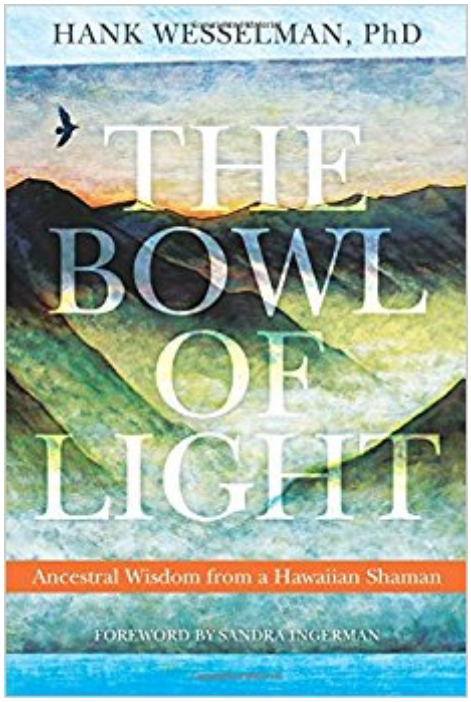
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The Bowl Of Light: Ancestral Wisdom From A Hawaiian Shaman



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Synopsis

In 1996, a revered Hawaiian elder befriended an American anthropologist, and from their rare and intimate rapport, something miraculous emerged. Through the words and teachings of the kahuna wisdom-keeper Hale Makua, Dr. Hank Wesselman was gifted with an enhanced perspective into the sacred knowledge of ancient Hawaii. Before his passing, elder Makua encouraged Dr. Wesselman to convey much of what had passed between them to the wider world, giving him permission to share his spiritual knowledge. Now, with The Bowl of Light, you are invited to share in the sacred wisdom of one of the world's most powerful indigenous traditions, including:The Bowl of LightÃ¢â ¬â ¢how we can restore our natural divine radianceThe three directives of the spiritual warriorÃ¢â ¬â ¢love with humility, live with reverence, and know with self-disciplineRituals for communing with nature, receiving wisdom from the spirit world, purifying our consciousness, and moreThe Ancestral Grand PlanÃ¢â ¬â ¢exploring the path our ancestors set in motion millennia ago, and how the Plan is playing out across the world today

Book Information

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Customer Reviews

In Bowl of Light , Wesselman composes a masterpiece, sharing Makua's profound talk-story--the indigenous way of imparting wisdom--as the oral tradition is effectively transmitted into the written word. The book is essential for any world wisdom collection and for those on a spiritual path to discover the soul's true heritage, from "the last living holder of this knowledge." Ã¢â ¬â •Bobbye Middendorf, ForeWord Reviews, May 2011 The book is such a rich banquet of food for thought that you need to put it down regularly to contemplate and digest each tasty morsel.

It would be a great book to use as the basis for a study group, and I would love to see a companion volume of the teachings extracted from the narrative. Highly recommended! Ã¢â ¬â •Miriam Knight, New Consciousness Review, April 28, 2011

Hank Wesselman, PhD, is a paleoanthropologist and shamanic teacher who has worked with noted anthropologists in Ethiopia investigating the mystery of human origins in the Great Rift Valley. In addition to his scientific publications, his seven books on shamanism include the Spiritwalker trilogy (Bantam, 1996) and Awakening to the Spirit World (with Sandra Ingerman, Sounds True, 2010). He teaches at internationally known centers such as the Esalen Institute and the Omega Institute and lives in Hawaii.

I first heard about this book through the Non-Profit I currently belong with - Papaku no Kameha'ikana at a workshop I attended. I got the book pretty quickly and I'm almost done with it. The author, Hank Wesseman it's like he brings you to where he is and you can almost visualize sitting in the moments of both him, Makua, and Jill. Although, there are some things I would not do spiritually but, it's about keeping an open mind on a perspective of our Heavenly divine...I just found it very intriguing and really, really interesting at the same time. We are taught differently in this westernized world that we are sheltered from the truth of living in a spiritual world and that we are all connected somehow...I love love love this book and I really don't care to read...but, this is one of my favorites. My favorite quote from this is "Love all that you are with humillity, Live all that you feel with reverence, and Know all that you posses with discipline" These are 3 cardinal rules that I've learned over the course to live by and I was surprise how it is in this book from another man I have never met but, felt like I knew him...We are all the same just with different gifts to give

I shed tears reading these pages. Deep emotionally healing tears. I love the Hawaiian spiritual knowledge and these pages are rich with it, it is within these pages that I learned that huna is not the teachings of the elders, but a westerner's interpretation of the teachings that are normally not spoken within the Bowl of Silence. These pages sing with the silent wisdom straight from a Kahuna Chief weaved brilliantly by a Scholar. I'm only on my first reading, I fore-see many more layers of knowledge unraveling for me on future readings.

Having read all of Hank Wesselman's previous books I was looking forward to reading The Bowl of Light. I was enthralled by thestory of the relationship between Hank (Scientist/Shaman) and Makau

(Kahuna)as their hearts and minds grew into a deep and profound friendship (including Jill, Hank's wife, herself an accomplished women). Makau shares his Hawaiian lineage and teachings stretching back over time from an Indigenous world view and Hank follows Makau's mind through his own expansive knowledge and experience as an Anthropologist which led him into the Indigenous world (in Africa). Makau presents the teachings in a simple to understand manner that directs the reader to a path of awareness based on a connectedness to Nature and to the Ancestors (our past selves),to the Greater Ancestral plan, and our role as creators responsible to take action nowto understand who we really are and how we are capable of making a difference to the outcomes that are now upon us as wewitness the upheaval shaping our world today. Their friendship is timely both divinely and worldly in a sad and concrete way.I recommend you give yourself the gift of reading this book. I will be reading it more than once. Thank you Hank Wesselman.

To put this in perspective, I have about a 25-year background with studying and practicing shamanism. Yet I was not aware of this author prior to reading his introduction to Sandra Ingerman's latest book. I looked him up and have read Bowl of Light and thoroughly enjoyed it. I felt like I was right there in person with many of the altered state events guided by his teacher. I did not previously have any knowledge of Hawaiian Huna shamanism; and I delighted in the teachings of and the personality of Hale Makua. Moreover, the quality of writing makes the book hard to put down.

We are in a time of big transitions. Guidance from teachers of integrity are needed more than eve. The original instructions of the Earth have been forgotten, except for a few traditional indigenous elders. When we can learn from these wise ones, so deeply connected to their ancestral knowledge, we should listen quietly. When we read what others - even if not indigenous them selves - have learned from the elder wisdom keepers, we receive a monumental gift. This book is such a treasure. You'll have to read it a few times, because embedded in the pages are words of past and future knowledge you'll find no where else.

This book takes the reader on a fascinating journey along side Hank Wesselman as he adventures into the depths of ancient knowledge in the Hawaiian tradition of Kahuna and the ancestors. Hank's invaluable time spent visiting and getting downloads from his mentor, Makua Hale, are some of the most riveting, informative and wisdom packed sharing available today. Theses stories and

conversations go deep. The book may require several readings to fully grasp the content and structure of ancient Hawaiian wisdom being shared.Bob Bogle, Author of "Dance with Levity", Techniques for inviting light into everyday life.

A little bit wordy and woo woo... but not bad

...Very worth while...

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