

A HUNA TOOLKIT

Part 1: Contemplation

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A “Huna Toolkit” is a set of ideas for creating your own reality, for making things work, for being effective, happy, healthy, loving, kind, considerate and more.

This “Kit” has four “tools” (*pono hana* in Hawaiian) based on four parts of life that we all have and want to develop further: Spiritual, Mental, Emotional and Physical.

There are certain areas of the body that you can develop and stimulate to help these four areas. They may resemble the familiar Indian concept of chakras, but every system has its differences.

In this system there is the crown of the head, or fontanel (called *mauli* in Hawaiian). This can also be translated as “source of life, seed of life, point of power” and similar things. Next is the forehead or brow (called *lae*, with meanings of wisdom and mental or emotional qualities. Then there is the chest (called *umauma*, with meanings of heart and character in an emotional sense, and the navel (called *piko* and considered as a physical power center).

These “points” can be stimulated by touch and by focused attention. Some people may feel a small amount of stimulation at one point, but not at others, some may feel all of them easily, and some may feel nothing at all from any of them. Nevertheless, the practice of touch and focus will still help to develop the four areas mentioned.

CONTEMPLATION

The Spiritual “tool” is contemplation. It could be called meditation, but meditation has been associated with so many different techniques that it might be confusing. Contemplation, however, is simply the focusing of attention on some particular idea, object, concept or whatever. There is a principle of life that says, “You get what you focus on”, and that’s what this is about.

If you study the yoga sutras, they are basically teaching and leading up to the idea that by contemplation you can gain many powers, effects, and things that will happen, because you tend to become what you think most about or manifest it in your life. Contemplation is the placing of your attention or awareness on something without interference. Whenever you look at something with interest, without any fear, that something will begin to manifest in your life in numerous

ways. If you see a television or video program, or if you read something and you are interested in it, even briefly, either the same day or the next day or a few days later, something else of a similar nature will pop up in your life. It may be something someone says to you, it may be written, it may be seen, but in some way it will come into your life. The effect of contemplation can be a bit odd, and not what you'd expect. During discussions in classes, someone might mention something that interests me, and I will go home and there might be a bumper sticker on a car in front of me that is related to the interest. This happens because manifestation follows contemplation.

Contemplating negative things has the same effect, especially when we become fascinated with some kind of negative idea, experience, memory, or anticipation, because we can still get the nearest available equivalent to what we are contemplating. For instance, someone who contemplates a lot of "what ifs" in their life, fearful things that might happen, but who also has enough of a positive nature, might get the nearest available equivalent in the form of anxiety and tension and physical problems in the body, rather than an external effect.

Over and over again we have shown that if we can get a person to shift their focus of attention on something negative that results in unhealthy symptoms to something positive, the symptoms go away. and they start to feel better immediately.

If there is anything that you want in in life, anything whatsoever that you want to manifest in your life, begin contemplating it and one of two things will happen. If there are no blocks and all is clear, it will start manifesting right away. If there are blocks, they will show up right away, because there will be something about contemplating that will possibly stimulate something in yourself based on an old fear.

Some people are afraid to be healthy. Some belief in them says it is bad to be healthy, because if you are healthy, everyone will be counting on you and you will be the one who has to support everyone and that's too much, so don't be healthy all the time or you'll be the one to carry the load of responsibility. Many people who have that kind of feeling find themselves chronically ill, weak, fatigued or something like that to subconsciously avoid that kind of responsibility. It's not that they couldn't handle it, it's that they don't believe they could, or they believe it's uncomfortable, or whatever.

Some people are afraid of being successful. There are a lot of reasons for this, but for some it might be the fear of criticism, of doing it wrong, of making mistakes, of hurting someone, or doing any one of a number of things based on past beliefs they decided were true. When they begin to contemplate success, think about it and work toward it, all these fears can start coming up.

One of the best ways to find out what your negative beliefs are is to start contemplating on what you want. If you don't know exactly what you want, start contemplating on something beautiful, wonderful, exciting, fantastic, good for the world, or whatever. Start contemplating goodness, start contemplating love, and you'll find out if you have any blocks. When they come up you can start working on them with contemplation and the other tools that will be presented.

Contemplation is a good tool, not only for manifesting, but for finding out what's in the way. This happens even when you are focusing on your fears. If you really contemplate your fears, consciously, without fear, they will begin to disintegrate. This is one of the most beautiful proofs of the powers of love and life. In this way of contemplating, your body will go through certain releases. There will be tensions, then there will be more releases and your body will begin to go through changes, and one of the gradual effects is that the fears will dissipate.

There is a wonderful story that takes place in different locations, but in this version it took place in Mexico.

There was a village where a cannon went off every day, and there was a young boy who was deathly afraid of that cannon. Every time the cannon went off, he would run and hide under his bed, or run away crying, or do all kinds of things because of his fear. One day the village was going to receive an important official from the city and they were going to fire off the cannon fifteen times. No one could find the young boy. They searched high and low, and figured he must have run away, because he couldn't stand that much cannon fire. After everything was over, they found him and he was happy, smiling and fine, except that he was a little hard of hearing for a few days. What he had done was to make the decision to go up and sit underneath the cannon, on the hillside where no one could see him. For the whole fifteen rounds, he shuddered and shook, cried and screamed, and did everything but leave. And what do you know? His subconscious had learned that the cannon wasn't going to hurt him, and the fear dissipated. Now some people would say he faced his fear, but you could also say that he sat there and contemplated it fully and did not hide from it, because he was not afraid of the fear.

Contemplation does wonders. It can dissipate the negative stuff, it can make the negative stuff available to your conscious mind so you can decide what to do with it, and it can create the positive stuff that you want in your life. It's a fabulous tool. And it is very spiritual, because there is no physical action involved whatsoever. You don't have to *do* anything, you just contemplate it. The basic process is to put your attention on it, put your awareness on it, and let it be there. That, in itself, starts to produce changes.