

What HUNA Has Done For Me

By

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INTRODUCTION

Recently I had the opportunity to visit a small but nice wide spot in the road known as Dexter, Missouri. Remarkably enough, I even got paid for going there from Columbia, S.C. Surprise!, Surprise! Surprise! Dexter, Mo., is only 45 minutes away from the HUNA capital of the world in a low flying automobile.

After a long day's night of surveillance and a well-deserved rest period I had the pleasure of having dinner (breakfast for me) with Phyllis Corwin, Dr. Wingo, and his family at the world renowned Wingo Bed & Breakfast Inn. As usual Chef Ann Wingo prepared a most excellent meal. During the after-dinner conversation I commented that I would finally be able to catch up my paper-work once my new notebook computer arrived. Phyllis says, "Well, that means you will be able to write an article on what HUNA has done for you!" I said I would.

Yea unto me, I arrived back in Columbia, S.C., on Sunday. The next day the UPS Stork delivered my brand new electronic child, while I was at lunch. That's right folks, no more boring down-time sitting on surveillance for me. Secretly, I believe that it arrived twenty days early because I said I would write this. Well, Phyllis, a man is no better than his word, here is your article:

SOME OF WHAT HUNA HAS DONE FOR ME!

**By
Jaymes V. Alexander**

To start with HUNA has made extremely clear the relationship between the Three Selves. Through this knowledge one can clear their path of communication and raise or lower their consciousness. You can quite literally learn to perform miracles. In short, that is what HUNA has done for me.

End of Article

MORE DETAILS?

I know, not so fast, you want more details, nosy aren't we? OK, after you have had the basic HUNA class and learned to use your pendulum, there is lots of stuff on the practical side that is not made very clear. Let's face it. Max got us started and we have done lots of research since then. I am going to share with you my technique that I used recently to solve a personal challenge. This particular problem is one that I'm sure strikes home to a lot of you out there.

MONEY!

Or the lack of it, I should say.

I am self-employed and, like everybody in business, I have good days and bad days. I found that, while I was doing everything I was supposed to do, I still fell short of my financial goals. It was as if no matter what I did or said, I could not get over this hump. One of the first things HUNA teaches you is that you

are absolutely responsible for everything that happens to you in your life. Now, that sometimes is a hard pill to swallow. It at the very minimum is a true wake-up call, when things are not going the way you think they should be. Especially after you have done all that you think you are suppose to be doing.

Listen up! When you are doing all that you know to do and you still are not getting the results that you should be, then there is problem. I have been quoted as saying, "If you don't like where you are in your life, then I suggest you get in touch with that part of yourself that got you there and change it! Welcome to HUNA."

BASIC QUESTIONS

Or
Q & A

I got my pendulum out and started the questioning. I speak to my Basic Self (Unihipili) out loud. I do this so that I can separate me from it and have the best input or stimuli. Here are some questions that I asked myself:

Q Are you the Basic Self born to me in this lifetime?

A Yes.

Q Do we have any demons, entities, extra Basic Selves or spirits?

Q Do we have any inherited family familiar spirits?

A No.

A No.

Q Do we have any demons, entities, extra Basic Selves or any spirits attached to us?

A No.

I now know that I do not have interference from outside.

Q Basic Self, are you sending mana and thought-forms to the High Self (Aumakua) saying that we are not suppose to be financially successful?

A No.

Q Basic Self, are you sending mana and thought-forms to the High Self saying that we are not to reach our financial goals?

A Yes.

Q Did I tell you to do this?

A Yes.

Q Did you hear this from some other source in our life?

A Yes.

Q Have we worked on this problem before?

A No.

Q Have we worked on prosperity issues before?

A Yes.

Q Can you tell me how long we have had this information working in us?

A Yes.

I believe that this is just another part of something that I have been working on all my life. I don't believe that I have directly hit on this particular issue. I do believe that I have previously stripped away other mental behavior, future-limiting beliefs (thought-forms). Apparently I missed this group.

