

# Huna Energy & Meditation

Huna is about empowerment, about increasing your spirituality, energy, and metaphysical healing powers.



"Know it. Believe it. Make it Reality!"™ – Matthew B. James, MA, PhD





**EXPERIENCE THE KNOWLEDGE  
CONNECT WITH YOUR HIGHER SELF**

**You may have noticed** that in the last 10 years more and more people have become interested in ancient teachings. Workshops on healing, Shamanism, Native American Teachings, and other forms of ancient wisdom are more popular than ever before. It's because people want to know:

- **Who am I?**
- **What is my spiritual nature?**
- **What is the nature of the world in which we live?**
- **What is my life's purpose?**
- **How were people in ancient times connected to nature?**
- **How can I connect with the elemental forces of nature & live in harmony with my environment?**
- **Why do things happen the way they do?**
- **Why am I here?**

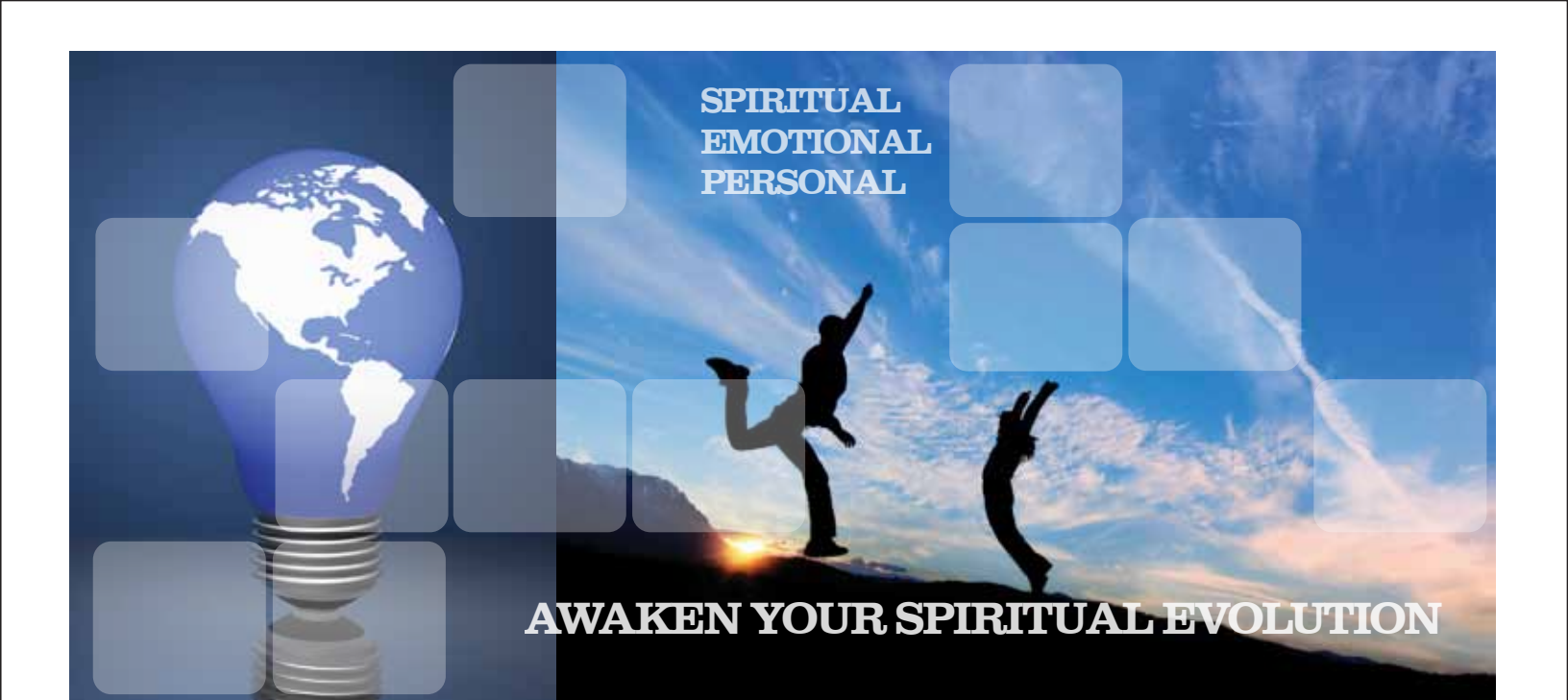
**If you have asked yourself** even one of these questions over the past few years, then it may be time for you to consider the study of Huna.

Huna is a Hawaiian word that means "secret." Huna was originally called Ho'omana. Ho'o means "to make" and mana means "life force energy" equivalent to Ki (as in Aikido), Chi (as in Tai Chi) or Shakti in the Sanskrit language. Taken together the word Ho'omana means empowerment or to empower. Huna is about empowerment, about increasing your spirituality, energy and metaphysical healing powers. It is the original art and science of healing and spiritual development of the Hawaiian people.

In Hawaii the teachings of Huna were passed down orally for hundreds of generations. Many believe that at one time there was just one teaching, and that all peoples of the Earth lived by that one teaching. And as time progressed, different peoples deviated from the teaching and created a wide variety of beliefs and doctrines available today.

Because of the remoteness of the Hawaiian Islands, Huna stayed pure; more like the original teachings. It is because of this, that Huna is considered by many as the direct link to the ancient wisdom. At one time it was outlawed and almost lost forever, but Huna is now available to all races and religions.

Come and discover why this teaching has become so important to us and thousands of others who have attended our past Huna Weekends and Workshops.



