

The 7 Principals of  
Huna Philosophy

**aloha**

~ to love is to be happy with  
be happy

**mana**

~ all power comes from within  
be confident

**kala**

~ there are no limits  
be free

**ike**

~ the world is what you think it is  
be aware

**manawa**

~ now is the moment of power  
be here

**pono**

~ effectiveness is the measure of truth  
be positive

**makia**

~ energy flows where attention goes  
be focused

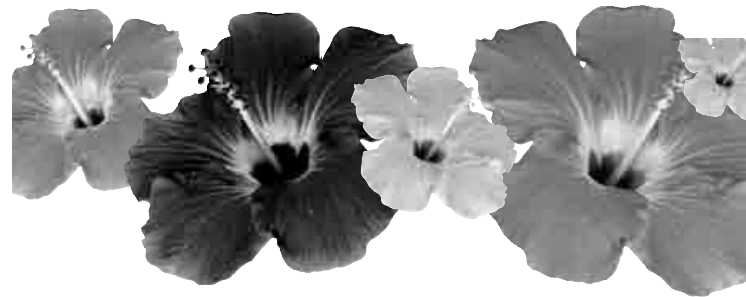
a dance of life  
breathing motion  
into the body



allowing one  
to go within on  
an amazing primitive  
level into the depths  
of one's being



encouraging  
transformation  
to flow into your life



**Ka Huna Massage**

Stella Harding

For an appointment please phone

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south coast  
**Ka Huna**  
centre

Hawaiian Massage and  
Bodywork for Mind, Body  
and Spirit

phone 02 4471 5507

The ancient art of Ka Huna  
massage brings physical and  
spiritual renewal into today's  
chaotic lifestyle.



## what is it?

This healing system is derived from the ancient *Polynesian* methods of restoring balance to the body, mind and soul. Through this treatment of the physical body, powerful healing is able to take place more quickly and completely on the physical, psychological and spiritual levels.

Polynesian philosophy has to do with moving forward, changing and acknowledging that you are creating your own reality by what you think, say and do.

Many people have already experienced this Polynesian healing which is known by various names in different parts of the world: ka huna massage, lomi lomi, Hawaiian temple style massage or aloha massage.

Ka Huna is a powerful healing force and it is amazing to observe the impact that it has on people ~ both givers and receivers.



## who gives it?

Ka Huna massage originates in Hawaii where for many centuries the ka hunas (wise spiritual teachers) used it to work with the inner soul, relieving the stress of physical ailments, as well as clearing emotional blocks.

Today those who can help you to experience this wonderful massage have undertaken an intensive training schedule to develop their technical skills and to acquire a deep understanding of huna.

The body worker treats you with their hands and arms in flowing movements over the body, the dance of life is used in unison with breathing and special music. It will change the way you think, feel, move and breathe.



Stella Harding is a fully qualified Ka Huna massage therapist (advanced certificate)

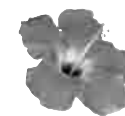
## what benefits can you expect?

*The physical* ~ the lymphatic, immune, circulatory, respiratory, muscular and digestive systems are all treated to promote improved health and fitness.

*The emotional* ~ the nervous system and all the systems of awareness are tuned. The bodywork may also release past life memory, stress and traumas that are locked away in the subconscious mind.

*The spiritual* ~ perfect harmony between the body, mind and soul are achieved through the energy that is activated in the body as a result of the massage.

*Ka Huna is a wonderful massage to give, magical to receive and beautiful to watch!*



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