

Huna Healing Manual

Levels 1 & 2 — Teachings of Kahi Loa: The Path of Great Oneness

By Evangeline Hemrick International, LLC
With gratitude to EarthStar Spiritual Center

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Message from Evangeline

Malama Pono — Care for Your Light

Beloved Healer,

Welcome to your journey through the sacred teachings of Huna and Kahi Loa. As you enter this training, may you remember that **Malama Pono** means “to take care of your light.” This is more than a Hawaiian saying — it’s a way of being. It calls you to honor your energy, your truth, and the divine presence that lives within you.

Hawai’i has been the sacred place of my soul restoration since I was twelve years old. The islands taught me that healing is a return — a remembering of who we truly are. Huna remains my favorite healing modality to share because it feels like a collective remembering from ancient Lemuria and beyond — a bridge between worlds that awakens wisdom we have carried through lifetimes.

As you move through this training, may you care for your light as diligently as you care for others. Remember: your presence, your breath, your awareness — these are your greatest tools. Every technique you learn here is a mirror for the harmony already within you.

Carry these teachings into your life and practice with aloha, humility, and reverence. And always remember: the light you nurture in yourself becomes the light you offer to the world.

With love and gratitude,

Evangeline Hemrick

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E ola ka mana i loko

***May the power of life live within
you.***

Aumakua Blessing

Aumakua Mai Ke Po E Ola
Ho Ikea Mai Ke Ola

From the ultimate ancestors in the realm of spirit, life is revealed here and now.

A sacred invocation connecting healer, lineage, and Source energy. This blessing opens the space for Great Oneness to flow through the practitioner and recipient alike. Another translation: “Waters of life, bring forth this blessing from Spirit now.”

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Foundations of Huna

History & Origins of Huna

Huna is the ancient Hawaiian art and science of healing, harmony, and empowerment. Rooted in Polynesian shamanism, it embodies the ***Aloha Spirit*** — the living essence of unconditional love and connection with all life.

The word ***Huna*** means “secret,” referring to the hidden spiritual knowledge once passed orally by Hawaiian elders and healers known as ***Kahunas***. In the 20th century, Max Freedom Long and Serge Kahili King brought elements of these teachings to the world, blending them with modern psychology and universal principles of energy and consciousness.

While modern Huna integrates diverse influences, its heart remains Hawaiian — grounded in reverence for the land, ancestors, and the interconnectedness of all beings. In the modern world, Huna continues to serve as a powerful system of self-transformation and healing for those who approach it with respect, humility, and aloha.

The Seven Principles of Huna

1. **IKE** – The world is what you think it is.
2. **KALA** – There are no limits.
3. **MAKIA** – Energy flows where attention goes.
4. **MANAWA** – Now is the moment of power.
5. **ALOHA** – To love is to be happy with.
6. **MANA** – All power comes from within.
7. **PONO** – Effectiveness is the measure of truth.

These seven truths are the foundation of all Huna practice — simple, direct, and infinite in depth. They invite you to embody a consciousness of unity and responsibility, where thought, feeling, and action become sacred expressions of Spirit.



The Three Selves — Ku, Lono, and Kane / Aumakua

Ku (Subconscious / Body Self): The seat of memory, emotion, and instinct. Ku governs bodily functions, habits, and intuition.

Lono (Conscious / Mind Self): The analytical and creative self that focuses intention and directs energy through attention.

Kane or Aumakua (Higher Self): The divine aspect that holds wisdom, guidance, and unconditional love. It is the bridge between human consciousness and Source.

When these three selves work together in harmony, healing flows naturally and effortlessly.

The Huna Creation Process: In Huna, all creation begins in consciousness. Kane provides inspiration, Lono gives focus, and Ku brings form. When these aspects align, energy moves effortlessly from spirit into matter.



Core Concepts of Huna

Mana – The vital life force that flows through all things.

Aka – The subtle web of energetic connection linking all forms of life.

Kahuna – A master practitioner or keeper of sacred knowledge.

Ho‘oponopono – “To make right” — the process of reconciliation and forgiveness that restores harmony.

Aumakua – The ancestral or higher-self presence that guides and protects us on our path.

Together, these principles form the energetic map of the Huna healer — a path of empowerment, compassion, and unity.



Reflection Prompts

Take a moment to pause and integrate the teachings of Huna into your own life and practice.

- How do these seven principles show up in your life today?
- Which of the Three Selves feels most natural to you? Which feels ready to awaken?
- What new awareness has emerged as you study the roots of Huna?

