

The Ten Parts of a Human

According to Huna, the wisdom of ancient Hawaii, you are not just one being, you are three, the **Three Selves**. Each Self has unique gifts and talents. To become whole, you must live in harmony with your **Three Selves** for together they can work miracles in your life.

Each Self also has a unique covering and a unique energy. That makes nine parts plus your physical body, which equals ten parts.

- 3 Consciousnesses or Selves
- 3 Coverings
- 3 Energies
- 1 Physical Body

= 10 Parts

Psychologists name the 3 consciousness: the Conscious Mind, the Subconscious Mind, and the Superconscious Mind. Other disciplines call them Mind, Heart, and Spirit. In Huna, they are called the *Uhane* (Mind), *Unihipili* (Heart), and *Aumakua* (Spirit).

The coverings keep the consciousnesses from dispersing. The coverings for the *Uhane* and *Unihipili* are intertwined in your physical body with the consciousness of the *Uhane* (Mind) anchored around your head and brain and the consciousness of the *Unihipili* (Heart) anchored in your solar plexus. Somewhere in between, the two consciousnesses intersect and communicate.

The *Aumakua* has a body of Light and does not reside in the physical body but is attached to the physical body with a Golden or Silver Cord through which the *Aumakua* communicates with the *Unihipili*.

Your *Unihipili* (Heart) communicates with both your *Aumakua* (Spirit) and your *Uhane* (Mind). Your *Uhane* cannot communicate with your *Aumakua*. It must rely on your *Unihipili* to pass on communication to your *Aumakua* and rely on your *Unihipili* to pass on any guidance or inspiration from your *Aumakua*. It is crucial for your *Uhane* and your *Unihipili* to love and support each other.

The *Unihipili* manufactures basic energy from the air as you breathe, your food, water, and intentions. This low voltage of energy is called *mana*. It uses this *mana* to keep your body healthy. The *Uhane* raises the energy to the next level for creative thinking. This medium voltage is called *mana-mana*. The *Aumakua* raises the energy to the high level of creation, and this energy is called *mana-loa*.

Your physical body is the vehicle in which your *Uhane* and *Unihipili* move around in the physical world. It's important to take good care of your vehicle, your body.

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A good symbol to illustrate the relationship between the *Three Selves* is:



The triangle represents the *Three Selves* or points of consciousness encircled by the Divine Spirit. Three is a spiritual number representing completion on the spiritual plane. The circle represents Unity.

Enjoy thinking about your *Three Selves*. In later lessons you will learn all about their unique gifts and talents and how integrating your *Three Selves* can bring miracles into your life.