

MMASTERING YOUR HIDDEN SELF

A
Guide
to
the Huna
Way



SERGE KAHILI KING

Narrated by TIM H. DIXON

Guide To The Huna Way

Serge Kahili King



Guide To The Huna Way:

Mastering Your Hidden Self Serge King,1985 **Mastering Your Hidden Self** Serge Kahili King,2012-12-16 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 Learn how your Higher Self or aumakua is contacted in the dream dimension Get in touch with the Mana the hidden energy of life Develop higher powers of concentration by utilizing the tikis created images of sight sound and feeling in meditation Become aware of your subconscious an integral part of your being which impatiently awaits communion with the ego **Fundamentals of Hawaiian Mysticism** Charlotte Berney,2012-09-05 Huna is ancient and at the same time magnificently modern The mystical practice of Kahuna evolved in isolation on the island paradise of Hawaii The ancient Hawaiians valued words prayer their gods the sacred the breath a loving spirit family ties the elements of nature and mana the vital life force ideas profound yet elegantly simple Discovering the concepts of Huna is like finding gemstones in a mountain a joyous journey **Psychic Empath: Journey to Different Realms, Learn Chakras, Kundalini Awakening, Reiki Healing, Self-Healing Workbook** Sylvia Morgan,2024-06-05 Unlock your hidden potential and embark on a transformative journey with Psychic Empath Journey to Different Realms Learn Chakras Kundalini Awakening Reiki Healing Self Healing Workbook by Sylvia Morgan This comprehensive guide is your gateway to mastering psychic abilities understanding chakras experiencing Kundalini awakening and harnessing the power of Reiki healing Are you an empath struggling to manage the emotions and energies around you Do you seek a deeper understanding of your spiritual self This book is designed for anyone wanting to enhance their psychic abilities heal themselves and others and live a balanced harmonious life What You ll Discover Psychic Development Learn practical techniques to develop your psychic abilities and tap into your intuitive powers Chakra Healing Explore the world of chakras and how balancing these energy centers can transform your physical emotional and spiritual well being Kundalini Awakening Unlock the secrets of Kundalini energy and embark on a journey of profound spiritual awakening Reiki Healing Master the art of Reiki to heal yourself and others reduce stress and promote overall wellness Self Healing Workbook Engage with practical exercises meditations and reflective prompts designed to help you integrate these powerful practices into your daily life Why This Book Comprehensive Guide Combines the wisdom of psychic development chakra healing Kundalini awakening and Reiki into one easy to follow book Practical Exercises Provides a hands on workbook approach to ensure you can apply what you learn Empath Empowerment Specifically tailored for empaths to help you protect your energy and thrive in any environment Whether you re a beginner or an advanced practitioner Psychic Empath offers valuable insights and techniques that will enhance your spiritual journey and personal growth Join thousands of readers who have transformed their lives through the power of psychic development chakra healing Kundalini awakening and Reiki Keywords Psychic Empath Chakra Healing Kundalini Awakening Reiki Healing

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The step by step Superlearning techniques that keep you in step with technology How you can overcome learning blocks and even learning disabilities How to boost creativity rev up recall and acquire expert know how in any field while you relax

Running in the Zone Steve King,Dan Cumming,2006-09-01 Twenty six runners ranging in age from 46 to 76 share their secrets motivations and experiences in the fields of running All are active runners and many presently hold world age class records Some have held world records and have achieved world level performances at the Olympics Commonwealth and European games But Running in the Zone isnt about super achievement it is about getting the most out the running experience regardless of age or even ability This book is for anyone interested in running and running related sports whether they are elite age class runners wanting to keep up performances or newcomers considering taking up running in their middle or even advanced years Many of the contributors didnt start running until they were over 40 and some didnt achieve their best personal performances until they were in their 50s You will meet men and women who have a life long interest in running as well as those who took it up as personal challenges All are inspiring in one way or another and have something valuable to teach not necessarily about running per se but rather personal satisfaction giving back through voluntarism and commitment to a goal or purpose The book was the idea of editors Steve King and Dan Cumming and has come together through Steves contacts in the world of running and Dans love of running and editorial ability to pull the best out of a story Both Steve and Dan have a long term relationship with the sport They both perceived that a growing number of older runners are involved in the running and that Running in the Zone would answer many of the needs of this group of active men and women helping them to get the best out of one of the most fundamental of athletic endeavors For more information visit authors blog [www runninginthezone ca](http://www.runninginthezone.ca)

Cosmic Xing Kor Gable,2010-03-05 This may be one of the strangest books youll ever read A veritable smorgasbord of food for the soul it covers a mind boggling array of topics as its author artfully blends science art history culture philosophy technology geology archaeology psychology theology mysticism and quantum physics to elegantly paint a larger picture of who we are where we came from and where we are going The book opens with a collection of short stories mysteries that are sure to make you go Hmmm and progressively moves into the central theme shamanism and why it may be our last hope to save ourselves and this planet Kor Gable re veals some of shamanisms best kept secrets unknown and mysterious quantum principles that explain miracles and magic It climaxes with Kor sharing his own shamanic initiation and the revelation of a greater Vision of what this New Millennium is about if we can pass the final test and survive our own folly That is the Cosmic Xing Despite the seriousness of the subject the book is easy reading thanks to Kor Gables simple and entertaining style It is full of light and love Once you start read ing it you wont want to stop

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