



Growing into light

By Max Freedom Long

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This is basically a workbook in Huna magic. It came about because those who had read the author's previous books on Huna wanted to strengthen their skills in Huna through daily practice. This book offers powerful teachings that are reinforced with exercises and affirmations at the end of each chapter. These teachings were passed down verbally through the ages by Polynesian kahunas, or "Keepers of the Secret," and preserved by those the author had met. By practicing the lessons in this book one can truly grow in positive spiritual ways, as the title suggests. Max Long is a masterful storyteller and employs many inspiring lessons and true stories that demonstrate the power of Huna at work. Anyone with a general interest in Huna magic will benefit from this powerful book. It represents the next step for those who want to benefit from practical instructions, now at their disposal, and move beyond having a general reading interest in the subject.

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