

Learning to Listen

In our busy world, there are too many sounds, too many things to look at (including our cell phones) and too many things to do. There is very little time to listen unless we make a conscious effort to quiet the mind and emotions and just listen.

There are different ways of listening and different practices to help us learn how to listen. **Meditation** is a good way to learn to quiet your mind and focus on listening to the peace of your inner world. **Going out in Nature** and being quiet is another good way to listen.

There is more to listening than just sitting in the quiet. If you are quiet enough and are on good terms with your **Twin Inner Self**, your *Unihipili*, you might hear your Twin's voice telling you something important. It might be guidance from your **Spiritual Self**, your *Aumakua*. Sometimes your Twin speaks loudly, but most often it whispers, and you have to listen closely to hear it.

If you are not on good terms with your **Twin Self** and he or she is not feeling loved by you, you may not hear anything. Your **Twin Self** has given up trying to talk to you because you don't listen. One of the Huna teachings is that your *Aumakua*, your **Spiritual Self**, can only communicate with your *Unihipili*, so if your *Unihipili* is not talking to you, you won't receive any spiritual guidance from your *Aumakua*.

How can you convince your **Inner Self** that he or she is loved and honored and that you want to do everything you can to make your **Inner Self** happy? The secret is to stop calling yourself names and talking down to yourself. If you slip, stop immediately and apologize and promise to stop calling yourself names. If you are sincere and your **Twin Self** really feels loved, your Twin will begin to talk to you again, but you have to listen.

"Listening" is also believing what you are being told, acknowledging it, and not judging the content. The language of the **Twin Self** is symbols so its messages may come in symbolic form or "like" something else.

And pay attention to insights. These are messages from your *Aumakua* that are relayed by your *Unihipili*. You will know it is an insight because the lightbulb over your head will go on and you will feel it.

Be grateful for each and every form of communication from your *Unihipili*. Thank your **Twin Self** often for sharing and cooperating with you.