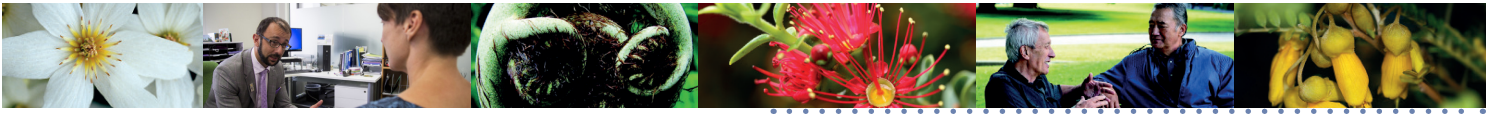


Ōu kare ā-roto me te matepukupuku



Ka matapaki tēnei pārongo i ngā pānga kare ā-roto o te matepukupuku. Kei tēnā, kei tēnā, te āhua o tana whakahaere i ngā āhuatanga o tōna matepukupuku. Tērā pea, ka nui ngā momo kare ā-roto kaha ka rongu koe whai muri i te puta o te whakataunga mate, pērā ki te tumeke, ki te riri, ki te pōuri, te āwangawanga, me te awhero. Puta noa iho ai ēnei āhuatanga.

Ki tā te Māori titiro, e kore rawa e noho wehe te wairua, te whānau, tō tātou hononga me papatūānuku me te ao turoa, me ngā pānga ā-kiko o te mate, i ō tātou kare ā-roto, ō tātou hauora ā-hinengaro rānei.

Ka hoatu whakaaro whaikiko tēnei puka, ka pēhea te kōrero ki ētahi atu e pā ana ki te matepukupuku, te maimoatanga, me tō āhua hoki. Ka tīmata te puka nei mā te whakamārama i ngā kare ā-roto kitea noatia tērā ka rongu koe. He nui ngā wā kī ai ngā tāngata, mā te noho mārama ki ngā āhuatanga e rongu ana rātou, e āwhina i a rātou ki te whakahaere i a ratou.

Te whare tapawhā

He tauira o te oranga te whare tapawhā e whakaatu ana i te hononga ki waenganui i te taha wairua, te taha hinengaro, te taha whānau, me te taha tinana hoki.

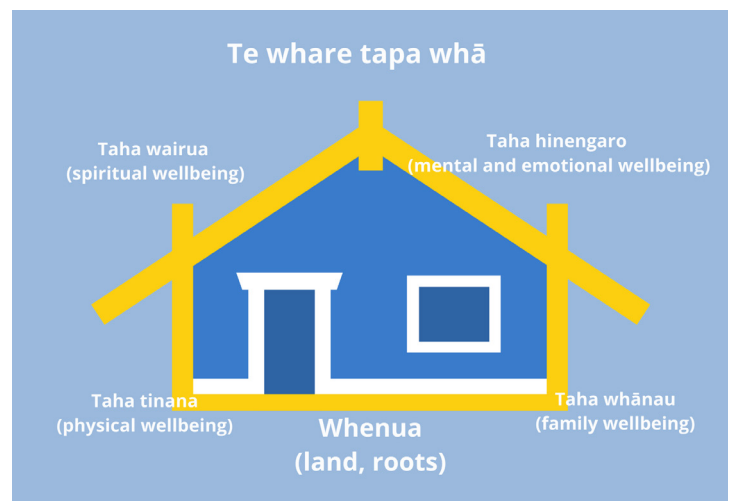
E whakaatu ana te whareniui i ngā pūtake tokowhā o te hauora Māori. Mehemea kei te ngaro tētahi taha, kua kinotia rānei, tērā pea ka pōraruru te whare katoa (te tangata rānei), ka māuiui rānei.

Ko te whenua (te hononga ki te whenua, ki te taiao rānei), te pūtake mō ērā o ngā taha tokowhā, me tana whai wāhi matua ki te tuakiri o te tangata. Tērā ka whai wāhi matua te mahi hono ki te taiao, hono ki te whenua me te moana, ki te whakapai ake i ō tātou oranga kare ā-roto, oranga kikokiko, oranga wairua hoki.

