



The 7 Principles of Huna

Ike

The world is how we create it — *I'm Aware*

Kala

There are no limits — *I'm Free*

Makia

Energy flows where attention goes — *I'm Focused*

Manawa

Now is the moment of power — *I'm Here*

Aloha

Love is to be happy with everything — *I'm Loving*

Mana

All power comes from within — *I'm Confident*

Pono

Effectiveness is the measure of truth — *I'm Positive*