

Seven Principle Meditations

by Douglas R. Barker

To meditate on one of the Seven Principles each day, going through the entire series in a week, is an extremely valuable exercise. By doing so faithfully, one can do an inventory of one's belief systems, evaluating what works and what doesn't and ascertaining which beliefs, attitudes or habitual behaviors need changing. The goal is to bring more pleasure, success and fulfillment into one's life.

One effective way to accomplish this is by asking yourself the following soul-searching questions, relating the particular principle to your goals, a project or simply the course of your daily life. This will be followed by a technique for self-transformation.

Make sure you are in a neutral and objective state of mind before you begin: if you are feeling disgruntled about something, it will color your evaluation negatively and make you feel uncomfortable and stressed. You may wish to begin with a brief exercise that releases tension and negative thinking. This might consist of progressively relaxing the parts of the body, piko-piko breathing, calling on your angels and spirit guides or any other technique you find effective.

Answer the questions as truthfully as you can. If any of the questions bring up feelings of discomfort (and your feelings won't lie), know that you have beliefs around the issue that need to be examined. And if you are displeased with something, you can examine your thinking about the issue and, if necessary, change your beliefs and expectations.

The key words in Hawaiian can be translated into a variety of English words. The translations given here in italics are probably the most effective for purposes of self-exploration and divination.

Ike "The World is What You Think It Is" - Awareness

What reality am I imagining into existence?

Is this dream of life I am creating pleasing and joyful to me?

Am I aware that I can let go of negative thinking?

Is my Inner Judge/Critical Parent harsh and negative, constantly criticizing me for not living up to an ideal that is, frankly, unreachable?

Have I internalized guilt or negative thinking by accepting the beliefs or criticisms of others (including my own inner voices?)

Do I choose spiritual beliefs that I find personally meaningful and that support my endeavors?

Am I fearful of not achieving something (or perhaps of actually achieving it, and then having to live with the consequences and added responsibilities?)

Am I aware that I can even create a wholly new reality for myself or follow a new timeline through the power of my imagination?

(N.B. Your Inner Judge may give you ideals that inspire you to do your best. If so, well and good. But most people will have an Inner Judge who is harshly critical, constantly dealing in "shoulds" and "musts" and doing its level best to make you--the Victim--wallow in guilt, shame and blame. If so, when you catch it aiming another negative barb at you, you are perfectly justified in telling it to go to hell, that you do not believe it and that you are an adult and can run your own life without its interference. This may sound facetious or ineffective, but this inner rebellion against self-defeating beliefs and untruths may begin to turn the tide in your consciousness.)

Kala "There are No Limits" - Freedom

Am I putting limits to what is possible?

Do I harbor feelings of "inadequacy", of "not being deserving" or "not being good enough", based on the criticisms of my own Inner Judge?

Am I perhaps expecting things to be difficult, or even unreal or impossible, based on my assumptions, attitudes and 'rules of reality' (and the way I interpret that reality?)

Do I live with "victim consciousness", blaming my failures and shortcomings on my parents, teachers, spouse, the class system, racism, sexism, etc.?

Am I still thinking 'inside the box'?

Instead of "letting my wounds be my work", do I allow past failures or disappointments to determine my limitations?

Makia "Energy Flows Where Attention Goes" - Focus

Am I really focused on my goal(s) or do I escape into daydreams?

Do I really want it strongly enough?

Do I harbor inner images of failure and thus reinforce the wrong things?

Do I habitually focus on misery?

Do I keep bringing up bad memories?

Manawa "Now is the Moment of Power" - Persistence

Am I persistent? Or am I inclined to give up easily or let things slide?

Do I procrastinate.....? (Try this mantra: "Do it yesterday.")

Do I try to live on past glories (or failures?)

Do I believe that karma (the past) limits me? (Karma can only exist in the present.)

Do I blame my parents or my social background for my current circumstances?

Do I merely wish, wistfully, for "better things in the future"?

Aloha "To Love is to be Happy With" - Love

Do I express gratitude daily for what I have and for what I have already achieved?

Do I approach people or situations with praise and appreciation for what is positive, or with criticism and blame for what is not?

Do I poison myself by holding grudges or thinking negatively about anyone?

Do I engage in self-justification when there is friction between me and another person or situation?

Am I able to forgive others (and myself) by releasing my anger and resentment and no longer desiring punishment? (You don't have to forget: just imagine that you are the Rule Maker of the Universe and out of the goodness of your heart, you give that person permission to be who they are or do what they did.)

Do I bless everyone and everything that represents or is connected with what I want?

Do I really love what I am doing (or a person I am with) merely out of habit, or a sense of duty or a lack of imagination?

Is what I'm doing (or this relationship) really worth my while?

Does it really bring me satisfaction and pleasure?

Do my spiritual beliefs and practices bring me joy and give meaning to my life, or have they become stale, tedious or a matter of duty (or even fear of the consequences of not doing them?)

Mana "All Power Comes From Within" - Confidence

Do I hold other people, the "powers that be" or "circumstances beyond my control" for my lack of success?

Do I mistakenly view power as the ability to control other people and make their decisions for them (rather than as confident authority?)

Do I have the necessary confidence in myself to carry an intention through?

Is there someone I know (or a figure from the past) who has done this successfully? (If so, picture them and tune into their mana.)

Do I ascribe wondrous powers to my metaphysical tools or practices, not realizing that the mana is in me?

Pono "Effectiveness is the Measure of Truth" - Flexibility

Does the way I have designed my life work for me? How about my choices?

Does my spiritual path work for me? Do the practices make an impact in my life? Are they worth my while? Would a different practice work better?

Am I flexible (or courageous) enough to change my plans in order to make something work or to function more efficiently?

Do my plans result in win-win situations for all (including the environment?)
Am I continually following someone else's directions (or my own outmoded ones)
regardless of results?

Is what I want merely a substitute for something I would find more satisfying?

When I work with creative visualization, can I "let go and let the akua?)

(Remember: "Everything is working out perfectly...")

Am I continually taking "real world" actions to help me reach my goals--physical,
at least symbolic--or am I content to leave them as idealized fantasies?

Do the people with whom I associate support or hinder my efforts? (Your circle
of influence is important--"Drop the zeroes, hang with the heroes.")

Serge Kahili King's books and videos are full of suggestions for changing belief systems.