MANIFESTING WITH YOUR THREE SELVES
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“If you are not using Huna, then you are working too hard.”
-Max Freedom Long

Since learning of Huna philosophy, I’ve been using the Huna technique of breath energized manifesting to create funds for various specific objectives, workshops, short and long trips, and for maintaining an emergency savings account. The money showed up in each case. Sometimes just in time, sometimes arriving well beforehand, often from unexpected sources. I’ve used the Huna technique for health maintenance and for healing various illnesses. I’ve even used the Huna technique as a form of prayer for others. It is flexible and effective. It feels like magic, but in fact it is not.

The following is my working description of manifesting through our three selves according to Huna philosophy.

It’s easiest to understand how this works if first you have a general understanding of the roles our three selves play in the process. So, we’ll explore that a bit first. We’ll come to understand these parts of ourselves according to the teachings of Huna.

Once we become familiar with our three selves, we’ll learn about how they fit together.

Each section includes exercises to support you in experiencing what is being discussed for yourself.

Also included are the Huna techniques that I have adapted for my own use and hope that you will find both useful and effective in your own manifesting.

Huna

There are many different ways to understand ourselves but one of the most useful I’ve found is that taught by Max Freedom Long, best-known researcher of the psycho-religious system of Huna.

Huna is based upon the ancient Hawaiian Kahuna healing and manifesting practices. The teachings and techniques available through Huna Research Inc. are surprisingly simple and practical.

I have cherry-picked those parts of the Huna teachings that I’ve found especially useful, and I will share the basics of what I’ve learned here.
For in-depth research and technique from those who have made a lifetime study of Huna philosophy, please explore the many resources available on-line and at the Huna Ohana store. [https://hunaohanastore.com/](https://hunaohanastore.com/)

**Overview of Our Three Selves**

Huna teaches that we are made up of three selves, the subconscious or low self, the conscious or middle self, and the superconscious or high self.

The subconscious self manages the autonomic functions of the body as well as the emotional body.

The conscious self is the reasoning intellect, the will.

The superconscious self is our divine self, the divine will. The superconscious, being divine is that part of us which manifests and creates, supported by the subconscious and conscious selves.

Your three selves must be in alignment in order for you to successfully create in your life and maintain your creations.

That means getting all three selves on board for whatever you intend to manifest. To do that we need to get to know each of our three selves intimately and how they are interdependent.
Your Reactive Subconscious Mind

“As you sow in your subconscious mind, so shall you reap in your body and environment.”

— Joseph Murphy, The Power of Your Subconscious Mind

Your Reactive Nature

Let’s start by focusing upon learning to recognize the reactive nature of our subconscious and how it shows up in our daily lives.

Becoming aware of how our subconscious functions in our lives is tremendously empowering. According to Huna philosophy the subconscious self acts as the gas in our engine, energizing all that we intend, or stalling it out, as the case may be. As we learn how to partner with our subconscious self, we take charge of responses and manifestations that hitherto were unconsciously determined.

Huna philosophy teaches that the subconscious self is in charge of the autonomic functions that make the body run. It keeps the heart beating, the lungs breathing, and everything working the way it should for our healthy bodily functioning.

Huna as well as traditional psychology teach that the subconscious self is the center of our emotional responses. This function of the subconscious has been referred to as the Inner Child. These are the knee-jerk emotional responses we may feel little or no control over, programmed into our subconscious through life experiences. Most importantly, it is this aspect of the subconscious that will put the brakes on the manifesting of our goals because of past wounding and fears.

The language of the subconscious mind is emotion. If we are feeling emotion Huna teaches that we are responding from our subconscious.

If you have ever known a two-year old child you have an idea of what the subconscious mind is like. It is illogical, emotional, selfish and given to tantrums.

It, like the child, is primed for learning with absolute faith in the truth of what it is learning. As such the subconscious mind is a faithful servant or a staunch adversary depending upon what truths it adheres to.