Q Have we had this since before the age of 15?

A Yes.

I now know that this has been with me for a while. Looking back it makes sense. I think sometimes we treat symptoms and not the problems. I have been whittling away at this for awhile.

Q Do you believe that we should be prosperous and wealthy?

A Yes.

BELIEFS

Now here is something worth remembering. Your Basic Self will do exactly what it thinks you want it to do. That means my Basic Self believes that we should be prosperous and wealthy and at the very same time sends the other thought-forms that say we are not to achieve our financial goals. The end result is that whichever one gets the most amount of attention wins or a little of both. In my case I was doing better than before, but I still seemed to fall short of my goals.

Q At this time can you go to the High Self?

A Yes.

Q Go to the High Self and ask if not reaching our financial goals are for our highest good?

A NO.

Q Ask the High Self if it will help us to remove and replace this programming.

A Yes.

Q Basic Self, do you want to change this programming?

A Yes.

DESIRE TO CHANGE

It should be noted that I asked Basic Self if it wanted to change the program. If the answer had been no, that would have been the next thing to work on. It is a waste of time and energy to try to change things, if you do not have the cooperation of your Basic Self. When you know you have a problem, you must first accept it. That means Conscious (Uhane) and Basic Self must be together each in their appropriate place, working hand in hand harmoniously.

HOW MUCH MANA?

Q (I have learned to ask how much energy or mana it will take to complete the reprogramming. I compute this in deep breathing time combined with prayer.) How long will it take to store up the necessary mana to heal this problem?

A About two and half hours.

I set a time up in the evening so I could do the deep breathing and gather mana and pray uninterrupted. For the rest of the day I went about my normal activities. I use HUNA in my everyday life. I had the opportunity to use my pendulum while working. During this communication I seized the moment to

interject a affirmation or prayer, while I had good communication with myself on another matter.

“High Self, please assist me in helping me help myself help myself, tonight and any other time. Thank you, High Self and Basic Self, for helping me now.”

You see, not all is black and white, set in stone, on how to practice HUNA. Any time you are in harmony and you know that you are flowing, “SEIZE THE MOMENT!” Say a prayer while the door is open to enhance future communication, increase energy, work on that shared complex. Don’t waste the opportunity. I can’t tell how long it took me to recognize and then utilize those opportunities. I know these sounds strange, but think about it. How many times have you been playing a sport or listening to music that moved your soul? When you feel one with yourself, “SEIZE THE MOMENT!” Give yourself that positive suggestion; say that standard prayer that you should have been taught to write for yourself. You will be absolutely shocked at how fast you get results.

REPETITION

In the beginning I used to carry 3”x5” cards with my prayers written on them, so I could say them exactly the same each time. Now, I carry them recorded on cassette tape in my Walkman and on 3”x5” cards. I even have a reduced version in my wallet. I update regularly, so I can “SEIZE THE MOMENT!” Remember, you are responsible for everything in your life. Your Life! Take possession of it and your programming of it. We’ve all seen these people who seem to be trying to get on with their own agenda of self-improvement, living and experiencing life to its fullest on their terms. I suspect at one time or another we all have been irritated with these same people who are too positive or too healthy, too something etc.... But you know what, they have goals! They are

for the most part happy and they all care what happens to life around them. They all seem to be very respectful of people and nature. Best of all, these same people change the world by doing and practicing what they preach. In short, by example! So “SEIZE THE MOMENT!” Take control now through HUNA techniques.

THE RIGHT TIME

The appointed time arrived for mana charging and prayers. I got my pendulum out and confirmed with my Basic Self that now is the time and it was ready to begin.

Q Is this the right time? Are you ready to begin?

A Yes.

I began to visualize the energy coming into me through my breath and flowing to Basic Self. I visualize the energy being stored up. Now, that all sounds easy, doesn't it? Not true. I am doing deep breathing to the point of almost hyper-ventilating. Listen up, you must maintain control of your Conscious mind and be in communication with your Basic Self and continue to focus on the task at hand.

