

Happiness Is a Choice: A Huna Perspective

By Pete Dalton



"Happiness is a choice." You've probably heard that before on a sign, in a book, or from a well-meaning friend. Sometimes it inspires. Sometimes it annoys. But from a Huna perspective, this idea isn't just a motivational quote, it's a living principle. One rooted in the deep, practical wisdom of how we create our experiences, moment by moment.

It's a reminder of one of our greatest gifts as humans: choice. And in Huna, choice isn't just something we have - it's one of our superpowers. And using this super power can be simple.

But before we dive into how happiness can be a choice, let's remember something important: simple doesn't always mean easy.

The Power of What We Already Know (and Often Forget)

One of the things I love about Huna is how simple its practices can be. Breathing with intention. Choosing a new perspective. Saying a loving phrase to yourself. Moving your body with awareness. Working with energy and symbols.

These aren't complicated rituals locked behind esoteric gates. They're as close as your next breath or your next thought. And yet, how often do we forget to do them?

Have you ever noticed that:

- We know that pausing to breathe can calm us... but we carry on anyway?
- We know that changing our focus can shift our mood... but we stay fixated on the problem?

- We know we can choose a new story... but the old one feels so familiar?

This is the human condition. It's not a failure -it's a pattern. And in Huna, one of our superpowers is the ability to notice and bring awareness to the pattern... and choose again. Every moment is another chance to choose again.

The Superpowers of Ike, Mana and Makia

Some may think of superpowers as things such as flying, super strength and mind-reading. In Huna, two of our true superpowers might appear less dramatic but are no less effective.

However, many people are running on automatic, not really noticing the patterns they are running, reacting instead of choosing, and feeling powerless.

In Huna the principle of *ike* reminds us of the power of bringing our awareness onto patterns that may not be serving us well.

The principle of *mana*, our personal power, is central. It's not about control. It's about how we have the power to direct our energy and focus.

The principle of *makia* reminds us that choice is the ongoing power to decide what energy we want to cultivate, in ourselves and in our reality.

When we say "Happiness is a choice," from a Huna point of view, we're not denying that external circumstances can be difficult or painful. We're saying that even in the middle of life's chaos, we can choose how we respond to it. And that choice is powerful. It's creative. It's sacred.

What About When Life Gets Hard?

No philosophy, including Huna, promises constant happiness. Life includes loss, challenge and uncertainty. Happiness isn't about escaping all that. It's about staying connected to your ability to respond. To keep choosing life, love, clarity, even when things feel tough.

And sometimes, the choice isn't to feel happy. Sometimes the choice is to be present. To breathe. To soften. To feel into the intensity of an experience. To walk yourself gently through a hard moment. That too is part of the path and can sometimes be the most honest part.

It doesn't mean ignoring difficulty or pretending everything's ok. It means remembering: *'I still have a say. Even here. Even now'*. That's real power.

Why We Forget the Simple Stuff (and Why It Matters)

Let's return to something I mentioned earlier: we often forget the simple things. Why?

Because simple isn't flashy, it's easy to underestimate. We often look for big changes, dramatic breakthroughs and complex solutions. But Huna teaches us that transformation often begins with the small, the consistent, and the intentional.

Choosing happiness doesn't mean choosing to be giddy with bliss all the time. It means choosing openness over contraction, choosing curiosity over judgment and choosing kindness over harshness. And it means choosing again and again, whenever we notice we've drifted from our centre. Understanding that happiness is a choice is easy. Living it is the real practice.

That's why Huna offers practical tools such as:

- Piko Piko breathing (focusing breath and attention between two points)
- Changing posture or movement to shift inner state
- Sending blessings (*pule*) to yourself or others
- Manipulating inner symbols to create outer change

These are simple. But don't mistake simple for ineffective. They're powerful - when remembered and used.

And if you forget? That's okay. The moment you remember, you're back in the realm of your superpower of choice.

Coming Home to Choice

Happiness isn't a destination, or a personality trait you're either born with or not. It's a practice. A spiritual skill even. And it's a practice you can start today, right now, wherever you are. And this can get you to a state that you can choose to return to again and again and again.

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