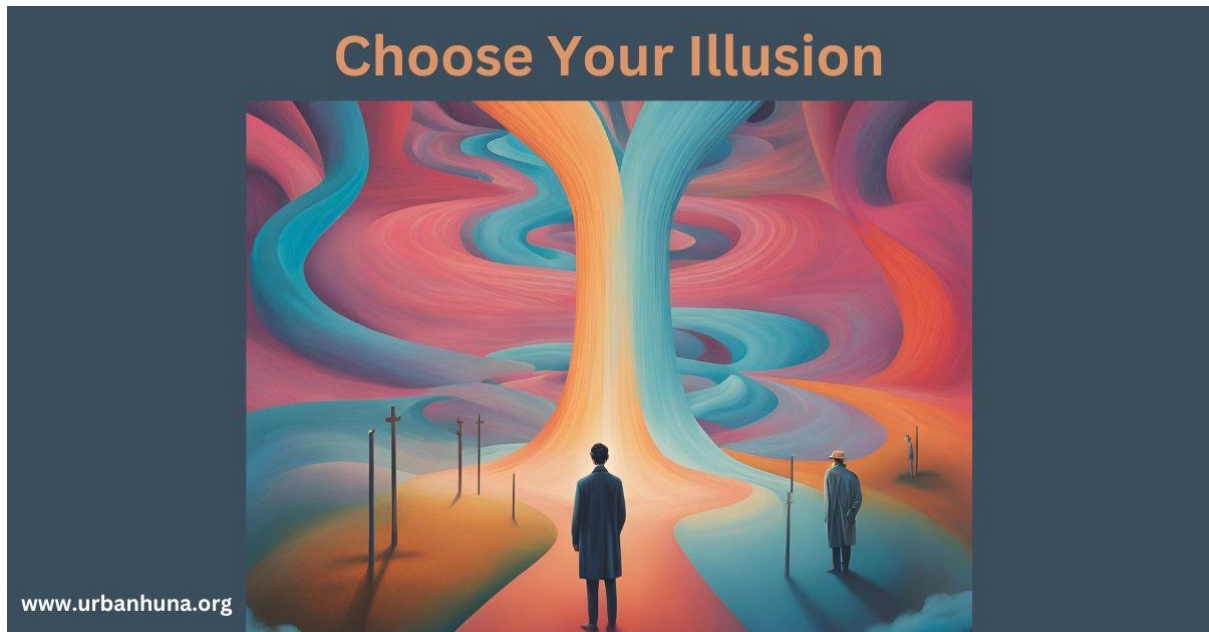


Choose Your Illusion: Harnessing Huna Wisdom to Shape Your Reality

By Pete Dalton



In the philosophy of *Huna*, the profound principle of *Ike* posits: *the world is what you think it is*. This simple yet transformative idea underscores that reality is shaped by our beliefs and perceptions. In other words, what we choose to believe at any moment directly influences how we experience life. Within this perspective, the idea of “truth” becomes fluid, revealing itself as a collection of useful illusions rather than fixed absolutes.

Beliefs As Tools Of Creation

Every moment of your life, you are wielding the power of choice. The principle of *Makia* teaches that choice is our superpower. Even if you are unaware of it, your mind is constantly filtering experiences, constructing narratives, and forming beliefs that define your reality. Whether you believe the world is full of abundance or scarcity, love or fear, success or struggle, your experience aligns to affirm that belief.

Huna wisdom reminds us that these beliefs are not objective truths but subjective lenses, illusions we choose to wear. The magic lies in recognising that none of these lenses are “right” or “wrong.” They are simply tools, and the real question becomes: *How useful is this illusion to me right now?*

Embracing The Freedom Of Choice

Many of us grow up absorbing societal, cultural, and familial beliefs, often without questioning them. These inherited illusions can feel fixed, leading us to believe we are powerless in shaping our reality. But *Huna* embodied in the principle of *Kala*,

teaches that we are free and that includes being free to choose a new belief, a new illusion, moment by moment in each present moment (*Manawa*).

For instance, imagine facing a challenging situation. You can choose the illusion that the universe is conspiring against you, or you can choose the illusion that this is an opportunity for growth and learning. The circumstances remain the same, but your chosen belief will shape your emotional state, your actions, and ultimately, your outcomes and reality.

Anything Can Be A Useful Illusion

The concept of useful illusions encourages a playful, adventurous, empowering approach to life. The principle of *Pono* states: *effectiveness is the measure of truth* so, if nothing is objectively true, why not choose beliefs that uplift, inspire, and energise you? Why not view setbacks as stepping stones, conflicts as lessons, and dreams as inevitable realities?

This perspective doesn't mean dismissing reality or ignoring hardships. Instead, it invites you to approach life with curiosity and creativity. The power of *Huna* lies in its flexibility encouraging you to adapt your beliefs as your needs and circumstances evolve.

Creating Your Most Empowering Illusion

To live by Huna wisdom is to continually ask yourself: *What do I want to believe right now?* Here's just a few of many ways in which you can practice this:

1. **Awareness:** Notice the stories you are telling yourself. Are they empowering or disempowering? Are they aligned with the life you want to create?
2. **Reframe:** If a belief isn't serving you, try reframing it. Shift "I'm not good enough" to "I'm learning and growing every day."
3. **Experiment:** Test different beliefs and observe how they affect your reality. Like trying on new clothes, find the ones that fit and feel right.
4. **Trust the Process:** Embrace the idea that reality is fluid, and you can choose again whenever you wish.

What Illusion Will You Choose?

"Choosing Your Illusion" is not about rejecting reality but reclaiming your power to shape it. By consciously selecting beliefs that serve your highest good, you unlock freedom and creativity in every moment. Life becomes a dance with infinite possibilities, where the only limits are the illusions you decide to hold onto. So, take a deep breath, embrace the playful wisdom of Huna, and ask yourself: *What illusion will I choose today?*

Pete is an Alakai of Huna International living in the UK. He uses Huna for coaching and empowerment and produces the Huna Adventurer's Newsletter and teaches a range of workshops based on Huna. For more information and to sign up to the free newsletter visit: www.urbanhuna.org