DEEP BREATHING

When I say deep breathing, I mean DEEP breathing, starting with lower diaphragm, filling up the lungs with air to upper thoracic, full lung, yoga-style breath of fire-breathing! Your stomach and chest should look like the tide coming in. You start inhaling low, your belly sticks out, and then as you inhale more, your solar plexus bulges out. Next, your upper chest begins to rise and your shoulders move up. You have now inhaled as much air as your lungs can hold. As you exhale, see this energy going to your Basic Self. If you're not used to this type of breathing, start while sitting or lying down.

As I begin to establish the flow of energy I am also monitoring myself for the most harmonious time to begin prayer. In short, when I feel I have stored up enough energy to send prayers, I check with my pendulum to confirm this and then I ask my Basic Self if the communication is clear to my High Self?

CLEARING

For the moment let's say that the communication is NOT clear. Right then you go through the process of clearing it. Easier said than done for some of you. Here is how I do this: I first make sure that Basic Self is cooperating. I do this by simply asking with my pendulum. If that is OK, I then proceed to imagine energy (by imagining energy, you are sending energy) going up my Silver Cord to my High Self and deep breathing as I do this. The Silver Cord is the major AKA cord connecting High Self to Basic Self, Conscience Self, and your body. Break your Silver Cord and you are DEAD in the physical world!

If my Basic Self is not cooperating, I then need to address that issue. Sometimes, Basic Selves say one thing and do another and are afraid to go to High Self so directly. If you talk to yourself and do what you are suppose to about reassuring Basic Self, coaching and in general establishing better communication with High Self through your Basic Self, you can get your prayers through.

Let's face some facts here, if you are alive then you are in communication with your High Self. However, that does not mean that you can get your Basic Self to take your prayers to High Self. Better communication means getting your Basic Self to take your prayers to High Self with Mana-Mana. Remember your basic HUNA class. Uthane sends Mana to Unihipili. By sending this energy it has or can have a hypnotic effect. Let's do some coaching with MANA!

COMMUNICATION

OK, the communication is now clear to High Self. I begin to say my prayers for the healing. I visualize the prayers with the energy flowing to my Basic Self and then to my High Self. I visualize the results of the prayers. I see the old thought-forms and programming being taken out of the energy stream and the new ones being put in. I see old thought-forms being given away to High Self with the prayer, never return to me again. I see myself accomplishing my goals as a result of this. I also send prayers to my already created future for healing and replacement. I work on this for thirty minutes at a time.

During the time period I am not praying, I am deep breathing, storing up mana, and clearing myself in preparation for the next thirty minutes of prayers. I constantly strive to maintain the highest level of harmony in myself during this time.

Now, I also check to see if I have gotten through. I want to know the progress of my prayers. Through the use of the pendulum I have confirmed that enough energy and prayers have reached the High Self.

I then send the prayer of thanks. I also send more energy as a thank you. After doing this I wait for the return of the energy or blessing from the High Self through the Basic Self. When I have received the blessing, I then hold the vision and go about my day. I know all of this seems to some of you so complex. It really isn't. You'll do most of these things automatically.

PROGRESS CHECK

The next day I checked with my pendulum again to make sure that what I prayed for got through and is still working. In

short, I do a maintenance check and prayer. In my questioning of myself I check to see how much has healed. I check to see that my already created future is being healed. I check to see if I am really doing what I set out to do.

This brings me to a subject that needs to be said. When you pray for anything, after you are done, you need to do your Conscious part. By that I mean you need to do whatever you are supposed to do to assist in making it happen. In the words of another author, "You have written the Play, all the actors are in their places, join them on stage and act your part."

It took seven days before I felt the results beginning to occur. All total it took twenty-one days for me to completely remove and replace the programming.

I hope that by sharing my private challenge, you the readers may replace your own challenge easier.

Suggestions are always welcome.

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