

7 PRINCIPLES OF HAWAIIAN HUNA

<p>Principle One</p> <p><i>Ike</i></p> <p>Be aware</p>	<p>Your perception is your reality and the world is what <i>you</i> think it is as experienced through your senses. Decide that you have power to succeed at all times even if you don't have all the necessary skills and attributes...yet.</p>
<p>Principle Two</p> <p><i>Kala</i></p> <p>Be Free</p>	<p>The only limitations to success are the ones that you place upon yourself so give yourself the freedom to succeed. Your boundaries are set to keep you safe until you master the next lesson or task and then you stretch more to the next level of attainment.</p>
<p>Principle Three</p> <p><i>Makia</i></p> <p>Be focused</p>	<p>A principle of quantum physics and an immutable law of the universe is that energy flows where attention goes. Be mindful of what you focus your thoughts, feeling and energy upon ensuring that it is mostly on what you consciously wish to achieve.</p>
<p>Principle Four</p> <p><i>Manawa</i></p> <p>Be Here</p>	<p>The present moment of NOW is your only moment of power. Stay centred in the present moment because that is where all desired change occurs. Develop mindfulness and awareness of presence in mind, body and spirit.</p>
<p>Principle Five</p> <p><i>Aloha</i></p> <p>Be Happy</p>	<p>Love is the source of all power. Happiness comes from the art of appreciation. If this is lacking in your life try the appreciation task daily until this becomes part of your consciousness. The awareness of your good fortune, genuine appreciation and thankfulness will bring more of what you want to you.</p>
<p>Principle Six</p> <p><i>Mana</i></p> <p>Be Confident</p>	<p>True power is personal power and that comes from within. Trust and independence nurtures real confidence in our choices and what is right for us. A sailor once said "you cannot trust the way the wind blows yet you can always adjust your sail."</p>
<p>Principle Seven</p> <p><i>Pono</i></p> <p>Be Positive</p>	<p>If effectiveness is the measure of success, always expect the best. Avoiding optimism in the hope that you will avoid disappointment will not keep bad thing from occurring. Luck occurs when you prepare for opportunity.</p>