



H o ' o m a n a

E n e r g y A t t u n e m e n t

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Ho'omana Energy **Attunement**

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Ho'omana Energy **Attunement**

Hawaiian Spirituality

Huna, also known in ancient times as Ho'omana, is an ancient Hawaiian spiritual tradition, which was almost lost when Hawaii was 'invaded' by outside influences. Modern research has theories that it is incredibly old. How old is still a question for debate.

Legend traces Ho'omana or as it is known today as Huna back to Lemuria. Mu, as it is known in legends, was a continent that stretched across the Pacific Ocean. All that remains of that mythical place are it's largest mountain peaks, known today as Tahiti, Polynesia, New Zealand, Hawaii, and the other Pacific islands. It is said that the peoples of the South Pacific descended from Mu and that Huna was their religious philosophy.

Huna is 'religious' only in the sense that it guides us to attain spiritual perfection. It is not, however, a religion. It is possible to maintain your religious affiliation and practices, and to be a practitioner of Huna, which is a very broad and inclusive, Universal Way.

Huna is scientific as well since it deals directly with the physical world, in the here and now, and the processes and techniques produce predictable, repeatable and transferable results with people and the environment. These results have been, at times, labeled as magic or occult and yet the unseen forces that produce these effects are very real.

Huna is also a way of life, a philosophy, a way of the heart, with a strong and yet simple code of ethics. It encourages the balance between the physical, mental, emotional and spiritual aspects of 'being'.

Huna is all embracing and sees no conflict with other traditions. There is no one 'right' Huna, and the customs and details of Huna vary from practitioner to practitioner, from Island to Island.

Huna places equal emphasis on connecting with your spirituality and connecting with the earth, your body, and your emotions. Rather than teaching transcendence of the physical plane, Huna teaches us to celebrate life, to merge matter and spirit.

Huna believes that there are the three key qualities of the heart: The ability of your heart to give and receive love, courage and openness to life.

The Philosophy

The teachings offer wisdom that the key to living a fulfilled life lies in the awakening and integration of your subconscious self (Ku), conscious self (Lono) and higher self (Kane). It offers us a profoundly beautiful philosophy of life centered in love and the vision of humankind, nature, and the divine as harmonious parts of a cosmic community. But this is not just a philosophy; more than anything else it is something you do. It gives us a set of practices that are simple yet, when used regularly, profoundly transformational.

Terminology and Definitions

In the 1900's, a researcher, (Max Freedom Long), of ancient Hawaiian language, religion and lifestyle stumbled across an amazing discovery. At first he thought it was a coincidence that some of the root words in the Hawaiian language were similar to words used in the sacred rituals of the "Kahuna", or Priests of this ancient Hawaiian religion. After many years of research, he found that it was no coincidence and that the peoples who traveled to Hawaii centuries before had actually written into their language codes for outstanding healing and mystical powers, which are now known to us as the Huna.

The pronunciation of the words are not as important as the flow when they are said as well as the implied meaning when speaking them. The current Hawaiian population have different accents/dialects of the same root language that Long discovered. Most Hawaiians today don't realize when they speak their native language they are using this Mother Tongue, which originated in Lemuria.

The following is an attempt to 'translate' as closely as possible the words Huna, Kahuna and Ho'omana since the layers of the meanings of the words themselves convey much of the spirit of this tradition.

The Hawaiian language contains multiple levels of meanings, and many times a word may be expressing several layers, at the same time. The world and 'reality' are very different, when experienced through the Hawaiian language.

The pronunciation here is close to the way I was instructed to speak them and so have placed a suggestion of that pronunciation in brackets. It is suggested to place a stress on the underlined syllables, and remember to always follow the spirit rather than the letter of the law when pronouncing the language, (say the words aloud and allow your body to feel the correct intonation).

Hu [*who*]

to rise; overflow; effervesce; to surge, to rise to the surface; to gush forth; also to unite; join

Na [*na*]

Calmed; quieted; pacified; soothed

Huna [*whon-na*]

secret; spiritual; concealed treasured knowledge; knowledge of the hidden or unseen

Ka [*ca*]

the; the one who

Kahuna [*ca-whon-na*]

A Kahuna would be roughly equivalent to a Pd.D in western culture, an expert in his or her field or profession; the priest who kept the secrets

Ho'o [*hoe-oh*]

to make; to cause

Mana [*mahn-na*]

the life force; power; energy

Ho'o Mana [*hoe-oh-mahn-na*]

In the past, this energy and the teachings were known as 'Kahuna', or 'those who kept the secret way', but in its original form it was literally known as "Ho'o Mana" or 'to make the life force flow'. I have chosen this interpretation as I am not keeping anything secret, but rather allowing the life force to flow freely to all who accept it.