Allow your reflections to flow from your heart, guided by aloha and curiosity.



Foundational Energy Practices

Rooting Technique

Purpose: To anchor your energy body to the Earth's magnetic field.

Visualization: Imagine roots of light descending from the soles of your feet deep into the soil of the Earth. These roots extend down and outward, connecting you with the ancient stability of the planet. Feel the magnetic pull grounding you in safety and balance.

Practice: As you exhale, release any tension or excess energy through the roots into the Earth. As you inhale, draw up vitality, nourishment, and strength. Allow this exchange to happen naturally, in rhythm with your breath.

Affirmation: “I am safe, grounded, and connected to the living Earth.”



Photosynthesis Technique

Concept: The Photosynthesis Technique teaches the healer to receive nourishment from both heaven and Gaia. Just as plants transform sunlight into life, we too can draw energy from above and below.

Visualization: Imagine a radiant stream of golden light pouring down from the sun into the crown of your head. Feel this light travel through your spine into your heart. At the same time, visualize roots of light extending from your feet deep into the Earth, drawing up grounding, nourishing energy. See these two currents — gold from above and soft green from below — meet in your heart center, blending into a radiant glow that expands throughout your body and aura.

Mantra: “Light from above. Strength from below. Harmony in my heart.”

Visualization: A gentle vertical flow of light connects the crown, heart, and feet: • Gold rays descend from the sun into the crown. • A warm golden halo radiates from the heart. • Soft roots of light extend downward, anchoring into the Earth. Together, they form a shimmering circuit of balanced energy — heaven and Earth united within the healer.



Caring for Your Energy as a Practitioner

After each healing session, return to your own energy. .

- Shake out your hands, breathe deeply, and visualize roots descending into the Earth.
- Drink structured water and offer gratitude for the energy that has flowed through you.
- ■ Rest when guided; your mana is the vessel for your sacred service.

Caring for yourself is sacred. As you maintain your light, you sustain your power to serve.



Pikopiko Breathing

Meaning: “Piko” means energy center. Pikopiko Breathing is the practice of connecting two sacred points — the *piko* **‘■kau** (crown) and *piko lalo* (navel) — with the breath.

Steps:

1. Inhale, bringing awareness to the crown of your head.
2. Exhale, moving awareness to your navel.
3. Visualize a rainbow current of light flowing between these two centers as you breathe slowly and deeply.

Purpose: This technique balances both hemispheres of the brain and connects heaven and Earth within your body, creating harmony between mind, body, and spirit.