Taha hinengaro

Ko ngā kare ā-roto, ko ngā mea 'ka rongu koe ki roto'. Tērā pea, ka whai pānga ēnei ki tō tinana, me tōna whai pānga ki tō oranga wairua me ōu hononga me tō whānau me ō hoa.

He wā pōuri rawa tēnei i a koe ka whakarite ki te ngaronga, me te ako ki te noho ora me ngā panonitanga tērā ka puta nā te whakatau mate. E kitea noatia ana, ka puta ētahi kare ā-roto kaha tonu i tēnei wā, ā, he nui ngā wā ka rerekē haere. laborum.



Taha wairua

Kitea noatia ai te pōuri o te wairua, hei wāhanga o te wheako matepukupuku. Ka rerekē te oranga o te tangata ka pā ana te matepukupuku ki a koe, ki tētahi atu rānei tino tata ki a koe. Tērā pea, mā te tautoko ā-wairua e āwhina i a koe kia te tū pakari ki ēnei panonitanga.

Taha tinana

Ka pā ana te matepukupuku ki a koe, tērā pea ka pai ake tō āhua i ētahi rā, e ai ki ētahi atu rā – kāore e kore, ka rerekē i ia rā, i ia rā. Ka pai ake tō oranga, ka heke iho hoki ngā taumahatanga mā tō ata tiaki haere i tō tinana me te whakapai ake i tō waiora me te whakaiti ake i te kōhukihuki. He nui ake te kōrero mō te taha tinana, e ai ki ngā kitenga ā-kanohi o te matepukupuku. Kīhai ō tātou hinengaro, ō tātou tinana, me ō tātou wairua e noho māwehe.

Taha whānau

Mā te noho hei wāhanga o tētahi pūnaha pāpori whānui e tautoko i ō tātou oranga kare ā-roto, oranga tinana, oranga wairua. Ko tā te whānau, he hoatu i te kaha ki a tātou kia puta ai tātou ki te whaiāo. Mō te taha Māori, ko ngā hononga ki o tātou tipuna – o tātou here ki neherā, ki ēnei rā, ki ngā rā e tū mai ana – tētahi wāhanga o te kaha ka whiwhi mātou mai i te taha whānau.

Ngā kare ā-roto me te Māoritanga – He aha te kare ā-roto?

Nā Moahuia Goza rāua Brian te Rauroha Emery

E ai ki te ao Māori, he maha ngā whakaaro, ngā ingoa, me ngā momo kare ā-roto.

Kīia ai ngā kare ā-roto, ko te pūngao e whakaterere ana. Ka whai pānga, ka hono hoki ki ngā āhuatanga katoa e pā ana ki a koe. Tae noa ki tō mauri, ki tō wairua, ki tō tinana, ki tō whānau, ki ō tipuna, ki tō/ngā atua, me te taiao.

I tēnei tekiona, ka kōrero mātou mō ngā huarahi e rua mō te whakaaro i ngā kare ā-roto.

Ara tetahi whakaaro e mea ana he matawhaiaro ngā kare ā-roto, he mea hira, ā, ko ngā hoa takatāpui e noho ana ki roto i a koe (kare – ko te tikanga o tēnei, he whaiaro, he mea puiaki, he hoa takatāpui, ko te tikanga o ā-roto – e mea ana kei roto). Ka noho ēnei ki ngā wāhanga maha o te tinana engari, i te nuinga o ngā wā, ka kīia kei roto ēnei i te ngākau, i te puku, me te ate.

Ko tētahi whakaaro e rite ana ki tēnei, ko te whakaaro, whakapapa ai ō tātou tinana ki ngā atua, pērā anō ki o tātou kāre ā-roto. He maha ngā momo kare ā-roto, e ai ki te maha o ngā atua, ā, i waihangatia katoa ki te āwhina i a tātou ki te urungi me te urupare ki tēnei ao e noho nei tātou.

I te wā o tō matepukupuku, ka rongu koe i te maha o ngā

kare ā-roto. Tērā pea, ko te matakū, ko te āmaimai, ko te whakamā, ko te riri, ko te mamae, tērā rānei ka puta ko tētahi āhua māia kua whakahoungia.

Tērā pea ka rongu koe i te pupū ake o etahi kare ā-roto mai i tētahi wāhi hōhonu ki roto i a koe, tērā e mōhio ana koe, kei te hiahia puta. He pai noa iho tēnei, he āhua Māori kē hoki.