Samples of Hawaiian Language

<u>English word</u>	<u>Hawaiian word</u>
adore	Ho'onani, ho'omana
anniversary	Piha makahiki, la ho'omana'o
memory	ho'omana'o 'ana
cue (reminder)	Kumu ho'omana'o
persevere	Noke, ho'omanawanui, ho'omau
worship	Ho'omana, haipule, pule
keepsake	Mea ho'omana'o
religion	Ho'omana
remind	Ho'omana'o mai
remember	Ho'omana'o

Seven Basic Principles

These are the essential skills to develop, rather than specific talents one already possesses.

Ike [*ee-kay*]

Essential Skill: Seeing / Awareness

Summary: Everything is a dream; we dream it.

Explanation: The world is what you think it is. What you believe the world to be is what you will experience.

Kala [*ca-la*]

Essential Skill: Clearing / Freedom

Summary: Everything connected

Explanation: There are no limits. The Universe is infinite.

Makia [*ma-key-a*]

Essential Skill: Focusing / Focus

Summary: Everything is energy

Explanation: Energy flows where your attention goes. What you resist persists. The energy of resisting actually gives energy to the very thing you resist.

Manawa [*ma-nah-wah*]

Essential Skill: Presence / Persistence

Summary: Everything is relative

Explanation: Now is the moment of power. Now is where life happens. Don't think about Karma, as in this case, we make everything happen.

Aloha [*a-low-hah*]

Essential Skill: Blessing / Love

Summary: Everything is alive, aware, & responsive

Explanation: To love is to be happy with. Aloha is the word for love. The root 'alo' means "to be with, to share and experience, here and now". The root 'oha' means "affection, joy". The root 'alo' also means "to be in the presence of". The root 'ha' means "breath, spirit, life force".

Mana [*mahn-na*]

Essential Skill: Empowerment / Confidence

Summary: Everything has power

Explanation: The life force; power; energy. All power comes from within your own mind, body and spirit.

Pono [*poe-no*]

Essential Skill: Dreamweaving / Flexibility

Summary: There is always another way to do everything

Explanation: Effectiveness is the measure of truth. And to explain this one, it does not mean that the ends justify the means. In fact, when fully considered, it means that violent means produce violent results and peaceful means produce peaceful results.

The Three Orders

The Order of Lono [*low-no*]

Mind

The Thinking Self

Focused on both the material and spiritual aspect of farming, fishing, navigation and shipbuilding as well as woodcarving and herbal healing.

The Order of Ku [*coo*]

Heart

The Body at the cellular level

Focused on the arts of physical therapy, ceremonial religious practices as well as political interests and war.

The Order of Kane [*ca-nay*]

Spirit

The Higher Self

Specialists in magic, mysticism, and psychology. They were the healer and shamans. The Kane were archetypal and of the forests, high places, water sources Balanced masculine/feminine order, (Taoist Yin/Yang), but without the rigid hierarchy, as well as the ancient Lemurian Goddess Tradition, *Ka 'Ohana Nui 'O Uli*, (The Family Of Uli).

Each order had its own healers/shamans but it was the Kane who were the principle shamans, as they dealt with spirit. In the old days of Hawaii before the white settlers, the people lived on the shorelines and only the Shamans ventured inland, as this was considered to be a realm of the other world.

It is also interesting to note that Ku, Lono and Kane also are archetypal representations of Body (heart), Mind and Spirit.

Recommended Reading

For more complete information on all aspects of *Huna*, it is recommend reading any of Serge Kahili King's books. Additional information may be found in the books by Max Freedom Long.

Attunements

Ho'omana Energy Attunements are an initiation in which you receive powerful energies that you can then access at any time for yourself or others by mentally directing the flow (no visualization, mantras, etc).

You will receive permanent empowerments in your energy field, for your own spiritual development and healing or to extend the energy as a healing to others.

Occasionally you will hear the term "run", as in 'run the energy'. The term "run" simply means to "bring the spirit of ho'omana present".

There were three orders: **Lono**, **Ku**, **Kane**, in which people gathered and as such the attunements will be in three orders or segments. Each will have its own attunements, meditations, and exercises, which if regularly performed, will greatly enhance the power of the total attunement known as Ho'omana.

