

A Simple Huna Seven Principles Meditation

by Pete Dalton

I have recently been writing about the value of the Seven Principles of Huna (<https://www.urbanhuna.org/revisiting-the-seven-principles-of-huna-a-worthwhile-practice/>) and wanted to share a simple Seven Principles meditation practice I have developed and which I have found to be really effective.

This is a great way to focus on the Seven Principles and to activate these qualities enshrined in the principles through the use of attention and intention. It also provides a way of aiming the power of the principles on yourself or anywhere else you feel is useful.

This takes the form of a *hua* style of meditation, the intention of which is to purposely bring about a certain result or achieve a particular effect.

The Process

Here is one version of the simple process which has three rounds:

Get into a relaxed and focused state in whichever way you prefer. I tend to use a few sets of Piko Piko breathing or use Still Point breathing to get centred.

First round:

Focus attention on yourself and gently yet with volition say the following:

Be aware!
Be free!
Be focussed!
Be present!
Be loving!
Be powerful!
Be effective!

Second round:

Focus attention on someone else or another group of people and gently yet with volition repeat the seven phrases above.

Third round:

Focus attention on something else or another group of things and gently yet with volition repeat the seven phrases above.

Repeat as required, add more rounds if desired and that's it!

Some Practice Notes

Here are some notes to help you get the most out of this meditation.

- As with many Huna practices, this is a very simple process. As I have written elsewhere (<https://www.urbanhuna.org/huna-simple-or-easy>) simplicity does not always mean easy (although this process is) and it certainly doesn't mean it will happen with absolutely no effort—you have to do it for it to be effective. However, don't think simple does not mean effective.
- The statements are to be made as gentle commands. This is not wishing or hoping this is saying how you will things to be with confident expectation. Aim to go beyond mere words and to connect to a felt sense of the quality of each principle as you focus on it.
- I have experimented with timing each statement to a long in and out breath which has worked well, although I have also done the process without doing that and would recommend using whatever works to maintain your flow of attention.
- Perhaps one of the most common ways of using the Seven Principles of Huna is as a useful filter for one's own personal experience and for increasing one's own personal effectiveness. However, as the principles are intrinsically empowering you can equally focus on a desire for those qualities in others. Hence rounds can be focussed on others. As we know '*energy flows where attention goes*' so this can help to instill the quality of the principles in specific individuals or groups of people. I am sure you can think of some examples where this would be useful...
- In Huna we have the notion that '*everything is alive, aware and responsive*' hence we can focus the principles on anything and are not limited to ourselves or humankind. This can include things such as rocks, animals and plant life. The focus can also be on circumstances and situations that can benefit from the Seven Principles as well.
- The wording of the principles is only a guide. As Huna is concerned with practicality, utility and real-world application, if there are any qualities that fall within a principle but are better described using different wording for a particular purpose or are better presented in a different order then adapt the wording as required. Meditation—active or passive, is best used with a particular purpose in mind. For example, you could be preparing for a potentially challenging meeting involving negotiation and change some of the words to represent the principles as follows (the original words for principles are in brackets):

Harmony (Effectiveness)

Connection (Love)

Courage (Power)

Focus

Presence

Awareness

Freedom

- Rounds can be simply repeated and any number of rounds can be added to focus on whatever is useful. I do the general form of this meditation on a daily basis and adapt it when required to specific needs such as when I have a project or specific circumstances that I want to apply the principles to.

So why not try this out, it's simple, quick and effective. It's all in the doing. If you want to share your experiences, I would be delighted to hear from you.

Pete Dalton ©2021

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