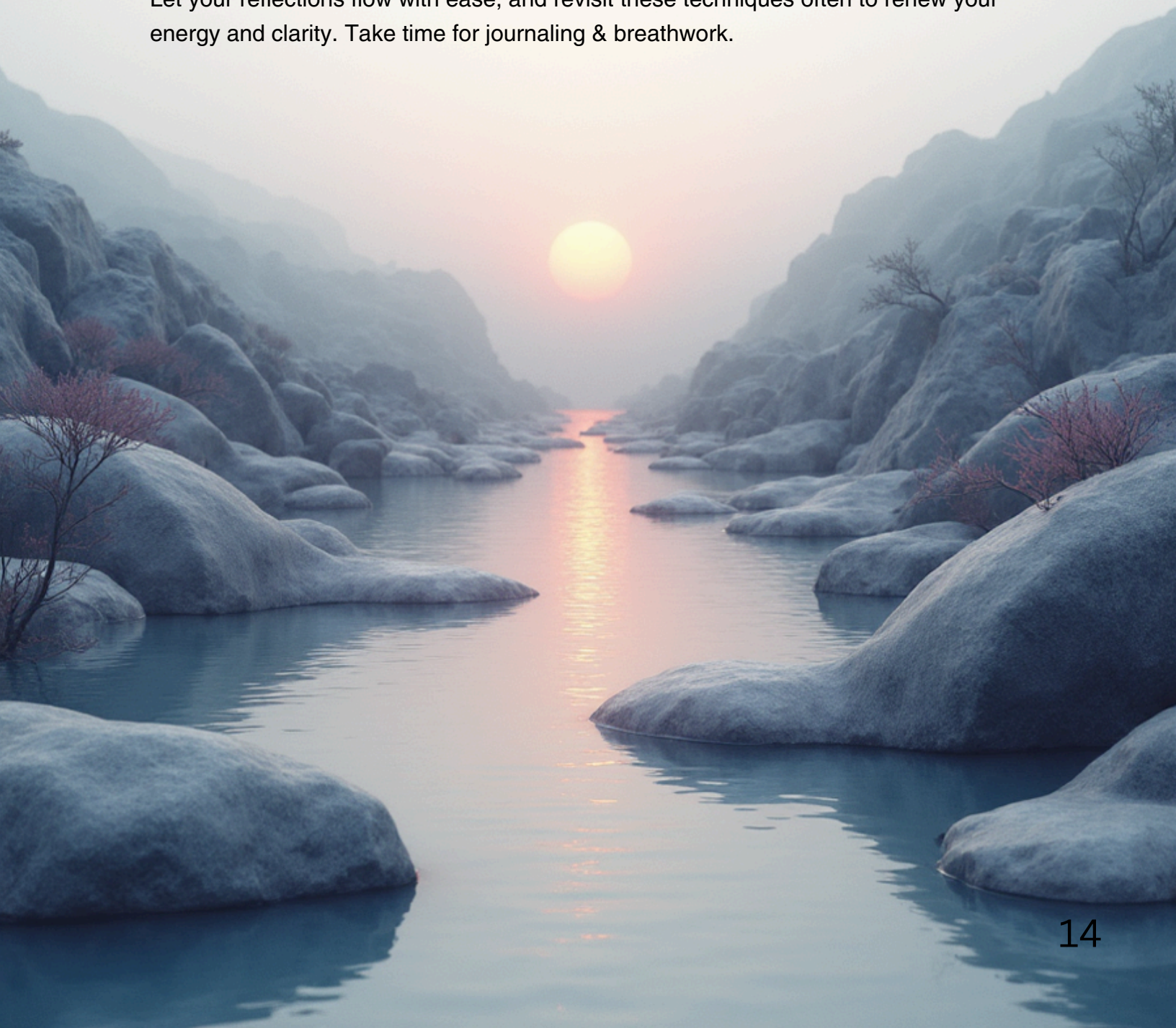
Affirmation: “As I breathe, I bridge heaven and Earth.”

Reflection Prompts

Take a few moments to reflect on these foundational practices and how they feel in your body and spirit.

- **When I feel ungrounded, what helps me reconnect to Gaia?**
- **Where in my body do I feel the bridge between spirit and matter?**

Let your reflections flow with ease, and revisit these techniques often to renew your energy and clarity. Take time for journaling & breathwork.



The Seven Elements of Kahi Loa

■ Fire Element (Ahi)—Activation & Purification

Technique: Fingers Raking

Affirmation: “I am energized and renewed.”

Visualization: Imagine raking glowing embers of light over the body to awaken vitality and strength. Move hands in quick, rhythmic strokes for activation or slow, sweeping motions for deep relaxation.

Notes: Begin at the crown and move downward, allowing fire to cleanse and invigorate. This element awakens the body’s life force and burns away stagnation.



■ Water Element (Wai) – Flow & Emotional Release

Technique: Caressing

Affirmation: “I flow with life’s rhythm.”

Visualization: Imagine your hands moving like waves or gentle river currents over the body. This movement releases emotional tension and restores fluidity.

Notes: Water soothes and restores. Encourage emotional healing and renewal as energy flows freely once more.

■ Wind Element (Makani) – Breath & Expansion

Technique: Chi Fluff

Affirmation: “I am free and open.”

Visualization: Feel a light breeze passing through and around the body, sweeping away stagnant energy and awakening new movement.

Notes: Wind clears and refreshes. Use between heavier elements to open channels of lightness and breath.

■ Stone Element (Phaku) –Grounding & Structure

Technique: Power Centers (Line–Square–Diamond Geometry)

