



THE ALOHA SPIRIT

a.k.a. "The Little Pink Booklet of Aloha"

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By Serge Kahili King, copyright by Serge King 2003

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The Aloha Spirit is a well known reference to the attitude of friendly acceptance for which the Hawaiian Islands are so famous. However, it also refers to a powerful way to resolve any problem, accomplish any goal, and to achieve any state of mind or body that you desire.

In the Hawaiian language, aloha stands for much more than just "hello" or "goodbye" or "love." Its deeper meaning is "the joyful (oha) sharing (alo) of life energy (ha) in the present (alo)."

As you share this energy you become attuned to the Universal Power that the Hawaiians call mana. And the loving use of this incredible Power is the secret for attaining true health, happiness, prosperity and success.

The way to tune into this Power and have it work for you is so simple that you might be tempted to pass it off as being too easy to be true. Please don't let yourself be fooled by appearances. Take the time to try it out.

This is the most powerful technique in the world, and although it is extremely simple it may not prove easy, because you must remember to do it and you have to do it a lot. It is a secret which has been given to humanity over and over again, and here it is once more in another form.

The secret is this:

Bless everyone and everything that represents what you want!

That's all there is to it. Anything that simple, however, does need some explanation.

To bless something means to give recognition or emphasis to a positive quality, characteristic or condition, with the intent that what is recognized or emphasized will increase, endure or come into being.

Blessing is effective in changing your life or getting what you want for three reasons: First of all, the positive focus of your mind stirs up the positive, creative force of the Power of the Universe. Secondly, it moves your own energy outward, allowing more of the Power to come through you. Thirdly, when you bless for the benefit of others instead of directly for yourself, you tend to bypass any subconscious fears about what you want for yourself, and also the very focus on the blessing acts to increase the same good in your life. What is so beautiful about this process is that the blessing you do for others helps them as well as you.

Blessing may be done with imagery or touch, but the most usual and easy way to do it is with words. The main kinds of verbal blessing are:

Admiration - This is the giving of compliments or praise to something good that you notice. E.g., "What a beautiful sunset; I like that flower; you're such a wonderful person."

Affirmation - This is a specific statement of blessing for increase or endurance. E.g., "I bless the beauty of this tree; blessed be the health of your body."

Appreciation - This is an expression of gratitude that something good exists or has happened. E.g., "Thank you for helping me; I give thanks to the rain for nourishing the land."

Anticipation - This is blessing for the future. E.g., "We're going to have a great picnic; I bless your increased income; Thank you for my perfect mate; I wish you a happy journey; May the wind be always at your back."

In order to gain the most benefit from blessing, you will have to give up or cut way down on the one thing that negates it: cursing. This doesn't mean swearing or saying "bad" words. It refers to the opposite of blessing, namely criticizing instead of admiring; doubting instead of affirming; blaming instead of appreciating; and worrying instead of anticipating with trust. Whenever any of these are done they tend to cancel out some of the effects of blessing. So the more you curse the harder it will be and the longer it will take to get the good from a blessing. On the other hand, the more you bless the less harm any cursing will do.

Here, then, are some ideas for blessing various needs and desires. Apply them as often as you like, as much as you want.

Health - Bless healthy people, animals, and even plants; everything which is well made or well constructed; and everything that expresses abundant energy.

Happiness - Bless all that is good, or the good that is in all people and all things; all the signs of happiness that you see, hear or feel in people or animals; and all potentials for happiness that you notice around you.

Prosperity - Bless all the signs of prosperity in your environment, including everything that money helped to make or do; all the money that you have in any form; and all the money that circulates in the world.

Success - Bless all signs of achievement and completion (such as buildings, bridges, and sports events); all arrivals at destinations (of ships, planes, trains, cars and people); all signs of forward movement or persistence; and all signs of enjoyment or fun.

Confidence - Bless all signs of confidence in people and animals; all signs of strength in people, animals and objects (including steel and concrete); all signs of stability (like mountains and tall trees); and all signs of purposeful power (including big machines, power lines).

Love and Friendship - Bless all signs of caring and nurturing, compassion and support; all harmonious relationships in nature and architecture; everything that is connected to or gently touching something else; all signs of cooperation, as in games or work; and all signs of laughter and fun.

Inner Peace - Bless all signs of quietness, calmness, tranquility, and serenity (such as quiet water or still air); all distant views (horizons, stars, the moon); all signs of beauty of sight, sound or touch; clear colors and shapes; the details of natural or made objects.

Spiritual Growth - Bless all signs of growth, development and change in Nature; the transitions of dawn and twilight; the movement of sun, moon, planets and stars; the flight of birds in the sky; and the movement of wind and sea.

The previous ideas are for guidance if you are not used to blessing, but don't be limited by them. Remember that any quality, characteristic or condition can be blessed (e.g., you can bless slender poles and slim animals to encourage weight loss), whether it has existed, presently exists, or exists so far in your imagination alone.

Personally I have used the power of blessing to heal my body, increase my income, develop many skills, create a deeply loving relationship with my wife and children, and to establish a worldwide network of peacemakers working with the aloha spirit. It's because it has worked so well for me that I want to share it with you. Please share it with as many others as you can.

How to Enhance Your Power to Bless

There is a technique practiced in Hawaii which enhances your power to bless by increasing your personal energy. It is a simple way of breathing that is also used for grounding, centering, meditation and healing. It requires no special place or posture, and may be done while moving or still, busy or resting, with eyes open or closed. In Hawaiian the technique is called pikopiko because piko means both the crown of the head and the navel.

The Technique

1. Become aware of your natural breathing (it might change on its own just because of your awareness, but that's okay).
2. Locate the crown of your head and your navel by awareness and/or touch.
3. Now, as you inhale put your attention on the crown of your head; and as you exhale put your attention on your navel. Keep breathing this way for as long as you like.
4. When you feel relaxed, centered, and/or energized, begin imagining that you are surrounded with an invisible cloud of light or an electro-magnetic field, and that your breathing increases the energy of this cloud or field.
5. As you bless, imagine that the object of your blessing is surrounded with some of the same energy that surrounds you.

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The Aloha Project
PO Box 426
Volcano HI 96785 USA
(808) 645-7007

www.alohainternational.org

huna@huna.org

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THE HUNA (ALOHA) PHILOSOPHY

Ike. The world is what you think it is.

Kala. There are no limits.

Makia. Energy flows where attention goes.

Manawa. Now is the moment of power.

Aloha. To love is to be happy with.

Mana. All power comes from within.

Pono. Effectiveness is the measure of truth.