He nui ngā huarahi mō te whakaputa me te tuku i ō kare ā-roto e pupū ana ki roto i a koe. Tae noa ki te mahi karanga, mahi haka, te waiata, te tito waiata hou, te tuhi pūrākau, te tito rotarota, te rangahau pūrākau mahi toi, te raranga, te haere ki te kaukau i te moana, te hīkoiko i te ngahere, te whakapakari tinana rānei.

Ka mōhio koe ki ngā huarahi pai mōu ki te tuku i a koe.

Ara anō tētahi atu kōrero mō ngā kare ā-roto, e hāngai ana ki ō tātou kupu Māori. He maha ngā tikanga o ia kupu nui rawa te mātauranga. Anei ētahi taura o ngā kare ā-roto e pā ana ki a Ranginui.

Rangirua – kua puta rangi rua te hinengaro, kua pōhauhau noa iho. He nui ngā wā ka pēnei i te wā o te matepukupuku, ā, tērā pea ka tau haere mā te nui ake o te mōhio.

Pōrangī – pō – wā pōuri. Ko te pōrangī, ko te wā tēnei e whiti ana te rā, ā, kua ao mārama, engari kua whakawhiti kē te mārama i a Ranginui me tana ārai i te rā. Ahakoa e mōhio ana koe ko te wā o te ao mārama tonu, he wā e kore rawa koe e āhei ki te kite. He wheako rangitahi tēnei āhuatanga i te nuinga o ngā wā; ka haere te mārama ka hoki mai te rāwhiti.

Haurangi – Hau – ‘koheritia ai taku hinengaro me ōku kare ā-roto, pērā ki te hau.’ He āhua tēnei e whakaaro ai koe, kei te pana haerehia koe, kei te tīmangamanga koe. Mā te takoto ki runga i a papatūānuku, te hongī i a papatūānuku, me te rongu i te patopato o tōna manawa, tērā e āwhina i a koe ki te whakapūmau i a koe i tēnei wā.

Ārangī – he āhuatanga tērā ka puta, inā kei te tīrengi koe, kāhore i te aumoe. I ētahi wā, ka whakaoho tēnei i a koe i ngā pō, me tō kore āhei ki te hoki ki te moe. Mā te noho pakari, te kai i ngā kai mauri ora, me te whakatau i ētahi o ngā mahi o te “rārangi me matua mahi”, e āwhina i a koe i tēnei wā.

Mehemea kei te whakaaro koe kei te pokea ō kare ā-roto, kei te māharahara rānei koe mō ēnei kare ā-roto, tēnā koa whakamōhio wawe atu i tō whānau me tō rōpū maimoatanga.

Hei kōrero whakamutunga, kei ia hapū, kei ia iwi, ōna ake mātauranga e pā ana ki ngā kare ā-roto. Rapua tō puna mātauranga, tērā pea ka āhei rātou ki te hoatu kōrero ki a koe. Mā te ako i te whakapapa o ōu kare ā-roto mai i nga kōrero o te whānau, tērā ka puta pea hei rongoa mōu.

Wairuatanga

He ariā te wairuatanga e ai ki tā te ao Māori.

He wāhi pū tō te wairua, e kīia ana i ētahi wā “ko ngā wai e rua”, ki te hauora Māori. Mō te tokomaha, ka whakaatuna kētia ai, ko ngā wai e rua, i te mea, ka āhei te tangata ki te tū tūturu me te whakatutuki i ō rātou pūmanawa nohopuku i roto tahi i Te Ao Kikokiko me Te Ao Wairua.

Ehara i te mea ka noho te wairua ki tētahi wāhanga pū o te tinana engari, ka noho matua ki tō toioranga katoa ā, ka



wehe atu i tō tinana i tō matenga, i te wā e moe ana rānei koe. I ngā wā puta ai ngā moemoeā, ka rere te wairua ki ngā ao o te ao wairua, ka hoki mai ki te tinana ka oho ana te tangata. Koinei te take, he mea nui ngā moemoeā ki te ao Māori.

