

# WELCOME

TO



HRA

# HUNA



HRA

# SEMINAR

# 78

CARLETON UNIVERSITY

OTTAWA CANADA

JUNE 23-25

Dr. Wingo & I were  
on TV Canada Morning Show  
with Jim Lupton Channel 13 (3)  
Ottawa, Ontario,  
Canada.  
June 23, 1978

Dear Fellow Huna Friend;

Welcome to the second International Huna Seminar. The Host Group hope that your stay will be comfortable, enjoyable, and fascinating. Together with HRA HQ we have put together a packed week-end. There is so much talent available within Huna Research Associates that we tried to fit in as many of these talented workshop leaders and speakers as we could, into the hours available. We realize that you will not be able to attend all of the workshops so we have arranged for official taping so that the knowledge transmitted will be available to all who desire it. Please place your orders for specific tapes at the Book Nook in Room 213.

#### Workshops

Please register your preference as to which workshops you wish to attend. Lists are available at the Registration Desk. We suggest that you do this right away so that any adjustments may be made smoothly.

#### Private Taping

Private taping of lectures and workshops is permitted with some reservations. Please be as quiet as a little mouse in the handling of your recorder. Have all tapes which you may use during the session, unwrapped before the session - to avoid the rustling of wrapping paper. Please watch your recorder closely and avoid all noise during switching off and on and the change over of tapes. You are asked to retain your seat and not crowd the podium with recorders. The only recorder allowed close to the speaker will be the official one.

#### Meals

Meals will be served in the Green Dining Room., Commons Building. Lunch price is \$3.25, dinner \$4.25. Lunch may also be obtained in the Oasis Room which is on the Lower Level of the Commons Building.

Coffee and refreshments are available from numerous vending machines around the halls.

The Breeze Inn on the main floor will open daily 4.00 pm to 1.00 am.

( Use the reverse sides for your notes. )

### Accommodation

Guests staying in residence at Carleton should refer any questions re accommodation to the Accommodation Desk in the main hall, Commons Building. The staff are courteous and willing to help.

### Bus Service

Information on bus service may be obtained from the Accommodation Desk in the main hall. There are four bus routes serving Carleton University: No.7 Vanier, Bank, Carleton; No.77, Kanata, Glen Cairn, Bells Corners, Sussex, John; No.86, Alta Vista, Riverside Drive, South; No. 85, Orleans, Shoppers City East, St. Laurent, Carleton U. Sunday service is limited. Information on routes may be obtained from 741 - 4390. Exact fare of 55¢ is required.

### Location of Main Assembly and Workshop Rooms

A floor plan is included of the Commons Building second level where the lectures and workshops will be held. Main Assembly will be in the Commons Lounge Room 229. Workshops in Rooms 209, 210, 211, 212, 214. The Book Nook will be in Room 213.

### Book Nook

Books on Huna and books by a number of speakers at the Seminar will be on sale in Room 213, The Book Nook.

### Membership

Membership in Huna Research Associates is open to any interested person. HRA was organized in 1945 by Max Freedom Long and he was its Director until 1971. Research continues, but the emphasis of HRA now is on the practical application of HUNA psychology in everyday life, as we now reap the benefits of over fifty years of research. Members receive a copy of the Huna Vistas Newsletter and Huna groups are active in many parts of the world. Annual dues: \$10.00, which may be sent to Huna Research Associates, 125 Camellia Drive, Cape Girardeau, MO 63701.

### Letters on Huna

A correspondence course on the fundamentals of Huna Psychology Basic instructions for the practical use of HUNA, the workable psychological system of the ancient Polynesians. This course of twelve lessons was written by Dr. E. Otha Wingo, Director of HRA and Professor of Classical Languages at Southeast Missouri State University. The course emphasizes the practical use of HUNA in everyday life. Complete cost \$35.00 US.

SEMINAR PROGRAMME

FRIDAY June 23.

Commons Lounge: 4.00 - 5.30 pm

Pre-Seminar Huna Orientation. Open to the public at no charge.

