



Changing Reality: Huna Practices to Create the Life You Want

By Serge Kahili King

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“Reality is experience, and experience is reality,” says Hawaiian shaman Serge King, speaking of Huna, the esoteric tradition in which he was reared. King emphasizes that all of us have the ability to shift from one world to another. The difference is that shamans do it purposefully, while the rest of us are unaware of it. He trains us to engage in the process consciously in order to expand our human potential. Among books on Huna, this one is unique for offering actual practices for changing our reality to create the life we want.

In a user-friendly, conversational style, King’s chapters explain the four worlds of a shaman and basic Huna principles. Then, citing case studies, he guides us in how to change reality in each of the four worlds, bringing in ESP, telepathy, the perception of auras, telekinesis, dreaming, magical flight, and, finally, soul retrieval and the great power of healing.

“It sounds simple,” says King, “and it is. The most difficult part is to accept the simplicity, because that means changing one's idea about what reality is. And that's what this book is all about.”

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Editorial Review

Review

"I am a huge fan of Serge Kahili King's books, and his latest offering, *Changing Reality*, offers tools for understanding reality at a deeper level, and for changing your life in amazing ways."

--**Mary Olsen Kelly**, author of *Path of the Pearl: Discover Your Treasures Within*, *Chicken Soup for the Breast Cancer Survivor's Soul*, and *Finding Each Other*

"If you want to go from aligning with reality to actually creating it, this book is your guide. Brimming with solid shamanic techniques for bringing the extraordinary into the realm of the ordinary, it will help you transcend your beliefs and assumptions so that you can not only experience, but live, the spirit of Aloha."

--**Tamarack Song**, author of *Entering the Mind of the Tracker: Native Practices for Developing Intuitive Consciousness* and *Discovering Hidden Nature*

"Whether you want to increase your own health and happiness, or work as a healer, this book clearly and concisely explains how to use the special shamanic tools available to us all. King has let out the secrets to shamanism!"

--**Becca Chopra**, journalist, yoga and meditation instructor, and author of *The Chakra Diaries*

"King shows us, in this truly fascinating and compelling book, how to begin to re-claim our ancient birthright. Leaving us no doubt, through his accessible, lucid prose, that he 'walks his talk,' this teacher of magic does not mystify, nor try to awe us. He illustrates, step by step, how we all have forgotten our magical natures, in bad habits of thinking and perceiving, and selling reality short--of the living, breathing epiphany that has always been available to us."

--**Stephen Larsen, Ph.D.**, author of *The Shaman's Doorway*, *The Mythic Imagination*, and *The Fundamentalist Mind*

"The world is what you think it is.' So author Serge Kahili King describes the core principle of Huna. King grew up learning Huna shamanism and later studied African shamanism as well. A doctorate in psychology completed the skill set that makes him the leading author and teacher of Hawaiian shamanic tradition. He writes clearly and directly about this ancient, esoteric wisdom in *Changing Reality*. The organizational structure of the book further adds to the accessibility of its content, and practice exercises are icing on the cake. Let customers know this is a breath of Polynesian fresh air in an increasingly crowded market." --**Anna Jedrzewski**, *Retailing Insight* magazine, April-May 2013

About the Author

Serge Kahili King, Ph.D., holds a doctorate in psychology from California Western University. He has studied with master shamans from Africa to Hawaii and has trained thousands in his popular seminars. He is the president of Aloha International, a non-profit organization dedicated to spreading the aloha spirit of peace through blessing. He is also the founder of Order of Huna International, which teaches workshops in personal effectiveness and trains shaman peace-makers and healers to work in modern, urban environments. King is regarded as a kahuna kupua or master practitioner of the Hawaiian shaman way. He is the author of the world's largest selection of books on Huna, the Polynesian philosophy and practice of effective living,

and on the spirit of Aloha, the attitude of love and peace for which the Hawaiian Islands are so famous. He also writes extensively on Hawaiian culture and is a novelist as well. For more about the author please visit his website www.huna.org.

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