

# HAPPY ME, HAPPY YOU

THE HUNA WAY  
TO HEALTHY RELATIONSHIPS

SERGE KAHILI KING

King, Serge Kahili.

*Happy Me, Happy You: The Huna Way to Healthy Relationships.*

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Pp, viii + 280. \$16.95.

This book is a mixed bag. It is one of several King has published on the “Huna Way,” which he calls “a Polynesian philosophy of life” (p. 279). Wikipedia reports that “*Huna* is a Hawaiian word adopted by Max Freedom Long (1890–1971) in 1936 to describe his theory of metaphysics which he linked to ancient Hawaiian *kahuna* (experts). It is part of the New Age movement.”

The subject of happiness in life has been approached in two dimetrically opposite ways: optimistic and pessimistic. The optimistic view is expressed, for example, in *South Pacific*, a musical by Richard Rodgers, Oscar Hammerstein II, and Joshua Logan, in which the nurse Nellie Forbush sings the following song:

*When the sky is a bright canary yellow  
I forget ev'ry cloud I've ever seen,  
So they called me a cockeyed optimist  
Immature and incurably green.*

*I have heard people rant and rave and bellow  
That we're done and we might as well be dead,  
But I'm only a cockeyed optimist  
And I can't get it into my head.*

*I hear the human race  
Is fallin' on its face  
And hasn't very far to go,*