

Mastering Your Hidden Self A To The Huna Way Serge Kahili King

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15 Steps To Master Self-Discipline Mastering Your Hidden Self A

Mastering Your Hidden Self: A Guide to the Huna Way (Quest Book) Paperback – January 1, 1985. by Serge Kahili King (Author) 4.5 out of 5 stars 123 ratings. Part of: Quest Book (8 Books) See all formats and editions. Hide other formats and editions. Price.

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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.

Mastering Your Hidden Self: A Guide to the Huna Way by ...

The more you have read new age or self-improvement books the less you will get out of this text. Mastering Your Hidden Self uses new age ideas combined with Hawaiian culture. The book throws out a host of paranormal ideas such as orgone energy, Kirlian photography, telekinesis and more so don't expect a book of practical techniques.

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Mastering Your Hidden Self: A Guide to the Huna Way. Serge Kahili King. 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.

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Mastering Your Hidden Self: A Guide to the Huna Way by ...

Available at <https://www.amazon.com> as a Kindle book or Paperback. MASTERING YOUR HIDDEN SELF: A Guide To The Huna Way, by Serge Kahili King, Ph.D. The most fundamental idea presented in this book is that each of us creates our own experience of reality by our beliefs, interpretations, actions and reactions, thoughts and feelings. It is not that our reality is created as a result of these personal expressions, but that we are co-creators with the Universe itself.

Mastering Your Hidden Self, by Serge Kahili King

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Mastering Your Hidden Self by Serge Kahili King, Quest Books, 1994. The cover of the paperback edition features a reproduction of the Talbot collage/construction "Cloister." Mathematics Magazine The Mathematical Association of America, Taylor & Francis, Ltd..

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The ancient wisdom of Hawai'i has been guarded for centuries -- handed down through lines of kinship to form the tradition of Huna. Dating back to the time before the first missionary presence arrived in the islands, the tradition of Huna is more than just a philosophy of living -- it is intertwined and deeply connected with every aspect of Hawaiian life. Blending ancient Hawaiian wisdom with modern practicality, Serge Kahili King imparts the philosophy behind the beliefs, history, and foundation of Huna. More important, King shows readers how to use Huna philosophy to attain both material and spiritual goals. To those who practice Huna, there is a deep understanding about the true nature of life -- and the real meaning of personal power, intention, and belief. Through exploring the seven core principles around which the practice revolves, King passes onto readers a timeless and powerful wisdom.

The first practical guide to applying the ancient healing art of Hawaiian shamanism to our modern lives. Uniquely suited for use in today's world, Hawaiian shamanism follows the way of the adventurer, which produces change through love and cooperation—in contrast to the widely known way of the warrior, which emphasizes solitary quests and conquest by power. Now, even if you can't get out into the wilderness or undertake a long apprenticeship with a shaman, you can learn to practice the art of shamanism. You'll learn how to: —Interpret and change your dreams —Heal yourself, your relationships, and the environment —Cast the shaman stones to foretell the future —Design and perform powerful rituals —Shapechange —Make vision quests to other realities And more.

“ Reality is experience, and experience is reality. ” says Hawaiian shaman Serge King, speaking of Huna, the esoteric tradition in which he was reared.King emphasizes that all of us have the ability to shift from one world to another. The difference is that shamans do it purposefully, while the rest of us are unaware of it. He trains us to engage in the process consciously in order to expand our human potential. Among books on Huna, this one is unique for offering actual practices for changing our reality to create the life we want. In a user-friendly, conversational style, King ’ s chapters explain the four worlds of a shaman and basic Huna principles. Then, citing case studies, he guides us in how to change reality in each of the four worlds, bringing in ESP, telepathy, the perception of auras, telekinesis, dreaming, magical flight, and, finally, soul retrieval and the great power of healing. “ It sounds simple, ” says King, “ and it is. The most difficult part is to accept the simplicity, because that means changing one’s idea about what reality is. And that’s what this book is all about. ”

Harness the transformative power of night dreams, half-awake dreams, and daydreams for healing, manifestation, and insight • Examines the types of dreams we have and how to remember and interpret them • Offers techniques for using night dreams and liminal dreams to improve our health and well-being and for manifesting our dreams in reality • Provides techniques for using daydreams for healing, insight, and creativity • Explains how dream techniques can be used to influence the behavior of people, things, and nature in the waking world Dreams can change our lives in profound and tangible ways. In this guide to mastering the art of dreaming, Serge Kahili King, Ph.D., explores techniques to harness the power of dreams for healing, transformation, and changing your experience of reality. Drawing on his analysis of more than 5,000 of his own dreams as well as those of students and clients from his almost 50 years of clinical work, King examines the types of night dreams we have, how to remember them better, how to make use of them to improve our health and well-being, and how to interpret them. He explores how dreams are understood in neuroscience and psychology, in Native American and Aboriginal cultures, in indigenous Senoi dream theory, and in India, Tibet, Hawaii, and Africa as well as ancient Egypt, Greece, and China. He examines the power of liminal dreams--those experienced in the half-awake state before or after sleep--for manifestation and self-understanding. He offers techniques for enhancing the dream experience for both night dreams and liminal dreams, along with practical methods to induce lucid (conscious) dreaming and to create healing thoughtforms. King then explores daydreams in depth, including fantasy, guided imagery, meditation, visions, and remote viewing and provides techniques for using daydreams for healing, insight, and creativity. He divides daydreaming into two categories, defining “ active daydreaming ” as the scripted dream in which you envision a goal happening and “ passive daydreaming ” as allowing ideas and memories to arise spontaneously from the depths of the mind. Reflecting on how dreamlike our daily experience is, King shows that each of us can use dreams as tools for seeing the world differently and influencing the behavior of people, things, and nature.

King’s concept involves learning how to use the mind to heal. In this book readers will find some radical ideas about health and healing, along with many practical techniques for using those ideas.

Every person is an immortal spiritual being expressing their life through a material body, mind and senses. We are in this world to learn effectively and to eventually awaken to complete awareness and knowledge of our true spiritual nature and ultimate Reality. Spiritual life begins when you accept the necessity to aspire to know and realise directly the highest Truth. Your sincere and earnest desire to want to know Truth, will keep you open to the inflow of the nature of Truth in your own Self. On your spiritual path to inner freedom and Self- and God-realisation, this book will be a useful guide and source of inspiration towards understanding your mind and knowing your true Divine nature.

This exuberant guide is special among the many books on relationships because of Serge King ’ s seasoned perspective as a master Huna shaman and alternative healer. “ The problem between two people is never a ‘ relationship ’ that isn’t working, ” he says. “ It is always that one or both of them don ’ t know how to relate in a better way. The real problem is behavioral, and it ’ s easier to change behavior than to change an abstraction called a ‘ relationship. ’ ” King teaches the best methods for creating healthier relationships of all kinds—with family members, friends, lovers and spouses, and the rest of the world as well as with our own body, mind, and spirit. In a warm, conversational style, he shows us how to shift our behavior using holistic techniques based on his shamanistic understanding of consciousness. He also gives the antidotes for specific relationship problems caused by such feelings as fear, anger, and alienation. “ Many people spend their entire lives seeking to know the rules of the universe, ” he says, “ so I ’ ve decided to save them a lot of time by giving them out now, for free. The better we understand these rules the easier it will be for us to grow, to heal, and to have a good time. ”

"Mastering Your Inner Game" arms athletes with the tools they need to understand, manage, and maximize their mental and emotional forces. Illustrations.

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