

# QUESTIONS AND ANSWERS

*based on a 2004 interview*

**by Serge Kahili King**

1. Given that there are 3 selves and 4 levels of, reality, what does the Huna teacher do to integrate these selves and these realities in the individual's experience?

1a. The role of the Huna teacher is to help the individual to understand these concepts and to assist in the integration. The role of the individual is to do the integration to the extent desired.

2. You state very clearly that you are teaching Huna from a particular perspective and from a particular lineage. How important is it to have a line of teaching going back to a Polynesian family, be it through adoption by a Kahuna or Kupua or through birth?

2a. Just as important as it is to have a Native American source if you are teaching Native American wisdom, or a Hindu source if you are teaching Hindu wisdom.

3. Do you think there is a danger that Western conceptions of what Huna is will stray too far from authenticity?

3a. This is not a danger. This is human nature. However, to the extent that the Seven Principles are remembered, this will be less of a problem.

4. Do you think the Huna brought to the West by Dr. Brigham and Max Freedom Long was the same as the Huna practiced in antiquity by Kahunas? Does it matter if it was not?

4a. First, there is no way to tell whether Huna was practiced in antiquity in the same way as it is today, because there are no records. Second, it does not matter, because any wisdom teaching must be adapted to current conditions.

5. Why do you link the principles of Huna on your site to the Christian gospel?

5a. Only to demonstrate that Huna concepts are neither new nor strange.

6. What happens on the Hunaquest? (a workshop I used to give)

6a. Individuals are taught how to connect deeply with the forces of Nature while in natural environments, and how to use those experiences to transform their lives.

7. What does a person need to do to become a Huna practitioner?

7a. Practice whatever he or she knows about Huna.

8. Is Huna a religion or a healing practice?

8a. It is neither. Huna is a philosophy based on seven ideas about life. It can be applied to any area of human endeavor, but my organization chooses to emphasize its application to healing.

9. What is the importance of dance (Hula) and chanting in Huna?

9a. That is actually a trick question. In terms of simply applying the philosophy of Huna to life, neither are important. But in terms of connecting more deeply to the Hawaiian source of this wisdom, both are very important when combined with using the Hawaiian language.

10. Could you please give us five simple ways in which a person could bring the teachings of Huna into their everyday lives?

10a. I will have to give seven:

- a) Be Aware of your beliefs;
- b) Be Free to change your mind;
- c) Be Focused on what you want, and not on what you don't want;
- d) Be Here and now when you need to express your power;
- e) Be Happy with the good around you, and don't make the bad as important;
- f) Be Confident in yourself and your Source;
- g) Be Good in the talents you develop and the actions that you do.