If we experienced wounding in the past, the subconscious internalizes truths or beliefs based on that wounding and this creates feelings of fear, shame, guilt, anger,
resentment, greed, jealousy and any number of negative emotional reactions preventing the larger self from moving forward.

Our task then as we partner with our subconscious mind is to release the beliefs that do not support us and teach our subconscious truths which better serve us.

Exercise 1 - Become Aware of Your Triggers
Take the time today to become aware of your emotional self. Do you have knee-jerk responses to certain types of events in your life? These may be positive or negative emotional responses.

Don’t try to fix anything right now. Just note when you respond emotionally and what you are responding to.

These are your triggers, those events that create an automatic emotional response. You don’t have to know how or why. This is your subconscious reacting emotionally because of a belief based upon your experiences in the past.

Exercise 2 - Use the Breath for Healing
A simple and powerful tool for easing uncomfortable emotional responses is the breath.

Breathe into the feeling, focusing all your attention on the feeling and the breath. Don’t attach any story to the feelings. You don’t need to know why you’re feeling this way. Just allow yourself to feel and keep breathing deeply.

As you do so you may find that the feelings shift, and other feelings may come up. Eventually, as you keep breathing into your feelings, you may feel yourself relax. That is when you know that you have released what was ready to release.
The Gas in Your Engine

“The kahunas (Hawaiian priests) believed that by an action of mind a man can create additional energy to accumulate a surcharge of mana (life force energy) when needed. They felt that hard breathing would assist in creating this vital force. This theory is supported by our medical doctors, who have found that our food is digested and then changed to glycogen, or blood sugar. This is then oxidized with the oxygen we breathe and gives us our strength to live. Since the low self (subconscious mind) controls all our bodily functions, it can burn more blood sugar by taking in more air to create mana.”

-William R. Glover, Huna: The Ancient Religion of Positive Thinking

Huna philosophy teaches that the subconscious mind has another essential function. This is where Huna teachings deviate from traditional Psychology and things start to get exciting.

Energizing Our System

Huna teaches that the subconscious mind is responsible for energizing our systems, conscious, unconscious and superconscious. That means that the subconscious mind is responsible for gathering energy from the food we eat and the air we breathe and storing it for use by our three selves, subconscious, conscious and superconscious.

Huna teaches that the superconscious needs this lower vibrating energy gathered by the subconscious in order to create and manifest for us in the lower vibrating energy of our 3D world. We’ll talk more about this fascinating concept later.

How the Subconscious Does It

For now, let’s look at how the subconscious gathers energy. This happens without our conscious awareness. It is an automatic function of the subconscious mind to gather energy from the food we eat and the air we breathe.

Most importantly for the purposes of manifesting, we can intentionally ask the subconscious to gather and store surplus energy above what we need for normal functioning by verbally expressing our intent.

This surplus energy may be used to support prayer, manifestation, healing, affirmations and whatever you wish to create in your life. It may also be used to support prayer and healing for others.
We support the subconscious to do this with deep breathing, giving the subconscious extra energy through our breath.

**Exercise 1 - Use the Breath for Energy**

Huna, as well as many teachings within Indian and Chinese philosophy teach that the breath energizes the body just as eating and sleeping do.

Additionally, Huna teaches that the breath energizes the subconscious, conscious and superconscious selves.

Let’s become aware of our breath.

How deeply do you breathe during the day? Are your breaths shallow or full? As often as you can throughout the day remember to breathe slowly and deeply.

Imagine yourself taking in energy as you breathe deeply, recharging yourself with each breath.

**Exercise 2 - Intentionally Gather Energy**

You can intentionally gather energy with deep breathing. We’ll use an exercise adapted from *Letters on Huna* by Dr. E. Otha Wingo.

- Out loud, ask your subconscious mind to gather surplus energy.

Huna teaches that women should visualize breathing up from Mother Earth through your feet, and men should visualize breathing down from Father Sun through the top of the head.

- Now visualize the breath filling up your whole body as you breathe in deeply and exhale.
- With each breath fill your body up until it overflows like a fountain.

