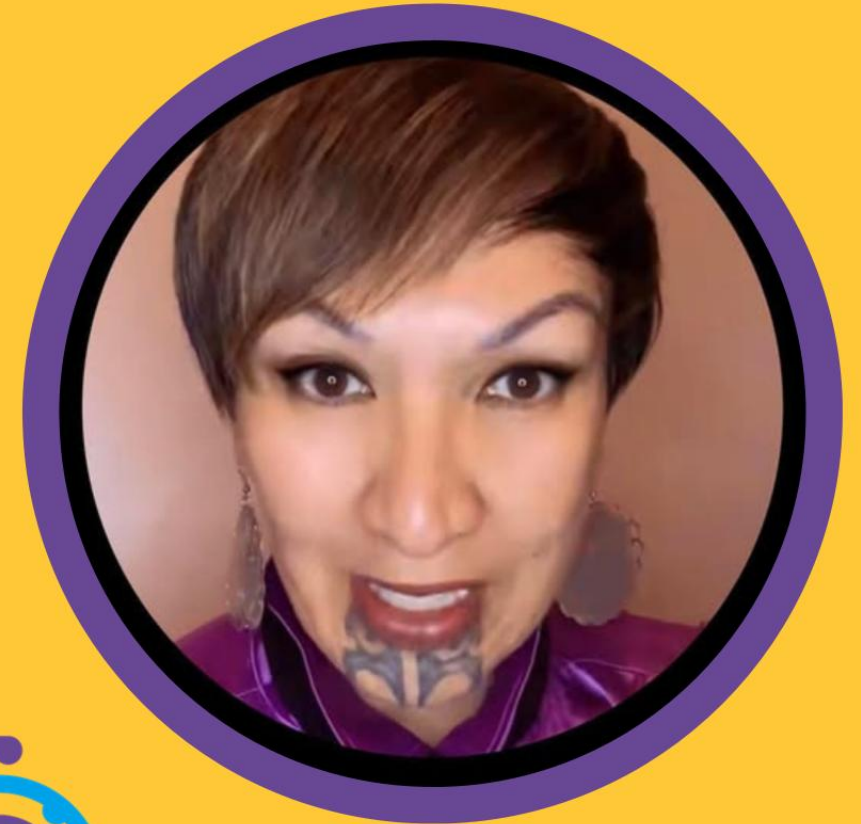


Oro: Restoring and Strengthening Mauri

with Sophronia Smith

Tuesday 11 August 12.15 – 1pm



Kai & Kōrero
Learning over lunch

Social
Service
Providers

Te Pai
Ora o
Aotearoa







Oro: Restoring and Strengthening Mauri

- Whakapapa: Papatūānuku & Tāwhirimātea
 - Tūi Method:
 - Mauri
 - Mahi tahi
- 



Figure 1. