

We're Going On A (Huna) Treasure Hunt!

By Pete Dalton

With so much emphasis these days on the value of being in the present moment, there are times when it almost seems like memories of the past get a bad press.

Of course, if we delve a little deeper, we find that memories are thoughts we are having in the present moment. A common misunderstanding is that memories *are* somehow the past itself. Studies around things such as the unreliability of eyewitness testimony after an event and false memory syndrome highlight how this is not the case. In fact, remembering is more like a practice of co creation where each time we evoke a memory, we emphasise different aspects, build on what we may have remembered about that event at another time, and we are influenced by how, why and when we access a particular memory.

However we look at it, we do the remembering in the present moment so let's look at something useful to do with that.

Exploring Pleasant Memories

There are many reasons why we might explore our memories. These include identifying patterns and connections and experiencing pleasure as we open ourselves up to experience what comes up from the rich treasure trove of our memory. Sometimes in Huna, this process is referred to as 'treasure hunting'. Recalling pleasant memories can also contribute to well-being as well as providing great material for the practice of gratitude.

Memories are the domain of the *Ku*. So, working with memories involves communicating with, and listening to, our *Ku*. This takes the form of a contemplation or *nalu* practice. This involves simply asking your *Ku* to present to your conscious awareness memories that it finds pleasurable. *Ku* is driven by pleasure so it can find this activity amenable and with a little practice and establishing the expectation this becomes easier over time. Remaining relaxed with a positive intention and not over-trying is important. As memories come up, tune into the pleasurable feelings that accompany them.

It can be useful to get into a relaxed undisturbed state and allow the memories to come. In a busy world, it is remarkable how infrequently we give ourselves permission to stop and allow ourselves to indulge in pleasurable memories. Daydreaming can even be considered by some to be a childish pursuit and certainly not appropriate for the modern adult. This attitude is a great shame, as this practice is healthy, creative, beneficial and rejuvenating.

I make a practice of regularly setting aside a few minutes to go on a treasure hunt. This can be during a busy day or, as I often do, taking time in the hypnopompic state- just between being asleep and fully awake. This is a relaxed state and makes for a pleasant start to the day.

Now what might come up may be memories based on past events. However your *Ku* may present other things that fit with a particular pattern it is tuning into. This can include: symbols, daydreams about now, and fantasies about the future..

In a single session you may have some conscious awareness of patterns in what is presented or you may not. If you do this process regularly, which I would recommend, you may begin to see patterns between what it presented in each session even if the memories are from many different events. Being consciously aware of what the *Ku* finds pleasurable can be very useful.

It really is that simple and well worth it. I invite you, after you finish reading this, to just stop for a few minutes and indulge in your own treasure hunt and savour some wonderful memories. You may be pleasantly surprised with what comes up.

A Huna Treasure Hunt

I share some snippets of a recent treasure hunting expedition of my own. The connection to this article is pretty obvious. It was great to indulge in some fond memories concerning a particular event. My Ku presented me with some wonderful memories from 2010 when I first invited Serge King over to the UK to run a workshop. (I have added a few photos in here from the time, but like memories they can be a bit blurry – old tech!).

- I was so keen that Serge shared Huna in the UK, I committed to him running a workshop - it was a huge risk and I had no idea how I was going to make it happen, but at the same time it was very exciting to be taking this project on.
- I had booked a hotel for the event, but a chance encounter led to someone offering me the use of their home which just happened to be a Georgian style mansion in the country.



The wonderfully serendipitous venue

- I had very few relevant contacts or marketing skills at the time but learned lots quickly and developed some good networks
- We ended up with 70 people in attendance. If you were there- thank you for coming!
- It was a wonderful crisp autumnal weekend
- Someone that neither Serge or I was aware of, turned up to film the Friday session
- The main event was in the lovely oak panelled Great Hall where Serge presented two wonderful workshops
- Serge presented 'Shamanic Creative Meditation' on the Friday evening and 'The Huna Way to a Better Life' on Saturday and Sunday. I remember discussing the weekend workshop with Serge as we planned the event and him exclaiming that I had managed to get him to fit so much into both days of the weekend sessions. They were certainly jam packed with great content.



Serge presenting in the Great Hall

- My mum came along fascinated to meet ‘the man from Hawaii’
- I met lots of fantastic people and made new friends
- It was great to hang out with Serge and Gloria
- The groundsman organised a lovely fire in the grounds for Serge to perform a closing ritual for the workshop
- It was a magical experience where everything came together and of course....Everything Worked Out Perfectly.

Happy Treasure Hunting!



The closing fire ritual

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Pete Dalton is an Alakai of Huna International living in the UK. He uses Huna for coaching and empowerment and produces the [Huna Adventurer's Newsletter](#). For more information and to sign up to the free newsletter visit: www.urbanhuna.org