SPiritUAL  
EMOTIONAL  
PERSONAL

## AWAKEN YOUR SPIRITUAL EVOLUTION

### **In Huna Energy and Meditation you will:**

- Understand and connect with your Higher Self in an easy yet powerful way
- Access Universal Sources of Energy: a powerful process for adding energy to your daily life
- Awaken your Spiritual Evolution: discover new processes for making spirituality an active part of your life
- Increase Consciousness and Awareness: experience simple exercises to expand your thought processes
- Use Breathwork for Energy Control: learn simple breathing exercises that can be used any time to increase your energy, or aid in relaxation
- Gain Universal Spiritual Understandings: useful ways of working with mana (life force energy similar to chi or ki) for increasing your spiritual consciousness
- Experience Ho'oponopono: the Hawaiian Forgiveness process, that helps you improve and strengthen your relationships
- Create Breakthroughs in your spiritual, emotional, and personal life

### **Who Studies Huna?**

A wide and varied range of people are drawn to Huna and take our Huna Trainings. The range includes healthcare

professionals, therapists, psychologists, lawyers, business owners and managers, educators, world-class professional athletes, college students, and people just like you. Most people who study and practice Huna want to know more about themselves and the world around them than what is in modern science and psychology. So, if you are interested in a more esoteric view of the world, if you want to connect more with who you are and discover a whole new world around you, then Huna is for you.

### **Huna is an Experience, Not a Classroom**

Learning Huna is more about experiencing the knowledge, rather than learning the techniques. While you'll do both at this training, it is important for you to realize that this is a very different training than any you have ever attended.

### **Huna Students Share What Huna, Hawaii and Aloha Means To Them**

"Aloha is for me about being humble. It's about having humility and being okay with that." *-Stella James, UK*

"Within the culture (of Hawaii) there has been preserved an appreciation of the process of life itself."

*-Doug Sumner, Virginia*

"We talk about Lokahi (togetherness) in the (Huna) class there's just a feeling of connection with everyone here. There is just an undeniable harmony and that has to come from within." *-Sheila Winter Wallace, Canada*

"Hawaii is a place in your heart and you take that with you." *-Nancy, California*

Connect with your higher self in an easy yet powerful way

### **Enroll now and take advantage of the special pre-registration price.**

Please see the insert to reserve your spot. There is limited seating available because we maintain a low student/teacher ratio. This ensures that you have the personal attention you need. For additional information visit [www.huna.com](http://www.huna.com) or call 1.800.800.MIND (6463) • 808.791.5050.

### **Lifetime Support**

We provide lifetime support with any purchase of product and on any training you take with us. If at anytime you have a question or need some help, we'll be there for you.

### **Personal Attention**

Our ratio of staff to students is exceptionally high. From the moment you enroll we are available to assist you. This ensures you the support you need to accomplish the outcomes you want. The excellence of our seminars and trainings has made us one of the largest training organizations in the world. If you want to experience the best, sign up for the Huna Energy and Meditation with an established world leader. Call now to start your journey to harness the power of your mind.

### **Benefit by Becoming a Seminar Sponsor**

If you would like to sponsor this dynamic weekend in your city, please contact us to find out about this business opportunity.

**Enroll now to hear Matthew B. James, MA, PhD, international trainer, lecturer, and educator!**

**800-800-Mind (6463)  
or visit  
WWW.HUNA.COM**



75-6099 Kuakini Highway, Kailua-Kona, HI 96740  
**800.800.MIND • 808.791.5050 • Fax 808.791.5051**  
**email: [info@huna.com](mailto:info@huna.com) • [www.huna.com](http://www.huna.com)**

### **Who is Dr. Matthew B. James?**

Matthew B. James, MA, PhD, as seen on Fox News and Inside Edition, is one of the most highly sought-after trainers and educators in the world today. He is the President of Kona University and The Empowerment Partnership, Chairperson of the Association for Integrative Psychology, a designated Teacher of Huna, and a world-renowned communication and linguistics expert sought by the media and other famous motivational speakers.



Matthew is a living example of the power of the teachings of Huna. Matthew began his studies at the age of 5, by learning meditation. Before he was even a teenager, he was instructed in this lineage of Huna. Taught by legendary communication experts, he became a Certified Master Trainer of Neuro Linguistics.

Through his role as President and Chief Academic Officer of Kona University and the President and Master Trainer of its training and seminar division, The Empowerment Partnership (formerly Advanced Neuro Dynamics), Matthew is personally responsible for bringing thousands of students closer to fulfilling their dreams. Each year he teaches the life-altering techniques of hypnosis, advanced communication techniques, Time Empowerment®, ancient Shamanism, and Hawaiian Huna throughout the United States, Canada, Europe, and Asia.

His educational background includes a Master's Degree in Organizational Management, a Doctorate in Clinical Hypnotherapy, and a PhD in Health Psychology.

### **Our Guarantee**

Our guarantee is simple... Your complete satisfaction is our goal. You have seven (7) days from the date you enroll in the weekend seminars to cancel your agreement and have 100% of your deposit refunded. Thereafter, there is a non-refundable cancellation fee of 50% per seminar session. Once the seminar has started, if at any time prior to the conclusion of your session, you should become dissatisfied with the program, simply meet with your instructor to discuss your dissatisfaction and if we are unable to resolve the problem, we will refund your entire enrollment fee less the non-refundable cancellation fee. For further details on our guarantee, consult your course materials.

All information is subject to change.