

THE 8 WAYS (Summary)



*Shamanic Guidance For
Walking Confidently and
Consciously on Your Path*

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1. **Ahuahu – Walk Courageously In Truth.** Walk authentically and allow your True Nature to shine the best of you. (Ahu - healthy, vigorous, strength). Often our actions are guided by the Wounded Heart that is infiltrated with negativity, anxiety, and despair, and dictated by past memories. The True Heart acknowledges the past but is not ruled or restricted by it. The True Heart is self-compassionate, but is not self-absorbed. This way reminds you to be true to yourself and your values, and to have guidelines and gems of wisdom in place to steer you always on a positive and empowered path. It encourages you into self-leadership through self-responsibility. This way encourages you to step up and shine.

2. **Mea Hui – Know Yourself Well.** How do you walk the earth and show yourself to others? (Mea - person; Hui – to introduce one person to another). Self-knowing leads to self-empowerment and confidence, in yourself, and your journey. This way encourages you to know you are, where your ancestors come from and their ‘big ‘stories to search for what you might still carry for them. Look at the wisdom that comes from your own life experiences – searching for the burdens and beliefs that may hold you back at times, and the great strengths and resilient qualities. This way calls for self-enquiry and for you to know what you are prepared to let go of so you can make room for all the gifts of the future to come to you with ease and grace.

3. **Mana Wa Hele – Live In The Light.** Living in harmony with time and change will allow you to stay in your power. (Mana – power; Wa – time, turn, seasons, change, Hele - come and go). Observation of nature reminds us that existence moves in cycles and well as in a linear fashion. Seasons come and go, light moves into dark and back to light again. Here you are reminded to step back at times of adversity and hardship and know that this time will pass, and the light will return. Let go, go with the flow.

4. **Hei Le’a – Create Joy.** How much joy can you bring to the world today? (Hei – to ensnare, capture; Le’a – joy). Your attitude will determine your experience every time. Having an attitude of love and joy brings light into your world and the world around you. At every moment, with your focus, you have the opportunity to either expend or expand light energy. It is up to you! At times it is worth expending energy in order to expand it, and you can make a choice with the confidence in knowing what you are setting out to do is clear, not hidden in the shadows.

5. **Ku Ala – Be Present.** Are you walking consciously, in awareness? (Ku – to stand; stop; remain. Ala – to awake). Be Present to yourself, your space and those around you, and with time. You have an internal witness – the Observer – who you can step into to observe the conscious and unconscious messages filtering through your brain at the one time. By stepping back, you can consciously decide how to think in a way that will bring you to the present moment and most empower you to be present with the situation at hand. The energy of your thoughts is as strong as the words you speak and by being present with your thoughts, words, actions, reactions, attitudes, and intentions, you step into a place of power and self-responsibility. When the conscious mind illuminates the unconscious mind, the High Self mind is revealed and present.

6. **Hāmama Pu’uwai – Open Your Heart.** Keep you heart open, no matter the circumstances. (Hāmama – to open; Pu’uwai – heart). Resilience is a great quality to have in order to stay in a place of power. When you discover how not to shut your heart down through fear, blame, shame, and grief, your whole world will open up. No longer trapped in the stories of your Wounded Heart, your True Heart is free to walk strongly on new and restorative pathways.

7. **Kūpa’e Wai – Trust In Your Dreams.** Trust in the flow of life and yourself. (Kūpa’e – steadfast, firm, immovable, faithful; Wai – water, river, to flow like water). Every person has the right to have dreams and aspirations, and to pursue these with a sense of worthiness and optimism. At time life pulls us up and we feel like we are no longer in flow. Learning to trust in the roadblocks and to search for the gifts, the opportunities for growth, immediately brings you back into flow.

8. **Kuke Ana Wai – Stride Strongly To Meet Your Dreams.** Step up and out, with confidence, trust, love and gratitude to meet your dreams. (Kuke – to push; ana – used to indicate the future; wai – flow – water – to push into the future flow). An extension of the 7th way, this way is a reminded to fuel yourself with clarity so you have the energy to push yourself through the muddy waters. Know your ‘why’ and let this drive you past the stuckness. If you find yourself in the darkness, focus on what is light around you and search for all you have to be grateful for. Remind yourself why you are making an effort every day?

I use these 8 Ways every day, reading through them or saying them to myself to bring me fully into the present, as well as to prepare myself for what may lay ahead. They are filled with simple, gentle, and powerful insight and wisdom.