

# Light-Switch Huna



by Dr. E. Otha Wingo

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**A Simple System for Using the Huna System Without Theories, History, or Explanations of Special Terminology**

**Using Huna is Like Turning on a Light-Switch or Pushing a Button**

**Note:**

This method will work every time 100%, if used exactly as described. If the results are not as you desire, this means that some part of the procedure has not been followed EXACTLY (i.e., one of the light switches has not been pushed!). If this happens, then mentally CANCEL the picture that you had previously worked out by saying aloud:

"I dissolve the mental picture and sweep away any remnants that might have accumulated, in order to begin again and make the picture perfect. All energy attached to that picture is removed and the picture now is totally dissolved and removed."

The reason for this is that a picture left with the Higher Authorities will continue to be worked on and some parts of it will come into reality, thus bringing about imperfect and often undesirable results. Cancel the picture (blueprint) and start over, using whatever parts of the previous plan are suitable to you and making sure that all the process is done correctly.

## **Light-Switch Huna: How to Use Huna**

When you want to turn on the light in a room, you reach up and flick the switch or push the button. Immediately the light comes on and the room is illuminated.

It is not necessary for you to understand how electricity works or how the building is wired or where the electrical generating plant is located.

Even if you were an electrical engineer or physicist, you would still turn on the light exactly the same way!

This little article is designed to show you simply and easily EXACTLY how to "turn on the switch" of HUNA, so that you can get the results you want.

# Preventing Overloaded Circuits

As in all power circuits, it is a good idea to make sure that the circuits are clear and not overloaded. In electricity we make sure the circuit is correctly fused or with a proper breaker switch. And then we are careful not to overload the circuit by plugging a powerful motor into an outlet fused for a smaller wattage. And we are also careful not to add too many appliances to the same circuit.

The Huna equivalent of this is FORGIVENESS. Have a little talk with yourself. Forgive everyone for whatever has been done to you. Then forgive yourself for anything you have done in the past, adding a promise that you will do nothing to hurt anyone.

If you are not fully satisfied with this forgiveness session, assign yourself some GOOD DEED to convince yourself that you are serious about forgiveness.

## Light Switch Number One

1. Decide exactly what you want to accomplish. Be very specific. Stick to a single request, including only the things directly involved with that result.
2. Make a clear picture in your mind of the RESULTS you want to bring about. Make sure to include yourself in the picture, as well as anyone else affected by your request. Use your imagination to create this mental image. See yourself DOING and ACTING and THINKING the way you will when the result has been realized. Allow all the sensations of seeing, hearing and touch, taste and smell come fully into your imagination. Add the strong emotion of desire.
3. Do not use negatives in any description of your request. Instead of saying, "I want to get rid of all tensions and conflicts," say, "I see only peace, joy, love, and harmony in all my relationships." Instead of, "I want my illness to be healed," say, "I see myself completely healthy, vigorous, and strong in body, mind, and spirit."
4. Be sure your request is not hurtful to anyone, including yourself.
5. When you are completely satisfied that you have prepared exactly the picture of the results you want, mentally seal the "blueprint" or picture, so that it will not be changed. Here is the way to do that: "I am completely satisfied with this mental picture of my request. I now seal it with a protective covering so that it will stay exactly as it is now and cannot be accidentally changed or damaged."
6. Go to Light Switch Number Two.

## Light Switch Number Two

1. Find a quiet place where you can be alone and undisturbed for a few minutes-- 5 or 10 minutes is sufficient. If you are at home, you may want to use a special place each day. If there is much activity at home, use any place that provides privacy. In a busy office, business, or factory, you may want to take your "break" wherever you can find a quiet spot-- in a storeroom or maybe the washroom. In a busy public place, slip into a washroom or even a telephone booth. (You can become "superman" or "superwoman" by using Huna, so why not a phone booth?)
2. Sit comfortably in your quiet place. (If it is necessary to stand, get as comfortable as you can by leaning against a wall or stand with feet and heels slightly out.) Take a very deep, slow breath, hold it briefly, and let it out slowly.
3. Say these words aloud: "I am relaxing in my entire body, mind, and spirit. With each breath I take, I feel more relaxed and comfortable, and mentally alert."
4. Take another deep breath, as before, and let it out. Say, "As I take these breaths, my energy is increasing tremendously. My body is relaxed and I feel good all over. My mind is clear and alert and I am focusing only on deep breathing and increasing my energy supply."
5. Take a few more deep breaths and let your breathing become smooth and regular, but still slower and deeper than usual. Let it become natural to breathe in this way. Keep your mind only on the thought that your energy is increasing as you breathe.
6. Say clearly aloud, "I now see a clear picture of what I desire, just as I have prepared it previously."
7. "I now ask my inner consciousness to send this picture to the Higher Consciousness along with a generous supply of energy, to be brought into reality."
8. "I give thanks that the desired future has been immediately realized on the higher level and will come into reality on the physical level."
9. "The prayer takes its flight to the High Self. Let the higher energy from the High Self descend upon me. Let silence prevail, as I wait for Guidance from above."