I like to use my hands and arms in a gesture like pulling the energy up through my body with each breath and over the top of my head.

- Give yourself 20-40 (or more) breaths until you feel and visualize the energy fountaining up out of the top of your head.

Now thank your subconscious mind and ask it to use this surplus energy to support you to feel alert and energized today.
Your Conscious and Superconscious Minds

“I have free will, but not of my own choice. I have never freely chosen to have free will. I have to have free will, whether I like it or not!”

-Raymond Smullyan, Is God A Taoist? from The Tao is Silent

We’ve covered the basics of the subconscious mind according to Huna teachings, so now we’ll move on to a short description of the conscious mind and a more in-depth look at the superconscious or superconscious.

The Conscious Mind

Of your three minds, you may be most familiar with your conscious mind because this is where most of us live on a day-to-day basis. The conscious mind is our logical “adult” self. It is reasonable and intelligent. It is the planner, the organizer and the thinker. It is unemotional. The conscious mind communicates well with words, speaking its thoughts both internally and out loud. If the subconscious mind is the gas in the engine of your car, the conscious mind is the driver, steering your life this way and that according to your consciously determined desires.

The Superconscious Mind

Huna philosophy teaches that the superconscious or higher self (I use them interchangeably) is our God/Goddess-within. The superconscious is that divine spark living within each of us. It is also so much more, more than it is possible to understand from our current level of development. However, it is possible to understand some functions of the superconscious related to creating what we want in our lives.

The superconscious is your master of energy. If you imagine for a moment the 3-D world we live in as an enormous holographic construct, the superconscious is the computer genius who creates, programs and updates all the files manifesting as your life. However, and this is important to understand, because of the law of Free Will, it is you, your conscious and your subconscious, that determine exactly what is being programmed.

The superconscious is also your source of guidance and inspiration. It has the ability to communicate with the higher selves of all other beings, and so bring you unlimited ideas, support, and synchronicities in your outer world. Your superconscious may act
as a sort of telephone operator allowing you to receive information and guidance from higher spiritual levels.

The language of the superconscious is symbolic. It communicates through dream symbolism, bodily responses (chills, tingles, and feelings, as interpreted through the subconscious), intuitive understanding, visual images, and symbols in your outer world.

**Exercise - Getting to Know the Language of Your Superconscious Mind**

Today, ask your superconscious to clearly show you the language with which it communicates. Make your request out loud to engage your subconscious mind in your desire.

Pay close attention and learn the symbolism and feelings with which your superconscious speaks to you.

Each of us is different, but here are some possibilities.

Look for the symbols in your dreams and in your outer world. Do you have a special song that feels like loving support from Spirit when you hear it? Is there an animal or bird symbol in nature that is meaningful to you? Try to remember your dreams and look for any symbols that recur. Writing your dreams down as soon as you awaken is a great way to train yourself to remember your dreams.

Look for sensations in your body that get your attention. Do you experience chills, tingles, even a feeling like a hit in the solar plexus, when you hear or speak truth or untruth? Do you have a sensation of expansion or contraction in your body when considering different paths of action?

Visual images may appear in your mind’s eye when you close your eyes and sit quietly.

Each of these may be your superconscious communicating with you in your special, shared language.
Manifesting What You Want

Manifesting our desires into this level of existence sometimes seems a magical process about which we can only hope and wish. According to Huna teachings that is not the case. Huna teaches that the process of manifestation is a specific process which can be easily learned.

Your superconscious may manifest for you, but because of the law of Free Will it may not do so unless invited by you. This is an invitation only party and your superconscious may only watch lovingly from the sidelines until invited to participate.

If You Don’t Ask, Your Subconscious Will

The difficult piece for most of us is that in the absence of a positive, consciously intended and supportive belief system the subconscious, programmed by a lifetime of experiences, may ‘ask’ without conscious awareness. Then, the superconscious will manifest the wounded beliefs of the subconscious, thereby supporting the supposed truth of those beliefs.

Free will is just that, free. If you don’t consciously ask for what you want, your subconscious will ask according to its past programming, and the superconscious will manifest those requests. It may or may not be what you want consciously.

