

# HAKALAU

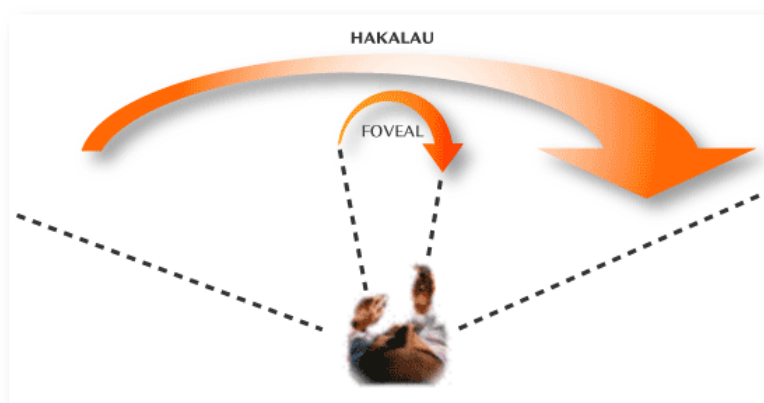
Stare at spot above eye level until it goes fuzzy. When fuzzy look away then stare at spot again

Practice this at least 4 times a day every day.

## THE ACTIVE MEDITATION OF THE KAHUNA

One meaning of Hakalau is, "To stare at as in meditation and to allow to spread out." If you've never tried it before, right now, this technique can be a real eye opener. Try it.

1. **Ho'ohaka:** Just pick a spot on the wall to look at, preferably above eye level, so that your field of vision seems to bump up against your eyebrows, but the eyes are not so high so as to cut off the field of vision.
2. **Kuu:** "To let go." As you stare at this spot, just let your mind go loose, and focus all of your attention on the spot.
3. **Lau:** "To spread out." Notice that within a matter of moments, your vision begins to spread out, and you see more in the peripheral than you do in the central part of your vision.
4. **Hakalau:** Now, pay attention to the peripheral. In fact, pay more attention to the peripheral than to the central part of your vision.
5. **Ho'okohi:** Stay in this state for as long as you can. Notice how it feels. Notice the ecstatic feelings that begin to come to you as you continue the state.



HAKALAU - Foveal and peripheral vision