

Foreword

This is a record of a personal journey. It is structured around some principles as I perceive them. They can be read in any order you like. All principles are nested in all the others, so it doesn't matter much where you start and where you finish.

What is written here may be true or not, good or not, fruitful or not, lead you to heaven or to points of despair. There is no guarantee of any kind given. It is only sayings recorded through me of meetings with an extraordinary person. It is about principles by which life can be experienced. You are free to apply them in your life. As such you are absolutely without any exceptions of any kind totally responsible for all you do, think, feel, say, hear etc. It is your journey.

While writing this I have also been asked if this is a direct recording of my meetings with Kahu Abraham Kawai'i or Ho'okahi Tamara Ho'oulu, Kaukahi at the center of Na Pua 'Olohe. That's a natural question as many people know I have visited them several times. Some of it could have been, because much of the thinking and the principles are similar, however, it is not. It is my meetings with someone else that is recorded.

During the work with the notes from my talks I needed a professional reference person capable of giving advice around a very unusual material. Ho'okahi Tamara has provided me with such a professional advice. Without that the book would never have been born and the content in a much poorer condition. I am more than grateful for this and her personal support.

I personally take all the responsibility for how truthfully I recorded our talks or for any eventual misinterpretations. No responsibility can be placed on Na Pua'Olohe or them personally. I am however very thankful for their hospitality and my training there. Without that this would not have been possible.

I dedicate this to Carola, Malin and Gabriella, my children because they are the future.

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Ulric Rudebeck

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Never take anything personally

You are considering ending your life. You came to me because you want some advice about your personal life journey. I could give you that advice, but it is more fruitful to give you a few principles to better understand and become yourself. That might help you to become the who you are and in that way find your path.

I am sitting comfortably on a large sofa. The spacious room is nicely decorated in a timeless style with an artistic touch. Still it is personal and gives an atmosphere of comfort and friendliness.

In front of me is a woman. Middle height, dark hair. Difficult to tell her age, almost timeless like the room, well dressed without being exquisite but with class. I had expected a friendly professionalism. This is rather more formal. The most significant thing about her is a radiating energy and a subtle but absolute certainty of what and who she is. It is my first visit to her. I don't know it then but it will be a set of meetings that will change my perception of me and who I am, to the core of my being.

You are you. The other universe – the woman you see in front of you – is not you. It is itself. All that is, is within you. All what you get from the “other” in your encounters are signals in your system, your field. That means it is all in you. Any attachment to the other is an interpretation.

As you are concerned about energy and its effect I will clarify. The “other” is also – only she and has nothing of you in her. The perceived contact of energy of “you” in the signals is caused by mutual interpretation of the signals sent and received which represents you and her in your systems. So she is not you either. It is only representations. There is no correlation in a personal sense but there is a connection in terms of energy.

The first principle to understand then is, never to take anything personally. I repeat, you never take anything personally.

I don't understand what she says. I hear the words. It is nothing unusual in the language but the statements create no sense in me. It sounds as if it is all technical and that I shall become a piece of equipment without emotions? In an instant I become intensely irritated. This is not why I come here. I do not understand my reaction but I am professionally trained for unusual and provocative situations and let nothing of this show. In that moment am I prepared to stand up, say sorry, not for me, and walk away. I remain, mostly because a dear friend of mine said she is something very unusual and I am really stuck in my life.

You are much more of a machine in your behavior in life than you think. You also function much more from feelings than you are aware of. You just became intensely irritated over what I said and are now prepared to stand up, say sorry not for me, and walk away. You remain because you are stuck and because a friend said I am extraordinary. Your irritation is because you take things personally.

I sit motionless in my chair. Did I hear that?

She continues after a short pause. What I said, sounds to you technical and strange but it is very simple.

She looks at me as if she were evaluating my capacity to comprehend what she is about to tell. I feel scrutinized.

In every situation in life you have a choice – to take it personally or not to take it personally.

If you take it personally you cannot move and direct yourself without taking "the other", with you. You are not free to do things that are in your best interest. Also, you base your actions, thoughts or feelings on a guess of what they feel for and about you. You cannot know that because you don't have any direct idea of the "you" in them. You act on guesses. Finally, if you take it personally, you give them a handle on you.

Say someone wants you to feel worthless and says so. Are you worthless? Don't take it personally and you won't have to be it. Or they want you to feel that you are on top of the world. You probably like it. Either you are there on the top of the world and don't need their approval or you are not. If so you lose the opportunity to be what you

are and move forward from that. In both cases there is no value in giving away your position of self authority. To let anyone decide for you who you are and what you will be is a deep pitfall. And it stops you from evolving.