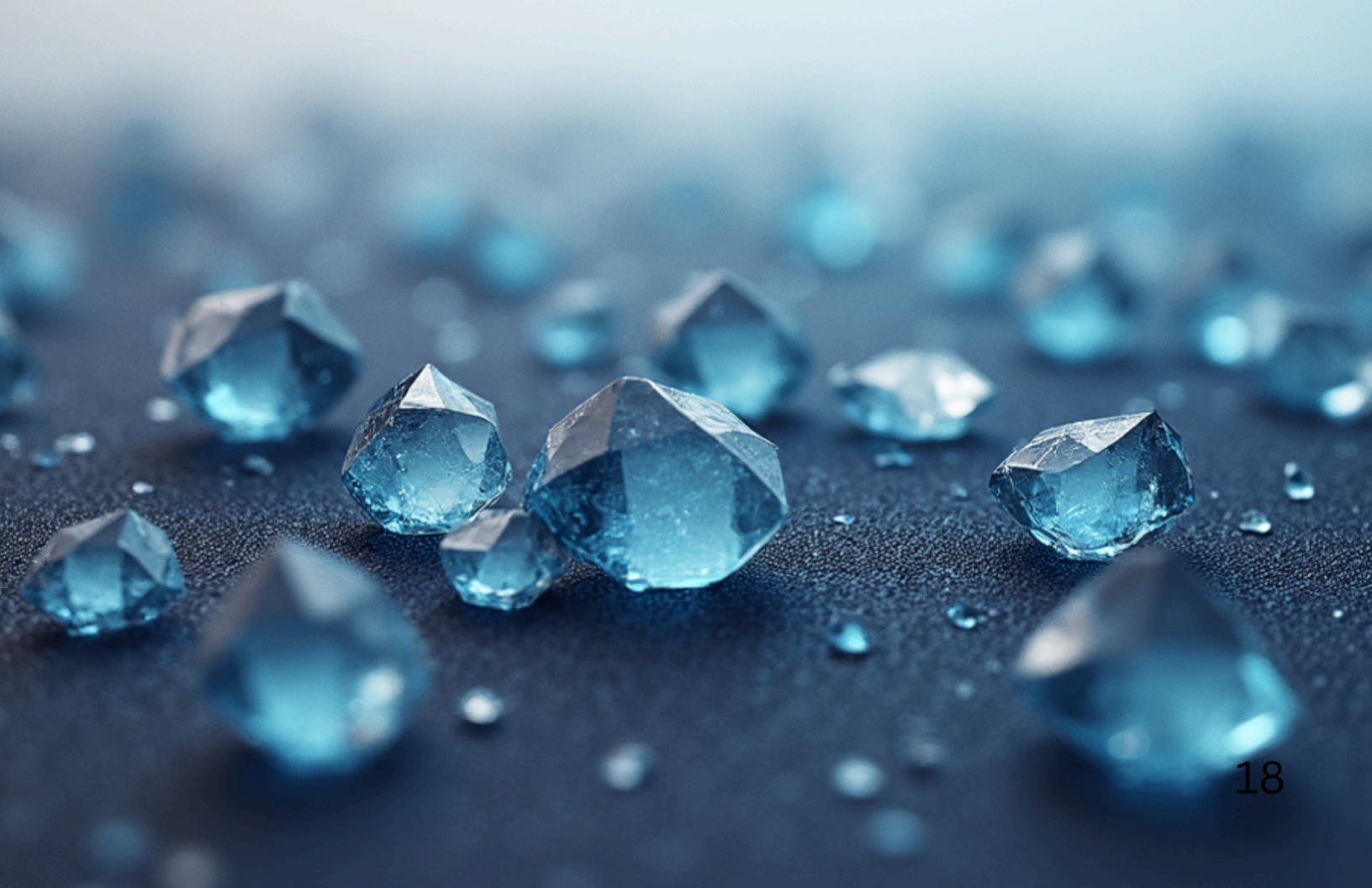
Affirmation: “I am stable, strong, and in harmony with the Earth.”

Visualization: See crystalline light patterns forming along the body’s structure, connecting energy centers in line, square, and diamond sequences. The geometry aligns your energy field with the harmonic structure of the Earth.

Notes: Builds energetic coherence and grounding. Strengthens the physical body’s energetic grid. A visual for this technique is attached at the end of the manual.

Line–Square–Diamond Energy Technique

A geometric map for grounding and structural balance. Use as part of the Stone Element or as a standalone healing sequence.



