



# The Bowl of Light: Ancestral Wisdom from a Hawaiian Shaman

*Hank Wesselman*

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## **The Bowl of Light: Ancestral Wisdom from a Hawaiian Shaman** Hank Wesselman

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 Light?how we can restore our natural divine radiance
- The three directives of the spiritual warrior?love with humility, live with reverence, and know with self-discipline
- Rituals for communing with nature, receiving wisdom from the spirit world, purifying our consciousness, and more
- The Ancestral Grand Plan?exploring the path our ancestors set in motion millennia ago, and how the Plan is playing out across the world today

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