I haven't said a word so far.

She gets up and says; Stop whining and feeling sorry for yourself. Come back when you are prepared to do something about it and then she leaves.

In less than ten minutes, before I even said a word, she has knocked me from a position I achieved after a life struggle, into turmoil?! Nonsense! I know myself. I spend a lot of time with me. Who is she to judge me that way?

I find my way out of the house by myself. In the doorway I meet an unknown person. The door shuts. What!? Does she have another visitor already? I tumble back out in the street from what I thought would be a couple of hours talk about important things. Did she know it would be over in minutes or is she a charlatan mocking me? But my skeptical and very matter of fact, friend said she is extraordinary? Who is she then?

It took me weeks to get to the point of some understanding that there was something very fundamental in what she said. I had to return. I called her for an appointment.

"Yes?" Her tone was matter of fact but with a question in the sound.

I stumbled on the words but got out "I want to make time for an appointment"

Don't phone me, just come, when you feel it is time. I will know. Click.

That's how it was. I never called in advance. Just went there. I was always expected.

The source

The source of this story is the extraordinary woman which I come to visit with some regularity during a couple of years.

She was, to look at, plain almost to the level of colorlessness. In a crowd you would almost certainly miss her. In a group around a table or in the living room after a meal she would be the one noted only as a pleasant person occasionally making a comment in the flow of the conversation. But when she chose to, a universe of stories opened. For hours you could – with her as a guide – walk in places and times you would never dreamed existed. At that time I recorded some of her stories and sayings. Now, rereading them, I found some of them interesting enough that others might find some value in reading them. Are they true? To me they are stories.

I have visited Hawaii several times and there through the generosity of people that know of this, came across the Kahuna tradition. I asked her if that practice were similar to the principles we talked about.

She said; The Hawaiians are one group of people who through intuitive understanding come close. The Kahuna community – if you can say there was such – included individuals that lived life very much based on these principles. At the same time, principles being by their nature universal, there are many other people and groups who were and are guided by them in life. Your own Viking culture for instance holds elements of this. I, in what you would call a previous lifetime, was a Kahuna, but not on Hawaii.

What might be called new in this storytelling of principle is that I wrote them down so they could be used as a guide and gauge in daily situations. Of course this is if and only if one wants to be aware and in tune with what the core of this life and the universe is about and how it functions in parallel ways.

In a way “god” is very present in the text. That is because I per-

sonally had a lot of struggle around “him”. You can easily exchange this to your personal belief of “the ultimate source or being behind it all” and the logic can still be applied. If you don’t believe in any supreme power you can see them as general principles for life processes. I cannot deny my Christian upbringing, but during life this has been tainted by many other belief systems I encountered. So there is no “religious” precondition or argument in my understanding of the principles or ambition with the story.

Our talks were not really conversations, but rather I asked questions or tried to tell something I thought was profound and true. She rarely said I was wrong but answered with a story or explained on a deeper level the principles of this world. It gave me a view of, her understanding how everything is linked to each other. The image that steps forward for me is that we are very interwoven into nature, and indeed the entire spectrum of existence, including stones, water, air, the stars and all living.

A few times we went from her place and visited others or looked at something. Mostly however it was a conversation or rather as I said she talked and I listened in her living room in front of the fire. My feeling is that she chooses this place not because she particularly wanted it but she saw I was relaxed there. She could have done it anywhere and it would have made no difference to her. About her place there is not much to be said. It was a large apartment in a major city, nicely decorated but not extravagant and definitely not mysterious or strange, very plain and functional I would say.

What she did for a living, I don’t know. She had money but if she was rich or not I can’t say. In fact although I spent many hours in her company, I know very little of her personally. She once mentioned that her mother came from Eastern Europe and her father was from North America but other times I understood that her ancestors had links to several of the other continents. To me she exemplified a world citizen more than anything else. In the beginning I asked about her background but got very vague answers so I stopped asking and after a time it was not important.

A few times there were other persons present when she told her stories but mostly it was just she and I.

I naturally asked why she took so much interest in me and why she choose to tell me all this.

I like to tell stories and you are a difficult listener not easily convinced. At the same time you are professionally trained as recorder to listen to the exact wording of a situation. It amuses me to try to get the stories over to you. You are also one that doesn't get seduced by my stories to easily and that is a good thing. I like that.