

The Huna Harmoniser

By Pete Dalton

Hele 'ē ka pila, hele 'ē ka leo.

The music is in one pitch and the voice in another. (A lack of harmony).

In Huna, the concept of harmony and the creation of harmony is of vital importance. It pervades the whole of the Huna philosophy both explicitly and implicitly. So let's look at some ideas.

Some Harmonious Concepts

In everyday English language harmony has a musical connotation of agreeable and pleasant sounds resulting from different notes played together. In a broader sense, one example dictionary definition is:

a situation in which people are peaceful and agree with each other, or when things seem right or suitable together

In Huna, the principle of *Pono* is concerned with harmony. A key translation of *Pono* is 'goodness'. Living *Pono* involves being aware of your thoughts and actions and being able to decide if they are harmonious and good in relation to yourself, others and the wider world.

Pono and harmony underpin the [Aloha Project](#) and the pledge 'to make the world a better place'. We do that by seeking harmony, noticing when things are out of harmony and working to bring things back into harmony.

Many other concepts and values imply harmony. Some of these include:

- *'Ohana* is used to refer to family in an extended sense- including any group with strong bonds, and with it, the notions of harmony and unity.
- *Lōkahi* – is a value of unity and harmony and notions of working together and mutually beneficial outcomes. *Ho'o lokahi* is the action of to bringing about unity, creating peace and unity and being in agreement.
- *Ho'o pono pono* – is a phrase that is now widely shared but perhaps not always understood. In simple terms some of the translations of *ho'oponopono* include: 'to put to rights'; 'to put in order or shape', 'correct' and 'tidy up'. A common Hawaiian phrase '*e ho'oponopono i ka pa*' means 'clean up the yard'. What is important is that regardless of the activity, there is a sense of making good and acting to create harmony.
- *La'a kea* – means 'sacred light' as well as 'happiness' and in this context refers to the 'lovelight' technique. This adventurer Huna technique neatly harnesses the power of harmony in contrast to other similar techniques which emphasis protection and therefore the implicit assumption of conflict.

Balance vs Harmony

Sometimes balance and harmony are used synonymously but they are not the same. Balance can be defined as:

a state where things are of equal weight or force

Balance has connotations of a state of equality and restoring balance is the process of noticing imbalances and taking action to maintain the status quo. Apart from this being difficult to measure and practice in a range of different circumstances, it does not encompass the real process of lived experience as does harmony.

Everything is changing all the time, second by second on all levels from the molecular to the cosmic. As a result, restoring balance may be a futile and even impossible task. In contrast, making good and creating harmony allows us to act based on whatever circumstances are presented to us at any particular time. What may be considered harmonious at one time may not be considered so at another time. Seeking harmony takes into account our fundamental urges to grow and connect and acknowledges that things are in a state of flux. This points to another meaning sometimes attributed to the principle of *Pono* –flexibility.

Other meanings attributed to the principle *Pono* are ‘success’, ‘effectiveness’ and ‘result’. If we consider one of the corollaries of the principle of *Pono* – *the means determines the end*, we can see that if we use harmonious means we are likely to achieve more effective and successful outcomes.

The Adventurous Harmoniser

The Huna adventurer tradition puts harmony at the centre of everything. For this reason, I like to view the Huna adventurer as a *harmoniser* of self, relationships, circumstances and things.

We can work to harmonise and make *Pono* at any scale, and, as we know, even the smallest action can make a difference. So, wouldn't it be a good idea to pay attention to where things are in and out of harmony and contribute to making the world a better place in whatever way you can? Maybe contribute to healing the planet, harmonising mind, body and spirit or just tidying up the yard.

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Pete Dalton is an Alakai of Huna International living in the UK. He uses Huna for coaching and empowerment and produces the [Huna Adventurer's Newsletter](#). For more information and to sign up to the free newsletter visit: www.urbanhuna.org