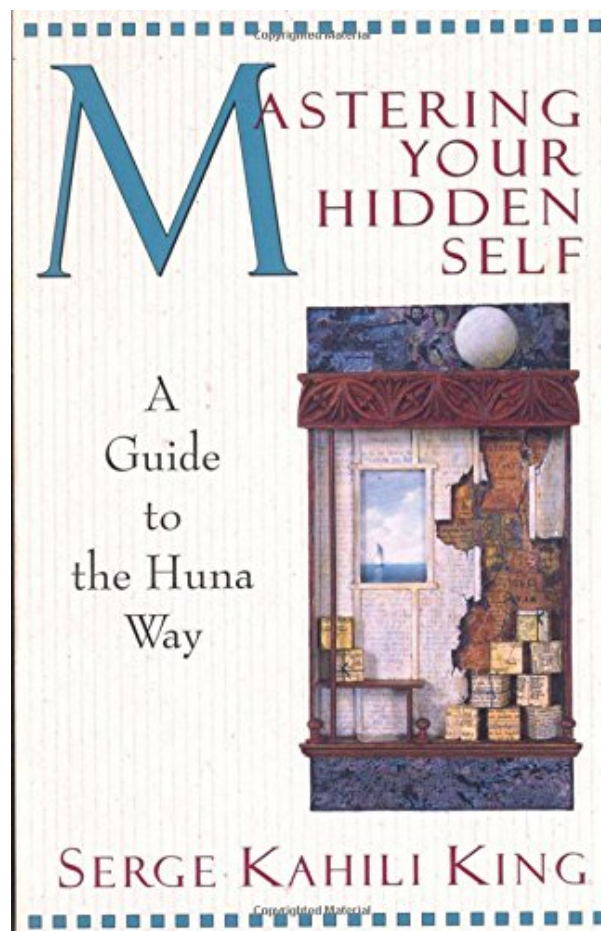
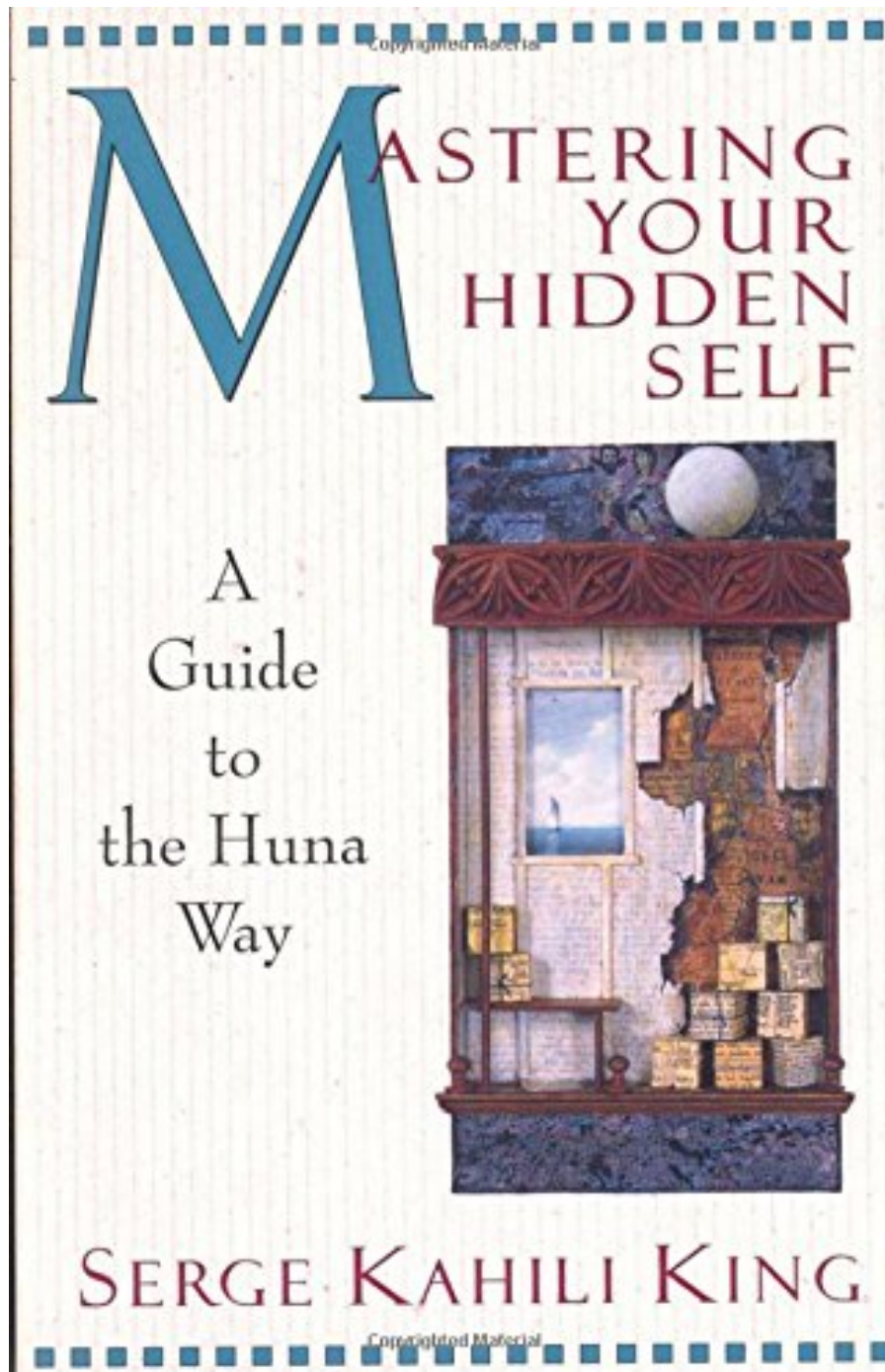


