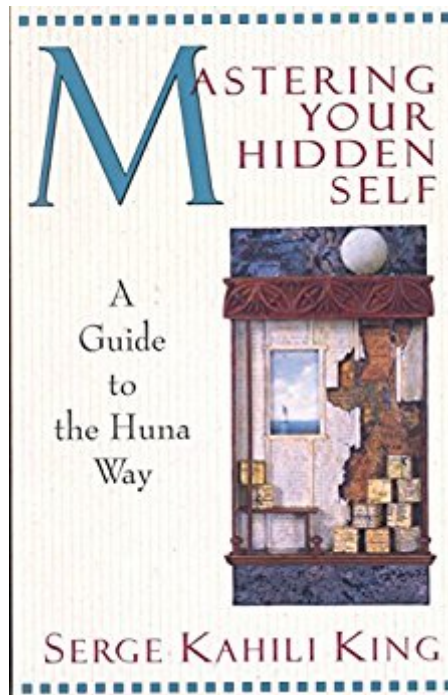




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# Mastering Your Hidden Self: A Guide To The Huna Way (Quest Book)



## Synopsis

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.

## Book Information

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## Customer Reviews

Can definitely change lives! Explains theoretically and practically how to apply energy of life and basically heal your spirit! Learn how to communicate with your subconscious and understand how your mind and spirit work! Amazingly understanding to everyone and not one person I talk to about this book or let the scan through it had anything negative to say about it! Everyone got more interested in the subject and got inspired in finding out more information on spirituality! Has

positively influenced my life and let me understand life and energy a lot better! A must read if you are interested in or are learning the spiritual field!

Everything you want it to be! An eye-opening look at our true nature... Read and enjoy and understand yourself as you really are. The book you didn't know you were waiting for!

I wish I would have started reading this while I was living in HI. Great book, but it really outlines my belief system. Not sure if other religions that are set in their ways will like it, but it is great if you are open minded and believe in inner spirituality and self betterment.

My librarian first suggested this book to me. I enjoyed it so much, I wished to order it for my own bookshelf. It's a lovely introduction and explanation of Huna, and gives quality examples and references to other psychology methods. It is written in a way that flows easily, but certainly not in a "dumbed down" rendition. My interests for reading this book is aumakua - the dream dimension, and discovering hidden life energies.

Serge Kahili King's books give a whole new way of seeing things in our search for "truth".

I really loved Serge Kahili King's book "Huna: Ancient Hawaiian Secrets for Modern Living," and so I was really looking forward to reading this book. The other book was full of very practical suggestions that one could put into practice immediately. This one was more like a technical manual. Yes, it was interesting to read about Hawaiian concepts of ku, lono, and mana, but it's just not what I was looking for.

This book enlightened me spiritually! It's loaded with lots of meditation exercises and practical techniques that help you get in touch with your "hidden" self (subconscious mind). I now feel more relaxed, secure, and connected with the universe more than ever!

I was particularly impressed by the flexibility of the methods, always focusing on what works for you and getting caught in the details.

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Mastering Your Hidden Self: A Guide to the Huna Way (Quest Book) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence,

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