You will be able to heal your self and others by calling upon the various orders by their individual name, or by other activatable phrases given to you in the teachings. You will gain deeper awareness of the attunements through the meditations and you will gain a deeper perception of the orders by doing the exercise.

To summarize the orders, think of them as:

Lono, which generates a pattern by deciding if something, is true

Ku, memorizes the pattern

Kane, uses the pattern to manifest the experience

But Kane also adds inspiration to improve the pattern as it seeks harmony in doing so.

When doing the attunements, it is suggested that the student be in a reclining position, however, sitting quietly with the back straight and eyes closed is acceptable. Sometimes, an attunement is merely a formality for you. It will feel like you already have this attunement in your system. Other times, there will be a long pause before continuing on, as the attunement will be new to this lifetime and will need time to be added to this incarnation.

The Order of Lono [low-no]

Meditation

This meditation is to attune your mind to the Ho'omana energies. You need to meditate on the word Hawaii and the images that spring to mind when you mention that word, such as the beaches, the volcanoes, the mountaintops, the exotic plant life, hula dancers, the ocean everywhere around you. Whatever images the word "Hawaii" brings to your mind, those images should be allowed to rise up in you, until you feel the connection to the images your mind has created.

Then formulate in your mind a statement you will speak aloud. The statement will have the name you wish to be known as. It will also have a short phrase on why you wish to receive a Ho'omana Lono attunement. For instance:

"My name is _____ and I want to receive the Ho'omana Attunement to heal others with this energy and to further enhance my connection with the Ancient Ho'omana Energies."

Exercise

Exploring Awareness

Focus on a spot away from you. Keep your intent totally on just that one spot. Then after a few minutes, expand your awareness to include everything, while remaining focused on just that one spot. Notice how there is so much above, below, to the sides, all around you. Open your awareness. Then after a few minutes, go back to just that one spot again, seeing nothing but it.

There are things to ponder regarding the above exercise; one such concept to ponder is that intent is a kind of decision-making that directs awareness as well as activity.

Attunement

In the Order of Lono, the attunements are for first strengthening the mind, then connecting the mind with earth and water. When the attunements are finished you will be able to heal yourself and others by activating the energy of Lono.

1) "Lono Mind Clearing"

The first attunement is to clear negative thoughts – not only those that harbor within a person but also from the environment. Places in the earth are not negative, but the thoughts of people who were there and felt wrongly might linger from these people, or perhaps a traumatic or violent event took place. Images from that event may still linger in the environment.

This energy works with what may be called the 'mental body', the brain and the energy connections the brain generates to the etheric body.

To 'run' the energy for your own self, say aloud or think to yourself:

"Lono Mind Clearing"

If you wish you can place your hands on your crown chakra.

To 'run' the energy for someone else, you can place your hands on the top of their head and either think to yourself, or say aloud:

"Lono Mind Clearing"

Allow your hands to rest on the top of their head (crown chakra) for a few moments. You will generally feel a rush of energy at the beginning and it will dissipate within a few minutes as the energy clears out the crown chakra.

You can also use this attunement to send the energy out to the environment. Most often one may just use the intent of will by thinking "Lono Mind Clearing" and feel the energy go out to the environment around you. Some people may use this physical method to reinforce their intent. In the place you wish to clear

negative energy, stand with feet shoulder width apart, hands outstretched to either side of them, with palms facing outwards. Think with intent or say aloud: "Lono Mind Clearing" and feel the energy run down your arms and out your hands to the environment. Hold this pose until you feel the energy dissipate (usually about 2-5 minutes).

2) Earth / Water Blessing

This next attunement is for blessing the earth and water. The attunement is two-fold, one part is just to increase your awareness of the earth and the other part to be able to bless food and water before you eat and drink of it.

The earth is continually healing and nurturing the peoples who live on her. Think back to the meditation you did for the Order of Lono, and feel the connectedness of the earth with you - the closeness, love, sense of being alive, by being blessed by the earth. Receive the earth's healing energy and then be able to activate it by 'charging' energy into the food you eat, or the water you drink.

Before you eat your next meal, pass your hands over the food or hold a glass of water with your hands and think, with intent:

"le'a" [*lay ah*]

Feel the energy run down your arms, into your hands and into the food or water. You need only think with intent for a few seconds and the energy will have manifested. As you eat and drink, you will be ingesting additional energy from the earth.

Le'a means gladness or pleasure (or something completed with pleasure)

3) Order of Lono

You can now activate the energy of the Mind, by saying aloud or thinking with intent, "Order of Lono". Whenever you need additional concentration or feel a need for a special blessing, specifically in any area that involves mental processes on self and others, think "Order of Lono".