Our lesson and our opportunity according to Huna, is to learn to use our free will in a positive way rather than have it determined for us by negative beliefs and old wounds buried in the subconscious mind.

A Quick Recap

Here’s what we know so far.

The subconscious mind is in charge of the body and the emotions. It also responsible for gathering and storing energy to give to the conscious and the superconscious minds.

The conscious mind is in charge of the mental aspects of things, the will.

The superconscious mind is in charge of manifesting. It is divine will and so functions at a level that is beyond understanding, but for this discussion we will focus upon its role as manifestor.
Breath Energized Manifesting

The process of manifesting according to Huna teachings is this:

1. The conscious mind determines specifically what it wants to manifest. Consciously taking the time to clearly envision what is wanted and get the emotions and thus the subconscious involved.

2. Once the focus is clearly determined and visualized, the conscious mind directs the subconscious to gather surplus energy. The conscious mind can aid in that through consciously directed deep breathing, with the technique we learned above.

3. The conscious mind thanks the subconscious for giving the gathered energy to the superconscious for the purposes of manifesting this intention.

4. The conscious mind directs a prayer through the subconscious mind to the superconscious with the specific intention and visualizations. As the conscious mind conceptualizes and the subconscious ‘feels’ the intention to the superconscious, the subconscious allows the surplus energy to flow to the superconscious, supporting the physical manifestation of the intention.

OK, this sounds a bit complicated but in practice is quite simple. Hang in there.

It is important to note that only the subconscious can gather and give energy. You’ll know your subconscious is positively engaged when you experience positive emotion.

Your superconscious needs the energy gathered and given by your subconscious to build your intention in this 3D reality.

As your conscious mind envisions the thought forms of your desired intention, imbuing them with all the detail possible, your subconscious will have an emotional response. It may be excitement, or joy, or contentment or some other positive emotion. After all, you are envisioning what you want to create in your life. It feels good!

If, as you envision your intention you experience any twinge of fear or negativity or disbelief, this must be cleared or the necessary energy will not be sent to the superconscious. Your subconscious will dig in its heels, so to speak, and refuse to budge. The flow and manifestation of your intention will be blocked.

There are many excellent tools available for clearing old wounds and reprogramming the subconscious mind. The tool I use most often with my clients is FasterEFT-V, which you can find out more about by clicking this link to get to our EFT page, or by typing http://www.OurSoulDoors.com/EFT into your browser.

www.OurSoulDoors.com
With all three of your selves in accord and pulling in the same direction, prayer intentions directly manifest, seemingly like magic. Yet the manifestation process is not a mysterious unknown in Huna. It is consciously directed prayer, conceptualization and feeling, supported by intentionally gathered energy. It is a simple and effective process.

**Exercise - Steps to Manifesting**

Your conscious mind focuses upon what you want to manifest.

- Write down your intentions, be specific.
- Envision what you want, and feel what it would be like to have what you want.
- Pay close attention to what feelings come up and clear any negativity.

Your conscious mind directs your subconscious to gather surplus energy.

- Say out loud, “Thank you, subconscious mind for gathering surplus energy for the purpose of manifesting my intention.
- Support this with the exercise, Intentionally Gather Energy on page 6.

Direct a prayer to your superconscious mind with the specific intention and visualizations.

- Say out loud, “Thank you superconscious for manifesting this (state or read your intention) into my reality.” Envision and feel your intention, involving your subconscious mind.
- Say out loud, “Thank you subconscious mind for energizing this intention.”

Complete your prayer manifestation with this Huna prayer ending, “This prayer is now complete. May the rain of blessings fall. Amen”

**In Conclusion**

This is my working description of manifesting with our three selves according to Huna philosophy. Understanding of these Huna concepts and the breathing technique, gives us a simple and elegant means of creating and maintaining alignment with our three selves. When our three selves are in alignment, we have all we need to create consciously with our own, personal manifesting team. It feels like a little bit of Huna magic. Go team!