

# KALEI MAUI LIGHT ELXIRS



## HUNA PRINCIPLES

Huna - the Hawaiian word for secret - was adopted to describe a new thought spiritual philosophy (based on practical living and harmony with three levels of consciousness), linking back to ancient spiritual traditions from Egypt and India.

(Please be aware that Hawaiian scholars decry that Huna is not Hawaiian and that it does not resemble the Hawaiian world view or spiritual practice.)

There are seven principles of Huna.

1. *IKE* (ee-kay) - The world is what you think it is.
2. *KALA* - There are no limits.
3. *MAKIA* (mah-kee-ah) - Energy flows where attention goes.
4. *MANAWA* (man-ah-wah) - Now is the moment of power.
5. *ALOHA* - To love is to be happy with (someone or something).
6. *MANA* - All power comes from within.
7. *PONO* - Effectiveness is the measure of truth.

<p>Yellow pincushion protea</p> 	<p><b>1 IKE</b></p> <p>The world is what you think it is.</p>	<p>1. I release the blocks that disrupt my mental focus. 2. I can adjust my inner view to enhance my outer experience</p>
<p>Be-still tree or Yellow Oleander (Thevatia nereifolia)</p> 	<p><b>2 KALA</b></p> <p>There are no limits.</p>	<p>1. I am limitless. 2. My energy is supported by the earth and the cosmos. 3. We are all connected.</p>
<p>Silk oak (grevillea robusta)</p> 	<p><b>3 MAKIA</b></p> <p>Energy flows where attention goes.</p>	<p>1. I am mindful of where my thoughts take me. 2. Abundance fills my thoughts and my life.</p>
<p>Royal Poinciana or Flamboyant (Delonix regia)</p> 	<p><b>4 MANAWA</b></p> <p>Now is the moment of power.</p>	<p>1. I fully release my internal doubts and embrace my power now.</p>

<p>Common Red Hibiscus (Hibiscus Rosa-sinensis)</p> 	<p><b>5 ALOHA</b></p> <p>To love is to be happy with (someone or something).</p>	<p>1. I love my life experience. 2. I am happy with myself, with others and the world around me.</p>
<p>Torch ginger</p> 	<p><b>6 MANA</b></p> <p>All power comes from within.</p>	<p>1. My path is illuminated by light within and around me. 2. I am fully connected to my inner power.</p>
<p>Crown flower</p> 	<p><b>7 PONO</b></p> <p>Effectiveness is the measure of truth.</p>	<p>1. I am open to the infinite possibilities that support my life purpose.</p>