The Order of Ku [coo]

Meditation

In your mind's eye, journey to the ancient continent of Lemuria or Mu, which still exists beneath the Hawaiian islands (which are their highest mountain peaks). Journey to a continent buried so long ago that almost nothing physical remains. But the energy and intent and the healing of the masters still remain. Imagine taking a ride on the backs of dolphins to breathe with them and be taken down deep to the ancient ruins of Mu. There connect with the ancient energies. Allow your heart to open to the experience.

Ku is about feeling with your heart.

Exercise

Exploring Memory

Close your eyes and think about an unpleasant memory you have personally experienced. Keep this in mind for about 15 seconds. Notice how the body feels.

Now think about a pleasant memory for 15 seconds. Notice how the body feels.

Was there a difference in the way the body felt? It's nearly impossible to feel tense while thinking of something pleasant and nearly impossible to relax while reliving an unpleasant memory. The variations on the way you feel and the way the body reacted are things for you to ponder with this exercise.

Attunement

In the Order of Ku, the heart was the prime focus, not only in healing but in the work being done. In the following attunements, primary focus will be with the heart in its essence, love giving function and energizing or healing ability.

1) Heart

In Hawaiian, there are many terms for expressing the concepts of the heart but central to everything is that the heart provided the foundation to all else in life. They called it pu-uwai kahua [*poo oo way ee ca who a*] Similar to what we attribute to the heart chakra as the ability to give and receive love; the Hawaiians also saw the heart as being able to generate the life force itself.

To activate this energy, either say aloud or think with intent:

“Ku....Heart”

Usually there is a pause of a few seconds, between the two words. You need only do this once a day. For self it generally feels better to say “Ku” on the exhale, then pause while inhaling, before saying “Heart” on the next exhalation.

When running the energy on others (or on self), you may wish to place your hands over the heart chakra.

2) Cleansing

To further the healing and the energizing of the heart, a cleansing needs to take place. This attunement melts away resistance in the form of conflicts that occur with emotion in the unconscious or subconscious.

To begin, it is recommended that you place your hands on your heart chakra, (but you can also leave your hands by your side and think the energy there). You can also place your hands on another's heart chakra to activate this healing for them. Say aloud or think with intent:

“Ku.....Cleansing”

Usually there is a pause of a few seconds, between the two words.

Leave your hands on the body for a few moments. You can call upon this attunement as often as you wish.

3) Order of Ku

You can now activate the energy of the Heart, by saying aloud or thinking with intent, “Order of Ku”. Whenever you need love energy or feel a need

for a special blessing, specifically in any area that involves the heart chakra energy on self and others, think "Order of Ku".

The Order of Kane [ca-nay]

Meditation

Meditate on what you intend to do with the Ho'omana Energy Attunement. Your thoughts should also include something concerning giving attunements to others. Visualize yourself giving healing work to others. Visualize working with these energies on yourself.

Kane is about manifesting your dreams.

Exercise

Exploring Creativity

Relax, close your eyes, breath deep and think of something you might have seen in the movies, or on TV or something in your own life, that was truly beautiful - deep forests, waterfall, nature at its best, sunrise, sunset. Feel that awesome beauty in your whole being. That is Kane, the connection with the spirit.

There are things to ponder regarding the above exercise. One such thought may be the primary function of Kane which is in creativity in the form of mental and physical experiences.

Attunement

While each order had many specialists and each had healers, the art and science of healing through spirit was the primary focus of The Order of Kane, which was originally known as 'Kanewahine' (manwoman). This shows the recognition of the polarities, similar to Yin Yang concepts in the Tao.

1) Ha, the Breath of Life

This attunement is more of a daily exercise to improve not only breathing in general but of connecting with ancient energies in the movement of life through the one force that connects all life on this planet, breath.

To begin, stand with your feet apart more than shoulder length, arms extended with palms facing outward, jaw relaxed and slightly open, knees bent slightly. Breathe in through nose and out through mouth while allowing a natural "ha" sound to release. Do this in four groups of four. Do not hyperventilate. This is best done with the eyes open.

2) Ha, as **haipule** [*ha ee poo lay ah*]

ha breath, life, trough, sluice, four
since "ha" is the root of the word, it carries the most meaning for the rest of the word. Since four is sacred to the word, do meditations in groups of four. The image of a trough or sluice conjures up meaning as ways in which the breath will cut through everything.

hai to accompany, to go with

pu together with

le'a complete something successfully; gladness, pleasure

haipule religious, devout, pious, to make prayers, to hold service

All together you could interpret the meaning to be ' the process in which you channel **mana** into yourself by breathing (or some other method) and send it forth to manifest something.'

