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There are some wisdom morsels in the book. However, nothing Hawaiians in Huna. The whole thing is a commercial product associated with The New Age. Some good ideas are borrowed from other traditions or from the author's psychological instructions. If the author would actually have intellectual honesty saying that it was his own invention, I would judge this book a little higher. If he's going to drop I'm just giving a 1/5 rating to books written with dishonest intentions by the author. There are some wisdom morsels in the book. However, nothing Hawaiians in Huna. The whole thing is a commercial product associated with The New Age. Some good ideas are borrowed from other traditions or from the author's psychological instructions. If the author would actually have intellectual honesty saying that it was his own invention, I would judge this book a little higher. If he will drop all pretences in other words. Since the book treats the idea of spiritual development, even the rating of 1 is too high. Furthermore some ideas are just wrong and dangerous and contradict modern science. My number one pet peeve is a fine fragrance of positive thinking that shines through this book. However, there are some good ideas in it (none of them are related to Kahunas from Hawaii, sure)... Too bad a path to hell is paved with good intentions. ... More of these books border on mystics. However, that is possible that we are not prepared to accept the 'new truth'. I felt this kind requires the presence of qualified teachers who then make such knowledge more tacit in nature. the simplest d.i.y. of this book may understand our subconscious mind by:(1) giving him a name (2) having an internal dialogue with him/her to draw good and bad memories so we realize any limiting belief that we have (i.e. at the last).29 Oct this book borders on mystic mystic that could be that we are not prepared to accept the 'new truth'. I felt like this kind of teaching required the presence of qualified teachers who then made such knowledge more tacit in nature. the easiest d.i.y. of this book may understand our subconscious mind with:(1) giving him/name(2) that has an internal dialogue with him/her to draw good and bad memories so we realize any limited belief we have (i.e. at the last).29 Oct 2015p/s: I just 'felt' like reading the book, I did. It opened my mind to accept things I had never considered before. It basically talks about the 'different parts' of our minds, namely the subconscious mind, conscious mind, super conscious mind, aka, where. And how to understand each other is important. This led me to investigate 'chi' or 'qi' or 'where' because the term is also known. It seems to border on mysticity, HOWEVER, it reconciles some of the mysteries/initial questions I have about our minds and its nature. Am excited and I are investigating further this. Hope that this exercise is yieldful ... More Way Huna is a very interesting concept. Combining beets and pieces from different religious and ideological backgrounds the authors make a very interesting case. While most scientific examples are cited mostly para-psychologically it is interesting to see connections drawn between attempts at hard science and mystical findings. All in all I would say it's an interesting read though maybe a little too abstract for most. I like the ideas presented more than the basic Huna cara Huna is a very interesting concept. Combining beets and pieces from different religious and ideological backgrounds the authors make a very interesting case. While most scientific examples are cited mostly para-psychologically it is interesting to see connections drawn between attempts at hard science and mystical findings. All in all I would say it's an interesting read though maybe a little too abstract for most. I like the ideas presented more than basic Huna ideas. To lead a good life a person must control oneself and connect with their insistence and internal desires. Takeaway messages are definitely worth reading; and meditation recommendations can be very useful. ... Fewer beginners for sure, but I like the visually inspired meditation techniques and discussions about subconscious and conscious conscious consciousness this book is fine but a little too east and myth for my desire. Not a bad book, but I can't read myself helping books anymore... all say the same stuff. For anyone who enjoys the Secrets but wants to learn more about why behind all that, this book must be read. Excellent book with lots of information. This is something you can read, but just know you have to go back and read various parts again, just to really understand that Serge Kahili outlines. I can't wait to go back and work on the methods she outlines for meditation and other visualization techniques. Starting is a bit slow for me but a lot of useful information. This is an amazing and exciting book I used to improve my life. I think the author wrote brilliantly. Some