

Te Ao Rauropi o Rongoā Māori

He Taonga Tuku Iho

Ngā tūpuna, ngā taonga, te whenua, te taiao me atua Māori connected by wairua. Wellbeing comes from being in flow with the constantly changing world around us, the ebb & flow of the tides, the pulsing heartbeat of Papatūānuku; caring for the mana & mauri of whānau in a manner befitting their values & needs to sustain their healing journey.

Mātauranga Māori

Kauae Runga, Kauae Raro

"Mātauranga Māori is the knowledge of the land from the people who belong to the land. It is the result of their interaction with the whenua over many generations. It is the knowledge they have accumulated by living on the land, working with the land, harvesting from the land, all the time listening, watching, caring, to ensure that they can continue to survive" – Rob McGowan.

Whakapapa

Special kinship bonds to both the living and those who have gone before. Papatūānuku is our earth mother, who sustains us. All living creatures are our brothers and sisters. It is our responsibility as the teina species to care for them and listen when they speak
Ka ora te whenua, ka ora te tangata

Mauri

Is the glue that binds the physical to the spirit, the life force, the gift of life that makes us alive, the indicator of life from the moment of conception to the parting of the body & spirit at death

Mana

Is the empowerment given to and earned by us in our lifetimes in order that we may achieve our potential

Tikanga

The right way of doing things in context, the Māori health and safety plan

Karakia

Clears the way, binds us together, connects us to our ancestors and ngā Atua, acknowledges the teachings we have received and to share them in a way that is safe and respectful connects us to our ancestors, ngā Atua, and the whānau of Papatūānuku

Te Ao Marama

The first patient is always the land, Papatūānuku. We must give care to the tiniest living creatures, they are foundation that keeps and sustains life. You can know the health of a population by looking at the health of the environment around them

Ngā Tūpuna

We are the living face of our ancestors. We are them and they are us, walking alongside us, guiding and protecting us. We are their living embodiment, their instruments of grace

Voices of the people

Rongoā is a demonstration of reciprocity between me and the natural world

Caring for mana and mauri are cornerstones for healing to prevail

Music is my rongoā

Rongoā is about passion not pūtea

A person stripped of their culture feels like a stranger standing naked in a room full of people

Western science is not the only lens by which we can come to know the world nor is it the standard by which all other ways of knowing should be judged

Cancer is just a cell who forgot who it was and what it is supposed to do

It is our interdependence (rather than independence) that nourishes us

Things that heal

Beautiful Voice

Kindness

Ancestral connections

Gifts from the spiritual realm

Pūrākau, a whakapapa o ngā tūpuna me atua Māori

Toi Māori a tinana, a wairua

Connections to natural world

Our sense of others (ngā tūpuna me ngā hunga ora)