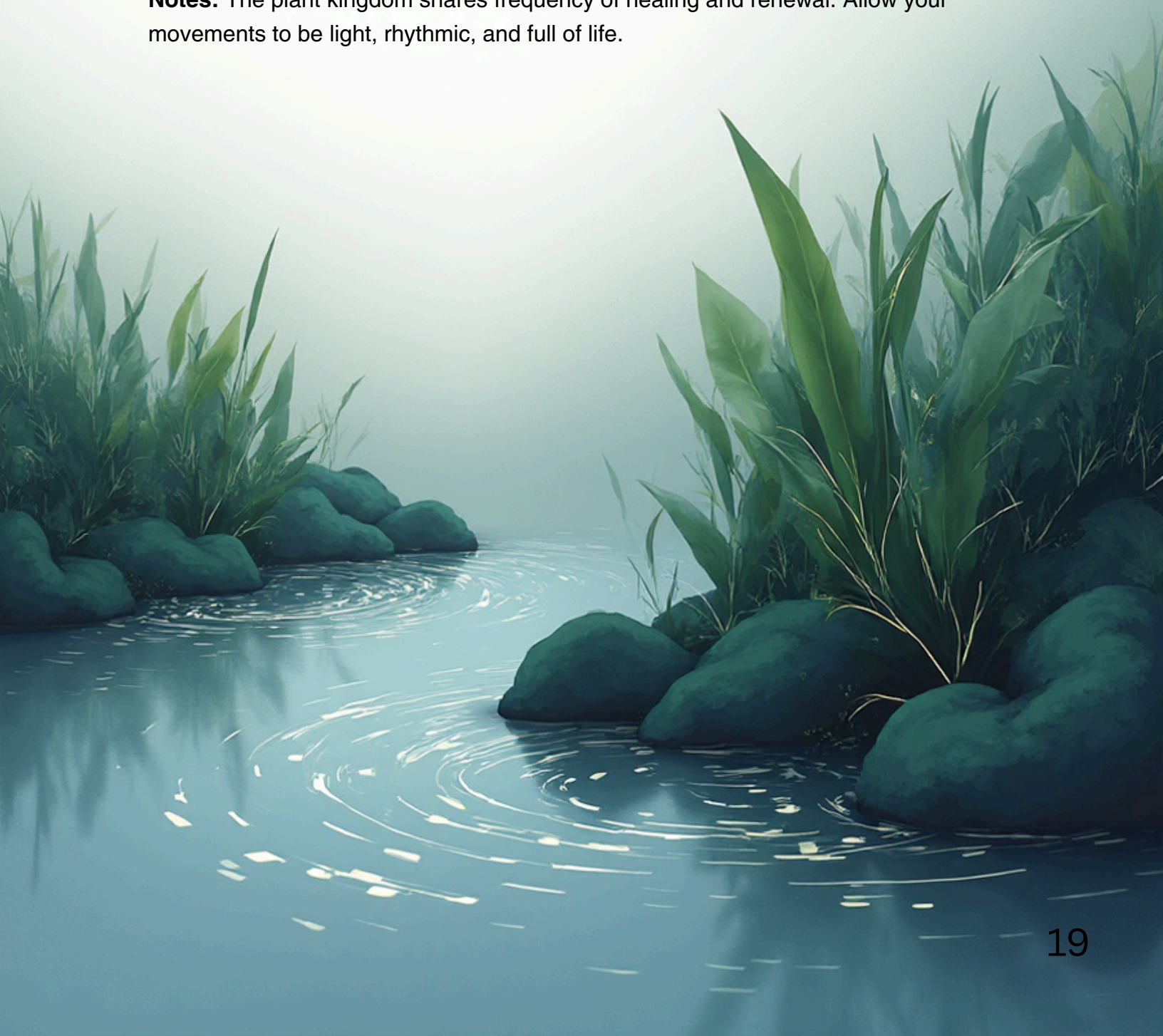
Plant Element (L'au) – Growth & Connection

Technique: Rapid Brushing

Affirmation: “I grow, renew, and connect to all life.”

Visualization: Imagine brushing the body with the energy of leaves moving in the wind. This clears old patterns and refreshes the energy field.

Notes: The plant kingdom shares frequency of healing and renewal. Allow your movements to be light, rhythmic, and full of life.



■ Animal Element (Holoholona) – Strength & Sensation

Technique: Squeezing, Stretching, Reflexology

Affirmation: “I embody strength, instinct, and vitality.”

Visualization: Feel your body awakening as primal life force flows through you. The animal element restores instinctual wisdom and embodied presence.

Notes: Use intuitive pressure and stretching movements to activate muscle memory and reconnect the client with natural vitality.



■ Human Element (Kanaka) – Love & Integration

Technique: Loving Touch (Kaulike)

Affirmation: “All aspects of me are balanced and whole.”

Visualization: As you complete the cycle, imagine hands glowing with unconditional love, gently integrating all elements of the session.

Notes: The Human Element embodies unity and compassion. Through loving presence, all energies merge into harmony.



Reflection Prompts

- Which element feels most natural for you to channel?
- Which element do your clients seem to need most often?
- How does your body respond as you move through each of the seven elements?

