

HUNA & FENG SHUI

by Cecilia Bergero

Feng shui is Chinese form of geomancy, a set of principles to help align one's living space with who they are and what they want. The practice has been around for thousands of years. Our questions here are:

Do Huna and Feng Shui have the same point of view?

How can Huna and Feng Shui support you in having a better life?

From a Feng Shui point of view, on the energetic level, each floor of a house represents a different level of consciousness. The lower floor represents our lower subconscious mind while the higher floor represents our higher levels of consciousness. During my last experience, I realized how Huna was matching with this!

In lots of different energetic practices we find three different topics: Body/Mind/Spirit. I use those three points of view also in my Feng Shui experiences.

I consider the home as an entire part of us. I feel sad sometimes that people don't realize the link between them and their environment (nature, people, places ..). So today, if I can bring you another perspective to see your life, I would be glad! For me, I see my environment, my house as my inner self. From a shamanic point of view, you can go to the 4th level (<https://www.huna.org/html/huna.html> for more information and (re)discover your environment as a part of the ALL, the ONE.

Today I'm inviting you to act as a shaman and move in a different reality to transform your experience. What is the common point with all the experiences you are living? What is the central point of all your decisions? It's YOU!!!! Yes !!!

When you look at all the experiences you've had, good or bad... YOU are always part of the story!

I invite you to go deeper in your inner self through 2 powerful tools that are Feng Shui and Huna. Let's start with the basement.

BASEMENT AND KU (out of sight, out of mind?)

The basement is directly connecting with the ground, it represents the subconscious mind where we store information, memories and emotion which correspond to KU. So, now...what do you store at the basement? Usually, we find items that relate to an old identity. All those items, even if you don't see them are here and spreading their own energy. It is stored in your subconscious mind and energetically in your body. This energy can be stuck by simply holding on to items that no longer relate to your current life, or could be anchoring you to your past.

Now I propose that you experience your basement from a shaman point of view.

Go and explore your basement. If you want, you can bring a notebook with you to. Make sure you have some quiet time in front of you to do so, that you won't be disturbed. While exploring, ask yourself: which item is no longer serving me? Pick up one (you could do this several times if you wish afterward with other items).

Relax and energize, hold this object, and describe it as if it was the first time you see it. How does it look like? What is the use of the item? Did you buy it? Connect to the moment you bought it. Is it a present? Who offered it to you? Guess that if this item is stored in this place, there is a reason. What is it? You don't use it anymore? You dare not to get rid of it, why?

Take your time, let come whatever pops up to you: you could be surprised! Is there a message for you? Allow yourself to feel deeply what it is. What this simple item brings you? What belief is linked to this item? You can write it down. Feel free to write everything that's coming here in this basement, today, it is only you, your Ku, your Lono...perhaps a little visit from Kane if you trust the process. Now, you are in connection with your inner self, welcome home!

Go deeper if you like! Allow emotions to raise. Where is this emotion going? Which part of your body? What story does it tells you?

So go explore those feelings and act as a shaman now, go deeper in those feelings, let them be as they are and ask for any assistance and decide to transform those feelings with your imagination. If joy appears, make it grow; if tension arises, transmute it. Remember principle #2 "there are no limits"!

When you feel that your feeling has changed for a better one, come back, open your eyes, look around you and feel the difference. Take the time to thank yourself for allowing this experience to happen. Then you can decide with the help of Lono whether you keep this item, or you get rid of it (selling it, offering it to someone or to friends...)

If you don't have any basement, of course you still have a subconscious mind! You might not store as much stuff; everything might come to the surface to deal with the present moment. You can store items somewhere in your house (garage? Closets? Interesting to see which domain of your life this area correspond ...) or even in someone else's place (which means a lot also !!!)

MAIN LEVEL AND LONO (is it my choice?)

The main floor is usually where the entrance is, it represents our consciousness. "Show me your basement and I'll tell you who you are." In another word: what is your story telling you? The goal of Feng Shui is to have a good energy flow. Sometimes I say that a blind person should be able to move without injury all over your place, as the wind goes through nature. You can observe how the energy flows, if all the space is utilized.

All the choices you've made: the choice of the place, the choice of the furniture, decoration, this is Lono, your conscious mind. The main function of Lono is decision making. As Serge KK said, "The main decision that Lono should take is what to focus

on". You can feel that you didn't have the choice when you've chosen your home because this was this only one you could afford, or the only place you could live to be close to your job or to your children's school. Serge also said, "The role of Lono is to increase the skill or efficiency of the subject. Most decisions are based on a memory pattern of Ku pleasure or pain."

So when you choose this place to make your life easier because your job is only at 30 minutes from here, this is Lono connected with Ku. You might have experimented spending 2 hours in the traffic jam while going to work and decide that it is not possible anymore. Connecting with your Ku (your memory and feelings) it brought to you during this experience, you decided to focus on changing your situation and change your home location.

In the previous exercise you've used your imagination which is the first tool of Lono. Ku and Lono are linked together (as Kane), your conscious mind can accept new choices, this is in a way what you've done during your experience in the basement. Maybe you've decided to bring the item back at the main level.

At this point you can also experience a shamanic point of view on your main level: relax, energize, and choose a place (or an item, a furniture or whatever you want to play with today) in your basement. Get the same journey as you did previously and get connect with your inner self.

Note that in Feng Shui, the home is divided into 9 different sections, each of them representing a domain (health, career, relationships). This is what is exciting in Feng Shui: just with an architect plan, we can see what's going on for you today, and using Huna gives more tools to transform the possible difficulties into opportunities to grow and change whatever doesn't suit you anymore.

ATTIC AND KANE (where is my connection?)

As for the basement, it is where we store items from the past, inherited items or family photos, it may contain items with no direct family relation, but instead represent belief system or pattern passed down. Do you have headaches or breathing issues? Go and explore your attic.

It is the highest floor in your house, and therefore it symbolizes your higher consciousness, specifically your spirituality and connection to your Higher Self. As related to Serge KK "The first function of Kane is creativity in the form of mental and physical experiences. Its main tool is energy". As the principle reminds us, "there are no limits" and "attention goes where energy flows"

Kane is bringing what we usually call inspiration. This area is linked with spiritual energy (very often, not surprisingly, a place of paranormal activity) here also you can use Huna tools to get connected to this area and therefore to your own spiritual area if you take the shaman perspective.

You can decide to get connected with your Higher Self here. Take the time to explore or re-explore this place. Is there clutter? Are there any items that no longer serve you?

As you understand, the three selves are not separated, everything is a part of yourself, they are all working together if you let the flow of energy keep going. This is the final goal of any of those two practices: let energy circulate. Your house represents your aka body, the thread you have with your environment.

Use your Lono to go deeper in yourself et let Ku and Kane connect all together. What about using those tools to meet Kanaloa: the integration of the human being (body/mind/spirit). These are three powers that you have! And referring to the principle “all power comes from within”, nobody can drain you (neither a person nor your house). Your job...well OUR job! Is to decide how we decide to react to experiences. Use your imagination to change your life! Go through your house if it helps you in being more effective.

Using your imagination will create experiences that will guide the Ku and serves the channel for the energy and inspiration of your Kane, your Aumakua, your Higher Self. Let act as a shaman into our simultaneous worlds: enjoy your journey!

I will end up with a quote of SKK *“Changes require changes. By changing your thinking you can change your world.”*