

## Notes from Katherine Veilleux's presentation to the January, 2008 meeting of the CCCASD.

A Lo Ha — Aloha, the Hawaiian traditional greeting, means “Joyfully sharing the life energy in the moment.” Katherine has studied with Serge Kahili King of Hawaii, for 8 years. (She is a certified Dynamind practitioner, a modality created by King). She has a counseling/healing practice, but *doesn't do, herself, the healing*. She teaches you the skills to do it for yourself.

What you say, what you express, creates your reality.

“I vibrate health & wholeness.”

“Reality is completely flexible.”

We are creating the memories of our past. If we don't like the stories we're creating now, leave it behind or just change it.

La Akea - Love Light. The color Green.

Imagine green around everyone, particularly if you are in a stressful situation. Keep it up, and watch the tension smooth out and relaxed well-being take its place. Useful in workplaces, or homes with teenagers (LOL).

Piko Piko

This is a breathing pattern for the energy centers as traditionally seen in the Huna (as opposed to the chakra system used in the Eastern traditions).

Breath into the Crown

then the Right Shoulder

then the Left Shoulder

Breath into the Navel

Then into the Right Hip

then into the Left Hip

the Right Palm,

and the Left Palm

The right Sole of Foot,

and the Left Sole

then into the Belly Button

Huna (Hu Na) means the *Knowledge of that which is Hidden*

Hu = male / yang / chaotic

Na = female / yin / Still

The focus of Huna is to balance the two.

One of the tools of the kahuna is the energy rod. A piece of wood 5" long. Or 10", or 20". Has to be multiples of five. (More of this basic huna information can be found in King's book, *The Urban Shaman*.)

Katherine was asked about the Ho’oponopono technique (based on ancient Hawaiian teachings) being promoted by Joe Vitale in his book, *Zero Limits*. Useful in many ways to any spiritual seeker, but especially in conflict resolution. Serge has a video on Ho’oponopono, his website is

Serge was adopted by a Kahuna. He studied with shamans worldwide, and as well followed more traditional pursuits, getting his Ph.D. in Psychology.

The Seven Huna Principles			
1	IKE	The world is what you think it is.	
		Pairing <i>how we feel</i> with how we <i>think</i> ; i.e., “How do I <i>walk</i> when I have \$1M in the bank?”	
2	KALA	There are no limits	
		We’re all connected! Every thing is alive and aware. <i>Grokking</i> (from the book <i>Stranger In A Strange Land</i> ) means to drop the illusion of separation; instead of asking the clouds, please don’t rain today, <i>become the cloud</i> and move away*	
3	Energy flows where attention goes		
MAK IA		What am I focusing on? Don’t deny problems; focus on them, then shift the attention/energy to a positive. The pain (or whatever it is) is just the signal to get your attention. Focus on what you want your reality to be. #	
4	MANAWA	Now is the mom ent of Pow er	
		We are always in the present moment. And in the present moment, all is well. Make that your reality!	
5	ALOHA	To love is to be happy with	
		What I am happy with brings me love. The Ku is our memory body. It hears everything we say and takes it personally.	
6	MANA	All power comes from within	
		We all have the power of the divine within.	
7	PONO	Effectiveness is the measure of truth	
		If it works, do it!	

\* The shamans will work with the tidal waves and hurricanes by influencing them by becoming one with them. Can use this to heal someone as well; go into their body, there you see the problem. In healing *yourself* you heal *them*, and vice versa.

# When you find Fear and Resistance within you, don't fear and resist it! Accept it, then focus on loving and accepting yourself.

## TRUTH IS RELATIVE

We can do anything that we want, as long as we can figure out a way to do it. Once you set your mind, don't waver! Have confidence~ The universe will conspire to support you and your idea.

She showed us her three carved wooden pieces, looking rather like little gods or totems.

They represented the Ku, the Lono, and the Kane:

**KU:** the Unconscious memory body

It incorporates memories of what brings us pleasure and pain and stores them. Then creates patterns to keep track. It's the physical and intuitive senses, the bodymind. Grounded and connected to Earth. Ku's headdress reaches down toward the ground.

**LONO:** Conscious mind, creative aspect. Lono's headdress reaches up to the heavens.

**KANE:** Spirit

**KANALOA:** What we aspire toward; a fully actualized person.

Talk to your Ku to change your reality. You must convince it that you will benefit by making the changes you wish to make. For instance, if you're affirming to yourself, "I want to have an income of \$5K / month," your Ku's response might be, There's no pattern for that (remember, the Ku thinks that way, in terms of the past, and patterns). So then you must tell yourself, "We'll create a pattern." Make it more pleasurable for the Ku, and it will accept it.

An important symbol of the Huna is the Eye of Kanaloa—four concentric circles, with other lines emanating from the center, dividing it into 8 even parts.

Four levels of Reality in the Huna tradition:

1. Physical level
2. Intuition, psychic sense, imagination — subjective
3. State of dreams – waking or sleeping
4. Oneness – grokking

Shamans say it is all a dream—reality, that is.

{Reminded me of the Aiel people in the *Wheel of Time* series by Robert Jordan. When one of them dies, they say, “He has awakened from the Dream.”}

We move through these four levels frequently throughout our day. If we’re trying to do something and it doesn’t work on the physical level, try it on the next one.

Serge Kahili King has come up with something called Dynamind (reminiscent of EFT). State your reality, for example: Not, “I have asthma,” but rather “In this moment I am experiencing trouble breathing. I know that can change, and I will soon breathe freely.” Then hold your fingertips together in a sphere shape in front of the navel (energy center according to Huna tradition). Breathe energy into your crown chakra with the inhalation, and breathe out through the soles of the feet. Then, with two fingers, tap the thymus (the highest part of the sternum) seven times; then on the middle of the web between thumb and forefinger, tap seven times with two fingers; the same on the other hand; and the 7<sup>th</sup> cervical (the bumpy vertebra on the bottom of your neck on the backside) seven times. Hold the fingers in the position again and repeat the breathing. This technique has been known to causes shifts and releasing of stuck energy, etc.

Pain comes off in layers (as with all our issues) so you will need to repeat with varying frequency on chronic issues. Another idea: Assign a shape, color and weight to the pain: “it feels like a blue triangle weighing five pounds.” Ask, “is there an emotion connected with this ache? What is it?” And then proceed.

Katherine is giving a 12-week on-line introduction to Huna workshop. Can sign up for it at [click on classes](#).