



Excerpt

Happy Me, Happy You

The Huna Way to Healthy Relationships

By Serge Kahili King

Taken from Chapter One: Relationship Basics

What This Book Is About

This is a book about healing relationships. At the same time, this book is not about healing relationships at all. No, I am not trying to confuse you. I am trying to help you to understand more clearly what relationships really are. Many people today are reading, writing, teaching, and complaining about relationships. And in spite of that, too many relationships don't seem to get any better. In my counseling work I get a lot of comments like the following from clients: "My relationship just isn't working." "My partner doesn't want to discuss our relationship." "I've tried everything I know to make this relationship work." "I've decided not to have another relationship." These examples could go on and on, but you really don't have to read more of them because the problem is obvious.

Isn't it?

Let me make it obvious, then. The problem is that too many people spend more time on improving the relationship than they do on improving how they relate. Look at the images below:



In this first image the couple is working on their relationship. Instead of a couple, they are now a group, with the relationship as an entity practically taking on a life of its own. While I do happen to believe that everything is alive, aware, and responsive, I also know that working on "the relationship" instead of on themselves is nothing but a distraction from the real problem, because, as alive as it might be in some esoteric sense, a "relationship" is no more than an abstract, intellectual concept—a thoughtform, if you prefer—and bears no resemblance to a living, breathing, human being. Relationships don't

think in any human way, they don't act, they don't change anything, they just exist like the concept "relatedness" exists, without any influence.

There is really no such thing as "a relationship" in the sense of something that exists apart from people who relate. My "relationship" with my wife is not a thing. It is merely a word for the way we relate. We can completely ignore our relationship and get along just fine. We cannot ignore the way we relate to each other and get along fine, though.

The problem between two people is never a "relationship" that isn't working. The problem is always that one or both of the people don't know how to relate to each other in a better way. That makes it a behavioral problem, not a relationship problem, and it's a lot easier to change behavior than it is to change an abstract concept called "a relationship."



In this second image the couple are relating. They are communicating, responding to each other's behavior, and creating a good relationship by the way they relate. Is this just another book on behavior modification, then? Well, yes and no. It is a book on how to change your behavior in order to create healthier relationships with other people and the world around you, but my ideas on the best methods for doing that are a bit out of the ordinary because of my background in alternative and complementary healing.

For instance, I am going to show you how to examine physical, emotional, mental, and energetic behavior in your various relationships, and I am going to show you how to improve those relationships using objective, subjective, symbolic, and holistic techniques.

Examining Behavior

Physical behavior includes how you relate to your own body, because that influences how others will relate to you. It also includes how you move and use your body as you relate to others.

Emotional behavior has to do with your feelings about yourself and others, including how you express emotions and how you suppress them. Whether you know it or not, or even whether you believe it or not, other people can be affected subtly or dramatically by the way you feel.

Mental behavior involves everything from the words you speak to the words you think, as well as the memories, fantasies, and expectations that you dwell on. These also affect people much more than you might be aware of, and I will explain how.

Energetic behavior is based on the idea that you are more than just a bag of bones, meat and blood, and that the energy you radiate or project, consciously or subconsciously, affects other people, too.