## Light Switch Number Three

1. Once you have presented your mental picture, along with a generous supply of energy, to the Higher Authorities, the next step is to LEAVE IT ALONE! You must release it. It is like a seed. Once you plant the seed, you do not dig it up every day to see if it is growing. But you must still water the ground, which is the replenishing of the daily supply of energy.
2. Every day after the first presentation, turn on the fourth switch. It is like the first five parts of Number Two, then continue with energizing the "blueprint" or "seed:" every day.

## Light Switch Number Four

1. Find a quiet place where you can be alone and undisturbed for a few minutes-- 5 or 10 minutes is sufficient.

2. Sit comfortably in your quiet place. (If it is necessary to stand, get as comfortable as you can by leaning against a wall or stand with feet and heels slightly out.)

3. Take a very deep, slow breath, hold it briefly, and let it out slowly. Say these words aloud:

"I am relaxing in my entire body, mind, and spirit. With each breath I take, I feel more relaxed and comfortable, and mentally alert."

4. Take another deep breath, as before, and let it out. Say:

"As I take these breaths, my energy is increasing tremendously. My body is relaxed and I feel good all over. My mind is clear and alert and I am focusing only on deep breathing and increasing my energy supply."

5. Take a few more deep breaths and let your breathing become smooth and regular, but still slower and deeper than usual. Let it become natural to breathe in this way. Keep your mind only on the thought that your energy is increasing as you breathe.

6. Say clearly aloud:

"I now send to the High Self a generous gift of energy, to be used in bringing my request into reality on the physical level. Day by day, in every way, I am getting better and better."

## Hints and Suggestions

1. "Huna is All Powerful in this World."

2. If you are not using Huna, you are working too hard.

3. If you are using Huna, you are still working, but you are getting RESULTS.

4. Including help for someone else is a good aid for faster and greater results for yourself.

5. Motto: "TO LIVE THE HURTLESS AND HELPFUL LIFE."

6. Huna means "secret," but you now know the secret of getting what you need and desire.

7. Very strong desire for the requested results increases the energy tremendously. If you are casual and uninterested in getting the results, they are less likely to be realized.

8. Be careful what you ask for, you may get it. Since this method is very effective, it is important to decide very carefully what you want before using it.

9. Your IMAGINATION is one of your most powerful tools.

10. Daily energizing is very important. You must use a SURCHARGE of energy, not your normal supply of energy, to get results.

11. When doing the deep breathing for energizing it may help to do a lot of imagining. For example, imagine that you are getting ready to run a race. Take a stance as if you were about to start running. In this position, energize yourself by the breathing technique and mental suggestion.

12. If you have difficulty visualizing (making a mental picture), you can simply describe the desired result in words, adding as many other sensory impressions as are natural to you and to the request. This description can be sealed for protection, when completed, just as the visual picture can be.

13. If you tend to prefer an auditory reinforcement of your "blueprint," use a tape recorder to record the description and play it back as you energize.

14. In relationship problems it is often necessary to dissolve the inner connections you have with another person. This may be true if there has been a conflict or separation, when it is desirable to end the relationship. It may also be necessary in a broken relationship that you wish to re-establish! By "cutting the cords" that bind you together, you get rid of disruptive conflicts, allowing the establishment of new and clear connections.

15. It is important to establish a friendly partnership with your inner self. Consider your inner consciousness as a skilled worker who needs the talents you, the conscious mind, have and has other skills and talents that you lack. Together you make a perfect partnership. When you then join forces with your Higher Consciousness of High Self, you have the perfect triangle or trinity-- a team that can accomplish anything you decide upon and work toward.

16. If you have any difficulty in clearing your mind of the distractions of daily life when you are in your quiet place, sit for a few seconds with your fingertips lightly touching. This will automatically balance your energies.

17. Praise and Thanks. Just as you would express thanks and praise to a friend who assists you in completing a project, it is important to speak words of praise to your inner self and your High Self for the help they have given you.

18. Even though the Light Switch method is done in a private, quiet place, once you have established the procedure as a habit, you can do a quick version at any time, anywhere, just by a brief pause as you form the picture and send it with energy to the High Self. This is especially useful for a picture which you have previously

prepared carefully, and also for small things that do not require extensive preparation, such as getting a parking place or finding misplaced objects.

19. You have a perfect memory! In order to have perfect recall any time you want it, get in very friendly terms with your inner self. That is the part of you which has the perfect memory.

## **Everyday Huna**

Some of the "little" things of everyday life in which Huna techniques can be used:

1. Finding a parking place.
2. Finding misplaced or lost objects.
3. Getting green traffic lights and smooth traffic flow as you drive.
4. Recalling things such as grocery lists and telephone numbers.
5. Using hunches to prompt you to go a different route or stop off at a certain store where you will find what you've been looking for, what you need, or something that interests you.

etc.

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