interesting ideas and thoughts. I'm not sure I actually bought the whole hidden language thing, and the coverage slightly fulfilled the strengthening of ideas from consciousness and Gestalt. ... it would be better just to read them. I really hated this book. I'm the only thing I really got from that was the use of a pendulum that I thought was useful but King lost me halfway when he started talking about aura as a real thing and tried to support him with bullsh\*t pseudo science. I'm sorry but even a little sh\*t in a good sandwich making sandwiches can't be edited. In short, this book is a waste of my time. Before reading this book, I personally had a special interest in the word 'Namaste' (let divine on me, succew to the divine in you). This book is not about any religion and I feel that while some theories/practices can be said, the majority of them naturally make sense to me. In Indonesian my word/ku is derived from Sanskrit and has the meaning of I/my. That coincidence with My Eveian, subconscious self. Here are some quotes that I found very interesting. Thomas Edison, for instanc Before reading this book, I personally have a special interest in the word 'Namaste' (let divine on me, bow to the divine in you). This book is not about any religion and I feel that while some theories/practices can be said, the majority of them naturally make sense to me. In Indonesian my word/ku is derived from Sanskrit and has the meaning of I/my. That coincidence with My Eveian, subconscious self. Here are some quotes that I found very interesting. Thomas Edison, for instance, used to consume about seventeen very short sleepers a day and only needed three hours of sleep at night. He does not take sleep or rest but means to dream. Contrary to what you expect, the newer the language, the more complicated its grammar, while the older it is the easier its construction. ... more interesting take on Hawaii's mystics. known as huna.new age hippy psychobabble. or psychoanalysis.it's got it all. and teeters between line.breath are clearly blurred. Meditation. and visualazation.metaphors and symbolism.understand three selves.which means you are subconscious. Aware. and mindset freudlike sh\*t too learned to cope with certain complexes. understand yourself.by understand yourself as clearly as you can. or maybe not believe it.i can see it's an interesting practical take on hawaian mystique. known as huna.new age hippy psychobabble. or psychoanalysis.it's got it all. Everything. teeters between line.breath are clearly luzzy. Meditation. and visualazation.metaphors and symbolism.understand three selves.which means you are subconscious. Aware. and mind superconscious.and freudlike sh\* t too learn to overcome certain complexes. understand yourself.by to understand yourself clearly as you can. or may not believe.i can see it practical applications in hypnotherapy.but yes. i can dig.take what can be. or may not apply.\*trust yourself. or is it selves. Lol. ... It's more worth reading if you become spiritual. Yet I was left unsure how authentic versions of Hana's author were actually. He doesn't seem to speak much history or background culture. But to explain his psychics and then to justify it by saying it was Huna's way. The attachment (some pages that it is,) is the most he does to look into an alittle background. Saying that, it's a good and interesting read. Putting all the foundations you need for most metaphors, spiritual or new age lear A worth reading if you become spiritual. Yet I was left unsure how authentic versions of Hana's author were actually. He doesn't seem to speak much history or background culture. But to explain his psychics and then to justify it by saying it was Huna's way. The attachment (some pages that it is,) is the most he does to look into an alittle background. Saying that, it's a good and interesting read. Lay all the foundation you need for most metaphis, spiritual or new age learning. Enjoy. ... More awesome, quick reading about devoting your mind to changing your beliefs and views in the world to be more positive. I really like how the author admits you can combine this practice with any religion. I have read the majority of principles elsewhere, especially parts about positive visualization, but I enjoyed how these practices were discovered a long time ago. Interesting in parts. A good combination of various systems seems. And half of it is an argument for linguistic merit and the language interpretation of the islands. At any rate likes garden exercises. The whole concept is worth reading but it's not spoken until near the end. If it is the right time for you, then by all means read the study and manifest these teachings in your life Above mentioned above If it is the right time for you then this book will serve as a guide. If you have an ear if you have read German edition points - Begegnung mit dem verborgenen Ich. Ein Arbeitsbuch zur Huna-Magie. Huna-Magie.

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