

The Purple Feather Revisited: Perspectives on Creating Reality

By Pete Dalton



The Connection Between Thought and Reality

One important aspect of Huna is exploring the connection between thought and reality. In his book *Changing Reality*, Serge Kahili King describes an intriguing experiment that he would do with his students. This simple yet profound exercise involved participants focussing their awareness on the idea of a purple feather and then observe how it appears in their reality over the following days.

At first glance, this may seem like a mere psychological trick, yet many participants have reported unexpected and meaningful encounters with purple feathers—finding one in an unusual place, seeing it in a picture, or hearing someone mention it out of the blue. Could this be coincidence? Or does it hint at something deeper about how our thoughts shape our experience of the world?

This article explores what might be happening, the implications for our understanding of reality, and how the Seven Principles of Huna offer insight into this phenomenon.

The Purple Feather Experiment

The experiment is simple: Hold the idea of a purple feather in your mind, without effort or excessive expectation, and see if and how it appears in your life. No action is required—just a gentle focus on the thought.

Reports from Serge’s workshops suggest that participants encounter the feather in various ways. Some come across real feathers unexpectedly, others notice images or references in books, online, or in casual conversation. While skeptics may attribute this to chance, the consistency of these experiences suggests that something more may be at play.

This raises an interesting question: Are we simply noticing something that was always there, or are we actively influencing reality through thought?

Possible Explanations: What Might Be Happening?

Let’s consider some possible mechanisms from outside Huna that could be at work in the Purple Feather Experiment:

Selective Attention. Our minds naturally filter the vast amounts of sensory data we receive. Once we set an intention—such as noticing a purple feather—our brain is primed to recognize it when it appears. This corresponds to the Baader-Meinhof Phenomenon or

'frequency illusion' where one notices something more frequently after learning about it. In neurology, the Reticular Activation System (RA) is a filter in the brain that helps us notice things that we consider to be important at a particular time. This phenomenon is similar to how we suddenly notice a particular car model everywhere after buying one.

Synchronicity & Meaningful Coincidences. Carl Jung introduced the concept of synchronicity, the occurrence of meaningful coincidences that are not causally related but seem connected by a deeper order. The repeated appearance of the feather could be an example of this phenomenon.

Quantum & Metaphysical Perspectives. Some interpretations of quantum mechanics suggest that consciousness plays a role in shaping reality. Could focused thought influence the unfolding of events? While mainstream science remains sceptical, many traditions—including Huna—suggest that thought and intention are powerful creative forces.

The Law of Attraction & Manifestation. If thoughts attract experiences, then focusing on a purple feather could, in some way, 'call' it into being. While this is often framed in mystical terms, even psychology acknowledges the power of belief and expectation in shaping our reality.

Regardless of the explanation, the implications are profound. If focusing on something as minor as a purple feather can seemingly alter our experience, what does this suggest about our ability to influence our reality in other aspects of our lives?

The Seven Principles of Huna and the Purple Feather Experiment

Huna philosophy provides a useful framework for understanding why the experiment works. The Seven Principles of Huna align closely with the experiment's outcomes:

1. **'IKE – "The world is what you think it is."**
The experiment demonstrates that our perception shapes reality. What we focus on becomes more prominent in our awareness.
2. **KALA – "There are no limits."**
If reality is more fluid than we assume, then the appearance of the feather suggests a more connected and interactive world than we typically acknowledge.
3. **MAKIA – "Energy flows where attention goes."**
By directing awareness to the purple feather, it seems to appear more frequently. This principle reinforces that where we place our focus, we direct our energy.
4. **MANAWA – "Now is the moment of power."**
The experiment works best when the focus is placed in the present, without stress about the outcome.
5. **ALOHA – "To love is to be happy with."**
Engaging with curiosity and relaxed expectation, rather than desperation or demand, creates an openness that allows the feather to appear naturally.
6. **MANA – "All power comes from within."**
The power to shape our reality lies in our own consciousness, not external forces.
7. **PONO – "Effectiveness is the measure of truth."**
If people consistently experience the feather after setting an intention, then the method is effective and therefore valid in the Huna sense.

Expanding the Experiment: What Else Can We Apply This To?

If focusing on a purple feather can influence our experience, what happens when we apply the same principle to other areas of life?

- **Opportunities:** Instead of looking for a feather, what if we focused on an unexpected opportunity?
- **Healing & Well-being:** Could directing attention toward wellness bring about changes in health?
- **Personal Growth:** What if we consciously set an intention to see more kindness or inspiration in our daily life?

Applying the Purple Feather Experiment beyond novelty can help us understand just how much influence our thoughts have on our personal reality.

The Purple Feather Experiment is more than just a mental trick—it offers a doorway into understanding how thought and perception shape our experience of the world. Whether explained by psychology, synchronicity, or a deeper metaphysical truth, the results suggest that we are far more engaged with reality's unfolding than we often realise.

So why not try it for yourself? Focus lightly on a purple feather in the coming days and see how it appears*. And then ask yourself—if such a small shift in awareness can influence what we notice, what else might we be able to shape in our lives?

I would love to hear about your experiences

*I'm guessing you will see at least one today! 😊

Join Us To Explore How We Create Reality

If you want to join Stewart Blackburn and me for an exploration of how we can influence and create reality we are pleased to be running a new eight part live online workshop on this very topic! Each weekly class will cover many perspectives and techniques used to influence and change reality. We start on 24th March and details and booking offer can be found at:

<https://www.urbanhuna.org/event/changing-reality-online-intensive>

Pete is an Alakai of Huna International living in the UK. He uses Huna for coaching and empowerment and produces the Huna Adventurer's Newsletter and teaches a range of workshops based on Huna. For more information and to sign up to the free newsletter visit:

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