



Self-Suggestion and the New Huna Theory of Mesmerism and Hypnosis (with linked TOC)

Max Freedom Long

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In this text, Long presents a practical manual of self-suggestion using Huna techniques for any desired outcome. Huna (the "Secret") is the ancient metaphysical system of the Polynesians analogous to esoteric yogic techniques in south Asia. This text has been custom formatted for Kindle and checked for typos.

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