Allow your awareness to grow as you move through these energies. Notice how your inner fire, flow, breath, grounding, growth, strength, and love unite within your healing practice.



Huna Healing Chant

A chant of consciousness, awakening, and balance — aligning with the seven sacred principles of Huna.

Ike — Be Aware — The world is what you think it is.

Kala — Be Free — There are no limits.

Makia — Be Focused — Energy flows where attention goes.

Manawa — Be Here — Now is the moment of power.

Aloha — Be Loved — To love is to be happy with.

Mana — Be Strong — All power comes from within.

Pono — Be Healed — Effectiveness is the measure of truth.

Chant slowly and reverently, feeling the vibration of each word. Each principle activates an element of Kahi Loa, completing the circle of healing.

Ike Kala Makia Manawa Aloha Mana Pono

A full invocation — remembrance of harmony, freedom, and power flowing through the healer.

Closing Gratitude

With deep reverence to the lineage of **EarthStar Spiritual Center**, whose wisdom and generosity continue to ripple through these teachings. I hope you will continue to connect with me and share Mana in the Multidimensional Creator Community! May the spirit of aloha guide every healing touch, every breath, and every intention you share. -Evangeline Hemrick www.evangelinehemrick.com

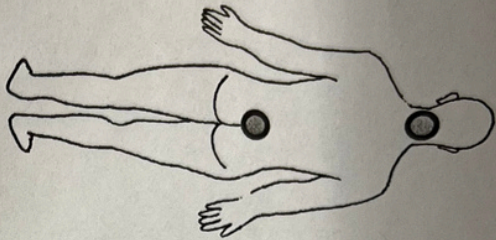
E ola ka mana i loko

***May the power of life live within
you. Love gives life within!***

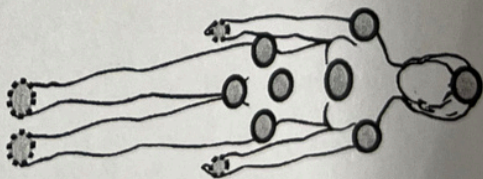


Huna Power Centers

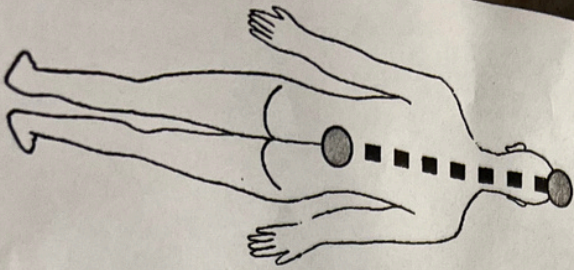
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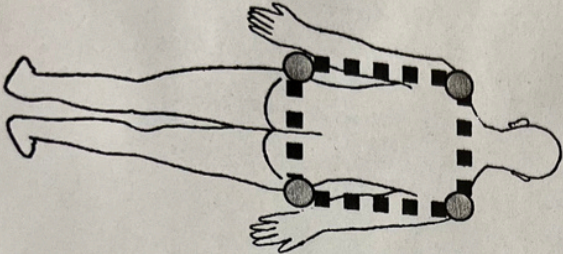
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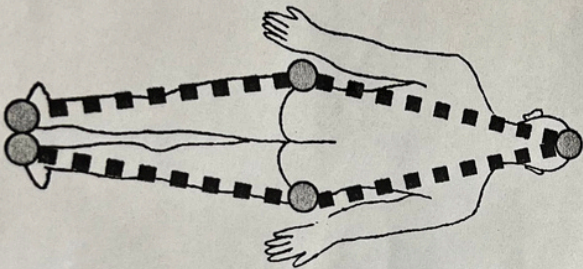
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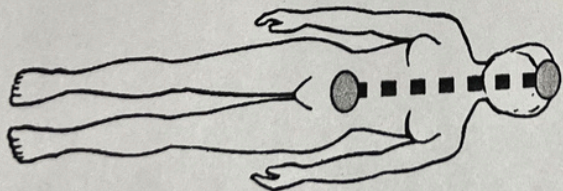
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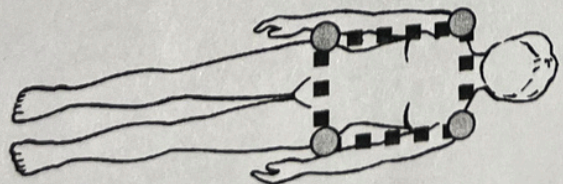
Diamond



Line



Square



Diamond