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About the Author

Serge Kahili King, Ph.D., holds a doctorate in psychology from California Western University. He has studied with master shamans from Africa to Hawaii and has trained thousands in his popular seminars. He is the president of Aloha International, a non-profit organization dedicated to spreading the aloha spirit of peace through blessing. He is also the founder of Order of Huna International, which teaches workshops in personal effectiveness and trains shaman peace-makers and healers to work in modern, urban environments. King is regarded as a kahuna kupua or master practitioner of the Hawaiian shaman way. He is the author of the world's largest selection of books on Huna, the Polynesian philosophy and practice of effective living, and on the spirit of Aloha, the attitude of love and peace for which the Hawaiian Islands are so famous. He also writes extensively on Hawaiian culture and is a novelist as well. For more about the author please visit his website www.huna.org.

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Huna philosophy is about learning to become a conscious cocreator with the Universe. Hawaiian shaman King uses Kahuna healing methods to help us access the hidden energy of life, develop powers of concentration, and make friends with the deepest aspect of our being. Learn how your Higher Self, or aumakua, is contacted in the dream dimension. Get in touch with the Mana, the hidden energy of life. Develop higher powers of concentration by utilizing the tikis, created images of sight, sound, and feeling in meditation. Become aware of your subconscious, an integral part of your being, which impatiently awaits communion with the ego.

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Features

- Mastering Your Hidden Self: A Guide to the Huna Way (A Quest Book)

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Simple Philosophies, Outstanding Results

By Jack King

I've read many self help books. Some of them have been slightly helpful. The majority of them, whilst well written, have been nothing but hot air, penned by an author who's main priority was to get to your wallet with shallow advice, and not to your soul with fruitful results.

This book defied everything I had ever come to believe of self help books.

Huna has been around for a long time, and it's philosophies of dealing with yourself, mainly your conscious and unconscious mind, are like nothing I have encountered before.

After putting the methods into practice, I can happily say that I have overcome negative thoughts, which I had been dealing with for most of my adult life, within a matter of weeks. The most startling thing is that I have only just begun, yet have made more progress by implementing Huna's methods of dealing with my subconscious mind than I have in the last 10 years put together.

The nonchalant way that Serge Kahili King writes is also a pleasure to read. He knows that something as simple as a book will not solve all of your life's problems, but he is there to support you and be a fence sitter along the way, neither condemning any other form of self development or promoting one over the other. It's this unbiased view of life that makes you sit up and take notice.

I strongly recommend that for anyone that is interested in making a difference to their lives, particularly one filled with negativity, to read this book.

The methods involved are simple, and can be used daily, for as little as 20 minutes, or for further 'Gains' much more.

Bless The Present.

Trust Yourself.

Expect The Best.

43 of 44 people found the following review helpful.

De-mystification

By Jacob Heine

This guy basically explains how rituals and religious faith healing actually works. He doesn't try to convert you to some "Huna" religion. He just kind of uses that as a base to start at. This book's all about the subconscious mind. He shows you how to communicate with your own subconscious.

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By Guin

Great book! Not the one you read once and put away. A lot of points for contemplation and also practical strategies for becoming your better possible self. Highly recommend it!

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