

Thinking Differently: Huna Can Change Your Life

By Pete Dalton



When I first began learning Huna, Serge Kahlil King told me something that stuck with me to this day: *"You'll start thinking differently."* He was right and it's been one of the most beautiful, surprising parts of this path.

I Remember When...

I remember a telephone conversation I had with Serge many years ago, just when I was embarking on my Huna path, way before Zoom and online workshops, but not quite before the time of Captain Cook! We were just talking, and I can still hear his voice saying:

"When you start learning things like Huna, you'll end up not thinking like a lot of the population. You'll think differently. And at times that might feel a bit strange."

It stuck with me.

Not in a dramatic, life-altering way at the time, but more like a subtle tuning fork inside me that kept resonating every now and then. And the more I studied, practiced, and lived with the principles of Huna, the more I came to understand what he meant.

The World Is What You Think It Is

One of the principles of Huna is *Ike* - the world is what you think it is.

At first, it sounds somewhat metaphorical, but the more you sit with it, the more literal it becomes.

Most of us are taught to believe that reality is something external, something solid, objective, and fixed. The world is *out there*, and we just have to deal with it.

But Huna quietly invites a different approach: What if reality isn't something we observe, but something we participate in creating?

A Quiet Departure from the Norm

The more I leaned into Huna, the more I realised how much of my previous worldview was built on assumptions, about things such as fear and danger, control, protection, even time.

- I was taught to 'protect my energy.'
- I was told change takes time.
- I was told truth is something you find outside yourself.

But I found that Huna flipped all that around. It suggested that:

- 'Protection' might be resistance, and resistance might be what causes harm.
- Change can be instant, if we allow it.
- Truth is what works for you - and that's okay.

These are not the ideas that usually come up in most regular day-to-day conversations. So yes, I started to think differently. And sometimes, admittedly, that did feel a little strange.

Thinking Differently Isn't Rebellion - It's an Adventure

Thinking differently doesn't mean being deliberately contrary or rebellious. In fact, it feels more like shedding heavy layers of inherited ideas and 'programming'. Sometimes it has provided me with some clarity, but not always, as I have learned that our reality is extremely flexible and there is always more to explore. I have found that adopting the Huna philosophy has opened up the space for me to conduct these explorations. The adventurer approach of Huna provides space for things such as curiosity, play, experimentation and change and seeing the sacred in the seemingly ordinary.

Once I started seeing the world through the Huna lens, I found that I couldn't really unsee it.

Living in the Shift

So, looking back over twenty years ago, Serge was absolutely right - it's a shift in perception that changes more than just your thoughts. It changes how you live.

Huna doesn't ask you to join a movement or follow a doctrine. It just gently says, "*Try thinking this way and see what happens.*" Guided by the principle of *Pono* - if doing so proves effective for you then why not keep on doing it?

What happens, in my experience, is often subtle... but profound. Yes, it's a different way of thinking, but more than that, it's a different way of *being* in the world.

And although it might feel unusual at times - it also feels very much like home to me now.

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