

Psychic Skills - Class Notes
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I. Psychic Theory

- A. The Nature of Reality - Hawaiian style
 - 1. Ao (the visible/tangible world; the area of effects; dawn to dusk)
 - 2. Po (the invisible/intangible world; the area of causes; dusk to dawn)
 - 3. Wa (space, time, energy [sound]; that which connects Ao and Po)
- B. The Psychic Realm
 - 1. Ike Papalua: psychic seeing, knowing, perceiving, feeling, awareness, understanding, recognition, learning, hearing, sensing.
 - 2. Hana Papalua: any activity related to the psychic level, including prayers, distant healing, etc.
- C. Psychic Forces
 - 1. Aka (aka lehulehu="shadow of the multitude"/"a well-worn path")
 - a) Meanings: reflection, image, likeness; glimmer preceding moonrise; essence of an offering; to appear, as moonlight; embryo at conception.
 - 2. Mana (power, authority, to branch out, to spread out, "influence")
 - 3. Makemake (will, desire; "psychic energy")
 - a) Lanakoi (Iana=confident expectation; koi=strong urge)
 - b) Pu'u Loa (pu'u=intense urge; loa=great)
- D. The Psychic Process
 - 1. Intention/desire, shaped by words and/or images, sends a wave through the aka web, which reacts to the wave.
 - 2. Modifiers: the intensity factor; the confidence factor; the habit factor.

II. Psychic Development

- A. Sensitivity Training
 - 1. Relax the body and the mind.
 - a) Piko-piko, stretching.
 - b) Read about psychic experiences with an open mind.
 - 2. Increase sensory awareness.
 - a) Look at details: color, shape, relationships.
 - b) Feel external energy differences: colors, textures, fields.
 - c) Feel internal energy differences: heartbeat, pulse, pleasure, movement.
 - 3. Observe reactions.
 - a) Reactions to external objects and pictures.
 - b) Reactions to memories.
 - c) Reactions to imagination (plans and fantasies).

III. Psychic Practice

- A. Telepathic Practice
 - 1. Passive Telepathy
 - a) What to expect: words, images, memories, distortion.
 - b) Receiving thoughts at a distance from objects, plants, animals, people.
 - c) Receiving thoughts directly from a physical object - Psychometry.
 - d) Receiving inspiration or advice from spirit guides and teachers.
 - 2. Active Telepathy
 - a) What to expect: awareness, energizing, behavior change.
 - b) Talking to objects, plants, animals, people, spirits.
- B. Clairient Practice (clairvoyance, clairaudience, clairsentience, etc.)
 - 1. Locational Clairience
 - a) What to expect: impressions, feelings; isolated images, distortion.
 - b) Looking into a box.
 - c) Looking into a room.

- distortion.
2. Passive Clarience
 - a) What to expect: images, shimmers, shapes, sparkles, shadows, touch, smell, feelings,
 - b) Looking askance (peripheral practice).
 - c) Looking at spaces (natural and constructed, internal and external).
 3. Active Clarience (a.k.a. Thoughtforming)
 - a) What to expect: fuzziness, transparency, behavior change, experience change.
 - b) Creating objective thoughtforms: energized objects, energized environments.
 - c) Creating subjective thoughtforms: lovelight, "astral" travel.

IV. Psychic Adventures

A. Time Travel: The ability to move consciousness to any point in a past, future or parallel (alternative present) life, personally experience existence there, learn things, and make changes that will change your existence here.

1. Linear Time is a popular theory that time moves only from past to future. In this theory the present moment not important.
 - a) A Western view is that the present is merely an interface between past and future. Time as a river.
 - b) An Eastern view is that the present is not as real as the past or future. Time as a wheel.
2. Simultaneous time (a.k.a. King's Helicopter Theory of Time) is a theory shared by Huna and a few other systems that time is a changing pattern of frequencies existing all at once, In this theory the present is all important. According to this theory:
 - a) The perception of time is relative to the perceiver's point of view.
 - b) All other times can be accessed or changed from the present.
 - c) All actions in the present affect all other times. Time as an island.
3. The healing purpose of Time Travel is to understand and resolve present conflicts, and to renew and reinforce present skills and abilities.

B. The Huna theory of reincarnation is that lifetimes are essentially adventures chosen by us in which we have the opportunity to learn how to create reality within a defined set of parameters.

1. Parameters are race, location in time and space, physical condition, parents and parental beliefs, social conditions and beliefs, and personal beliefs and purpose.
2. It is just as easy for one's next life to be in the past as it is for it to be in the future; and to have more than one past, present or future.
3. Karma is a Sanscrit word meaning "action/reaction." In Huna theory the action and reaction of karma is always in the present moment. (Haw hopena=result, fate, destiny, effect).

C. The Time Travel Technique.

1. Decide on the time frame and purpose of the experience.
 - a) Use a past life, a future life, or a past/future moment in this life.
 - b) Pick a time of joy, of skill, or just before/after an event or decision.
2. Attain a state of focused attention and physical relaxation.
3. State that on a reverse/forward count of 10 you will find yourself in the body of that time, then do the count.
4. Begin to focus on that body by becoming aware of the feet (what they are standing on, what they are wearing) and by slowly moving up the body to the head. Then look around and observe or interact with the environment.
5. Use a reverse count of 5 to move your awareness through the past within that time frame, and a forward count of 5 to move your awareness through the future in that time frame. A good phrase to use is "At the count of 5, I (you) will move backward/forward to the next significant event."
6. If there is no response to a question, state that "at the count of 3 the answer will come to mind."
7. When you are ready to end the experience, state that a return to the present will be made at the forward/reverse count of 10, and then do the count. Open your eyes and look around.