The Aloha Philosophy

The world is what you think it is

There are no limits

Energy flows where attention goes

Now is the moment of power

To love is to be happy with...

All power comes from within

Effectiveness is the measure of truth

Copyright by Serge Kahili King 2007 - NOT FOR SALE

The Aloha Spirit is a well known reference to the attitude of friendly acceptance for which the Hawaiian Islands are so famous. However, it also refers to a powerful way to resolve any problem, accomplish any goal, and to achieve any state of mind or body that you desire.

In the Hawaiian language, aloha stands for much more than just “hello” or “goodbye” or “love.” Its deeper meaning is “the joyful (ohana) sharing (alo) of life energy (ha) in the present (alo).”

As you share this energy you become attuned to the Universal Power that the Hawaiians call mana. And the loving use of this incredible Power is the secret for attaining true health, happiness, prosperity and success.

The way to tune into this Power and have it work for you is so simple that you might be tempted to pass it off as being too easy to be true. Please don’t let yourself be fooled by appearances. Take the time to try it out.

This is the most powerful technique in the world, and although it is extremely simple it may not prove easy, because you must remember to do it and you have to do it a lot. It is a secret which has been given to humanity over and over again, and it is once more in another form. The secret is this:

Bless everyone and everything that represents what you want!

That’s all there is to it. Anything that simple, however, does need some explanation. To bless something means to give recognition or emphasis to a positive quality.

Affirmation - This is a specific statement of blessing for increase or endurance. For example, “I bless the beauty of this tree; blessed be the health of your body.”

Appreciation - This is an expression of gratitude that something good exists or has happened. For example, “Thank you for helping me; I give thanks to the rain for nourishing the land.”

Admiration - This is the giving of compliments or praise to something good that you notice. For example, “What a beautiful sunset; I like that flower; you’re such a wonderful person.”

Anticipation - This is blessing for the future. E.g., “We’re going to have a great picnic; I bless your increased income; Thank you for my perfect mate; I wish you a happy journey; May the wind be always at your back.”

In order to gain the most benefit from blessing, you will have to give up or cut down on the one thing that negates it: cursing. This doesn’t mean swearing or saying “bad” words. It really refers to the opposite of blessing, namely the act of criticizing instead of admiring; of doubting instead of affirming; of blaming instead of appreciating; and worrying instead of anticipating with trust. Whenever any of these are done they tend to cancel out some of the effects of blessing. So the more you curse the harder it
will be and the longer it will take to get the good from a blessing. On the other hand, the more you bless the less harm any cursing will do. Here, then, are some ideas for blessing various needs and desires. Apply them as often as you like, as much as you want.

Health - Bless healthy people, animals, and even plants; everything which is well made or well constructed; and everything that expresses abundant energy.

Happiness - Bless all that is good, or the good that is in all people and all things; all the signs of happiness people; all signs of forward movement or persistence; and all signs of enjoyment or fun.

Confidence - Bless all signs of confidence in people and animals; all signs of strength in people, animals and objects (including steel and concrete); all signs of stability (like mountains and tall trees); and all signs of purposeful power (including big machines, power lines).

Love and Friendship - Bless all signs of caring and nurturing, compassion and support; all harmonious relationships in nature and that you see, hear or feel in people or animals; and all potentials for happiness that you notice around you.

Prosperity - Bless all the signs of prosperity in your environment, including everything that money helped to make or do; all the money that you have in any form; and all the money that circulates in the world.

Success - Bless all signs of achievement and completion (such as buildings, bridges, and sports events); all arrivals at destinations (of ships, planes, trains, cars and architecture; everything that is connected to or gently touching something else; all signs of cooperation, as in games or work; and all signs of laughter and fun.

Inner Peace - Bless all signs of quietness, calmness, tranquility, and serenity (such as quiet water or still air); all distant views (horizons, stars, the moon); all signs of beauty of sight, sound or touch; clear colors and shapes; the details of natural or made objects.

Spiritual Growth - Bless all signs of growth, development and change in Nature; the transitions of dawn and twilight; the movement of sun, moon, planets and stars; the flight of birds in the sky; and the movement of wind and sea.

The previous ideas are for guidance if you are not used to blessing, but don’t be limited by them. Remember that any quality, characteristic or condition can be blessed (e.g., you can bless slender poles and slim animals to encourage weight loss), whether it has existed, presently exists, or exists so far in your imagination alone.

Thank you for requesting a copy of The Little Pink Booklet of Aloha and/or Help Yourself With Dynamind. If you wish to know more about our activities, visit:

The Aloha Project - [www.huna.org/AlohaProject](http://www.huna.org/AlohaProject)
Aloha Fellowship member information, booklet translations

Huna Home Page - [www.huna.org](http://www.huna.org)
Hundreds of articles, Calendar, Resources and more

The Huna Store - [www.huna.net](http://www.huna.net)
Books, Videos, Audios, Home Study Courses and more