He nui ngā momo huarahi ki te manaaki i tō wairua. Ko ētahi o ēnei, ko te mōhio ko wai koe, nō hea koe, te mōhio ki ngā waiata, ngā karakia, te reo, ngā rongoā Māori, me te whai wāhi ki te taha o tō whānau, te haere ki te ngahere, me te kaukau i tō awa, tō moana rānei, te haere ki te kite tohunga, te hoki rānei ki tō marae.

Pērā ki te nuinga o ngā haerenga i te wā o te toioranga, he haerenga wairua anō te haerenga matepukupuku. Rapua ngā tāngata ka tautoko i tō haerenga. Whāia te oranga ngākau i ngā ōruatanga. Mehemea kei te whakaaro koe ki te hoki ki tō tūrangawaewae, ka puta rānei te hiahia ki te kite i tētahi mea, tētahi tangata, te waea atu rānei ki tētahi, me whakarongo ki tō wairua. E ata tohu ana tō wairua, he aha te mea e hiahia ana koe.

E ngā rangatira o ngā hau e whā, hokia ki ōu maunga kia purea ai e ngā hau o Tāwhirimātea.

Te kōrero ki tō whānau me ō hoa

Ka hāngai te āhua o ngā mahi whakawhitiwhiti kōrero a tō whānau mō tō matepukupuku, e ai ki te āhua kōrerorero ai koutou ki a koutou anō. Ko ngā whānau me ngā hoa e kaha ana ki te kōrero i ō rātou whakaaro, ngā mea pai ake pea ki kōrerorero mō te matepukupuku me ngā rerekētanga ka puta. Ka noho tūmataiti ētahi hononga, kotahi rānei te tangata e kawea ana i te tūnga matua mō ngā mahi whakataunga.

Ka kaha ake koe mā te kōrero mō tō mānukanuka, mō tō matakū, ka āwhina hoki i a koe i ngā wā taumaha. Tērā pea, he mea āwhina te mahi kōrero ki tētahi o te whānau, tētahi o te hoa rānei e pai ana mō te whakarongo.

Ka kite pea koe, ehara te mahi kōrero mō tō matepukupuku i te mahi uaua, e ai ki tērā i whakaaro koe. I te nuinga o te wā, kāore he take o te huna i tō whakatau mate. A tōna wā, ka rongo, ka mōhio te whānau me ngā hoa. Mehemea he uaua mō ngā mea tata ki a koe ki te kōrero mō te matepukupuku, mā te karanga i tētahi hui ā-whānau, ā-hoa hoki pea e āwhina.

Te wā tērā pea me whai tautoko ngaio koe

Kāore he aha mō te puta o te āwangawanga ka rongo ana koe kua pā te matepukupuku. Heoi anō, mehemea ka kite koe, ka rongo rānei i ētahi o ēnei mea e puta ana, me whai tautoko ngaio koe mehemea:

- he uaua mōu ki te whakahaere i a koe i ia rā, ia rā
- kua ngaro katoa tō kaha ki te mahi i ngā mahi i pai ki a koe i ngā rā ki muri
- kua huri koe ki te inu waipiro, ki te kai whakapōauau rānei hei āwhina i tō rā
- kua ngaro tō hiahia ki te kai, kua kore koe e kai
- kei te roa rawa tō moe, kei te raruraru rānei koe ki te moe
- kei te noho mōrea koe mō te whakawhara i a koe anō, i tētahi atu rānei, nā tō riri
- Kei te whakaaro koe ki te patu i a koe anō, ki te whakamomori rānei, waea atu ki a i LIFELINE i runga i te nama 0800 543 354.

Mehemea kei te māharahara koe kei te noho mōrearea koe, tētahi atu rānei, me waea wawe atu ki 111, ka tono āwhina.

1. Nā Moahuia Goza māua ko Brian Emery i tākoha te kōrero nei. Ngā uri o Ngāti Kauwhata, Ngāti Matakore, Ngāti Hauā hoki. 14 Paengawhāwhā, 2020.
2. Some similarities to the Rangi matrix; however, a more generalised association with kupu Māori.
3. There are many meanings for the kupu pōrangī. In this context pōrangī means a temporary state of not being able to see clearly.
4. There are many meanings for the kupu haurangi. In this context haurangi means a temporary feeling of being unsteady and ungrounded.