Led by Phyllis W. Corwin; St. Petersburg, Florida

5.30 pm Dinner in the Green Room.

Commons Lounge: 7.30 pm

Opening Session, Dr Jim Marshall, Ottawa, Presiding  
Blessing and message, Rev. Edith Bruce, Aberdeen, Scotland  
Keynote Address: Dr. E. Otha Wingo, Cape Girardeau, Mo.  
Director, Huna Research Associates.

Commons Lounge: 9.30 pm.

Meditation, Led by Isabel M. Hickey, Boston, Mass.

SATURDAY June 24

Commons Lounge: 9.30 - 10.00 am.

Inspirational Talk by Isabel M. Hickey.

Commons Building: 10.30 - 12.00 am.

Workshops

Huna Code and Ha Rite, Margaret R Moun, Takoma Park, Md.  
Room 209

Self Suggestion, Ed & Olga Tavares, New Bedford, Mass.  
Room 210

How to Use Mana, Dolly Ware, Fort Worth, Texas.  
Room 211

Huna Techniques, Stevan Varro, Calgary, Alberta.  
Room 212

Finding and Eliminating Blocks, Phyllis W. Corwin.  
Room 214

Lunch in the Green Room: 12.00

Commons Building 1.30 - 3.00 pm.

Workshops ( Repeat of morning programme)

Commons Building: 3.30 - 5.30 pm.

Workshops with a Health Message

Natural Healing Techniques, Dr. Dorothy Marshall, Ottawa.  
Room 209

Radionics in Healing, Dr Merritt Terrell, Saegertown, PA.  
Room 211

Pendulum and Health, Bill Finch, Sedona, Arizona.  
Room 212

Nutrition for Health and Disease, Dr. William A. Ellis,  
Arlington, Texas.  
Room 214

Dinner in the Green Room.

SEMINAR PROGRAM (cont'd)

Saturday Evening

Commons Building, Commons Lounge: 7.30 pm.

Keynote Address: Dr. Andrija Puharich, Ossington, N.Y.

"An Initiation Experience with Kahuna William Bray."

Commons Lounge: 9.30 pm.

Meditation, led by Isabel M Hickey.

SUNDAY June 25.

Commons Lounge: 9.00 - 10.30 am.

Talk by Isabel M. Hickey

Commons Lounge: 11.00 - 12.00:

"On Healers and Healing" by Dr. Andrijah Puharich.

Lunch in the Green Room: 12.30 pm.

Commons Lounge: 2.00 - 3.00 pm

Talk by Isabel M. Hickey.

Commons Lounge: 3.30 - 4.30 pm.

"Max Freedom Long, A Personal Reminiscence."

By Dolly Ware.