It's all based on the Hawaiian Principles, the first are of these four - **ike**, **kala**, **makia**, **manawa**, which broken down to their essence are:

ike - I, (the 3 sides of me **lono**, **ku**, **kane**), create my own reality

kala - I am unlimited

makia - I get what I concentrate on

manawa - My moment of power is now

Doing **haipule** will create a state in which things can happen naturally. You are not trying to make (or force) them to happen. It is not a prayer in the "western" sense, which really means to implore, to request. Not meant to bribe or pay back the God with an offering. More of a contemplation that

with Ho'omana becomes "whatever you contemplate, without doubt, will manifest in the nearest possible way."

haipule can be done anywhere, any time, but the more undistracted you are, the better the results. It can be done in a minute or an hour, informal or formal (lighting candles, setting up a sacred space, etc).

Begin by focusing your attention on what you want to accomplish. Sum it up in a word, then a situation or person that best represents the meaning of the word to you (imagine with as much sensory detail as possible), get a feeling to go along with the word & image (make sure its positive), then end with an image/feeling of gratitude towards your Higher Self or God with a blessing of some kind for the good of others. Take a deep breath, do the "HA" breaths. Open your eyes, and return to the outer present still concentrating in the now.

If you can, when you sum your intention with a word, keep in mind 4 states of being -

Peace (the state of **Ho'omana**) Think of scenes of quiet beauty, deep forests, sunrise/set, whatever the word itself speaks to you

Love (**aloha**) Being held, cuddled by someone who loves you, children playing happily, scenes of caring, forgiving, whatever the word itself speaks to you

Power (**mana**) The Power that is the God in nature, of suns, stars, earth, air, waterfalls, whatever the word itself speaks to you

Success (**pono**) Think of your highest achievement, the attainment of your goals, accomplishments, whatever the word itself speaks to you whether spiritual or material - there is no distinction in Ho'omana when it is done with loving attitude.

Knowing all of this is not enough. The next step is to apply it. To seek that within yourself which is hidden that is truly you.

3) Kanewahine or the Order of Kane

This attunement brings into balance the aspects of the masculine and feminine, the yang and the yin, the positive and the negative, but not so much in these concepts which can be quite rigid merely mentioning them. In this attunement, you will be empowered with the Lemurian Goddess Tradition known as the Family of Uli or the *Ka 'Ohana Nui 'O Uli*.

To use the energy of self or others, place your hands above the person, either running the hands down on either side of the person, or placing the hands wherever they seem correct. Say aloud or think with intent:

"Kanewahine" [ca nay wa heen eh]

I have found this attunement to be one of the most powerful energies of the Ho'omana workings and use it often on self and others to bring harmony with a balanced sense of awareness. It's great to use at the end of a massage or energy working, as it brings everything in to balance.

You can also say "Order of Kane" for energy work specifically with connections to the Higher Self.

Ho'omana [*hoe-oh-mahn-na*]

Now it is time to receive the final attunement to be able to transmit the Ho'omana energies. It is impossible to describe what will transpire next as the energies are unique to each person based on their current incarnation. These energies will connect you with Lemuria on a deeper level and allow you to activate (on self or others) the healing energy known as Ho'omana.

This can be run on yourself or others. When not otherwise directed, it works simultaneously on the mental (Lono), emotional (Ku), or etheric (Kane) levels. You may also direct it to work on any specific area by calling upon that order of energy.

The word 'healing' should be interpreted liberally (the words "heal" and "whole" come from the same Old English root).

For yourself, say aloud or think with intent

"Ho'omana"

Then feel the energy run down your arms and it will spread wherever it is needed. If you wish, you may direct it to accomplish a specific purpose or to go to a particular area (as you continue to run it down your arms). You can build up a charge in a particular area more quickly by placing both hands on that area.

For someone else, or a plant or an animal, run the energy into any part of their body (the crown chakra is a good place) and either let the energy decide that to do or direct it to accomplish a specific purpose.

Note: The term "run" means to "bring the spirit of Ho'omana present"

If you wish to work with a specific focus to the energy, then say aloud or think with intent:

"Ho'omana Lono" or
"Ho'omana Ku" or
"Ho'omana Kane"

The effect is similar to saying "Order of Lono", "Order of Ku", or "Order of Kane". It is best to experiment with the different phrases and see how they resonate within you.