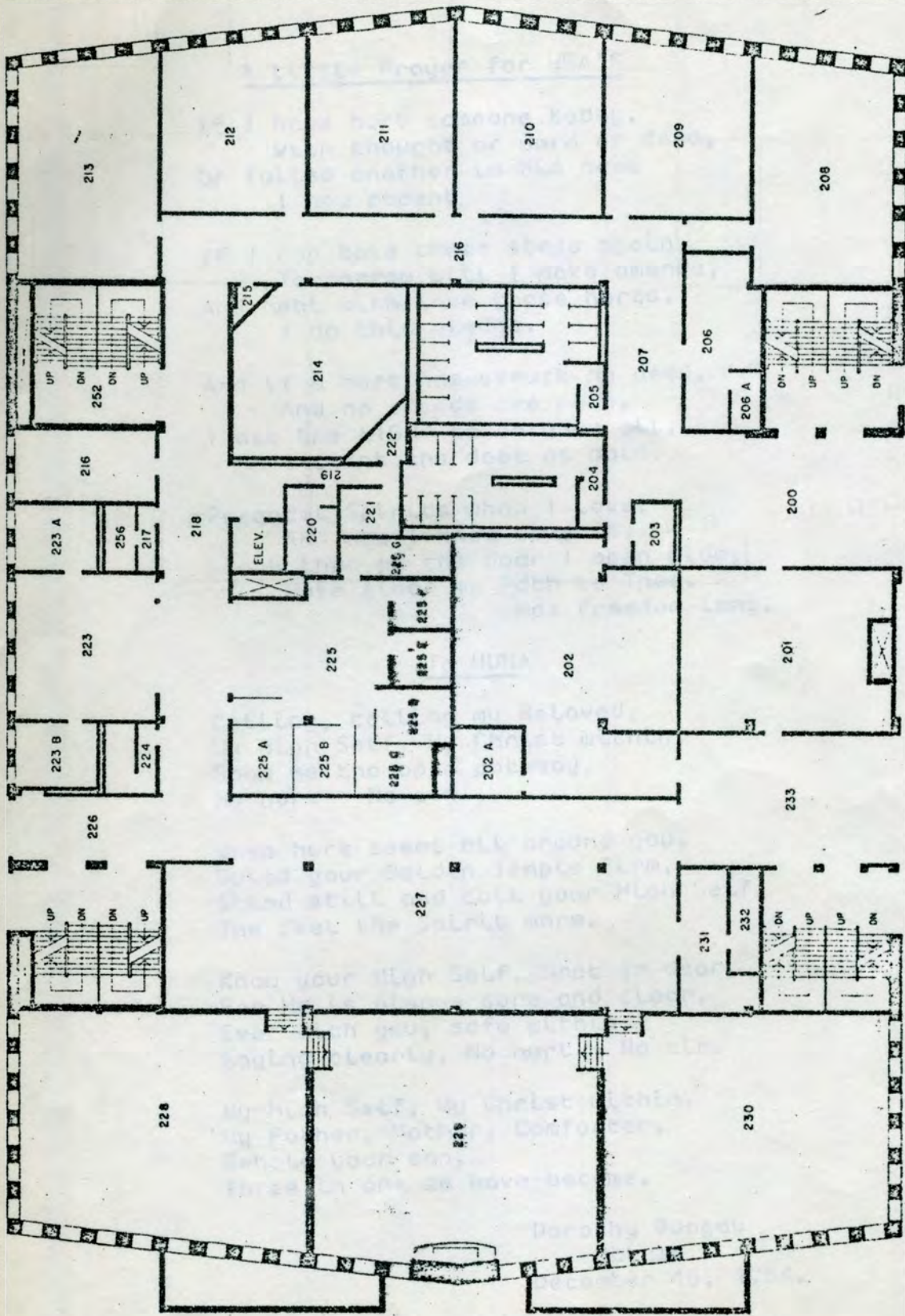
Dinner in the Green Room 5.30 pm.

Commons Lounge: 7.00 pm.

Questions and Answer with all Seminar Speakers.

Closure and Blessing, Rev. Edith Bruce.

Note: Books on Huna and books by speakers at the Seminar  
are on sale in the Book Nook. Room 213, Commons Bldg.



**COMMONS**  
**LEVEL 2**

A Little Prayer for HRA'S

If I have hurt someone today,  
With thought or word or deed,  
Or failed another in his need,  
I now repent

If I can take those steps again,  
To-morrow will I make amends,  
And heal with love those hurts,  
I do this pledge.

And if a hurt has struck me deep,  
And no amends are made,  
I ask the LIGHT to balance all,  
I count the debt as paid.

Parental Spirits whom I love,  
And who I know love me,  
Reach through the door I open wide,  
Make clear my Path to Thee.  
Max Freedom Long.

To HUNA

Calling, calling my Beloved,  
My High Self, My Christ within,  
Show me the open pathway,  
No hurt - No sin.

When hurt seems all around you,  
Build your Golden Temple firm,  
Stand still and call your High Self,  
The feel the Spirit warm.

Know your High Self, Brother dear,  
For He is always sure and clear,  
Ever with you, safe within,  
Saying clearly, No hurt - No sin.

My High Self, My Christ within,  
My Father, Mother, Comforter,  
Behold your son,  
Three in one we have become.

Dorothy Bungay  
Ottawa  
December 15, 1954.

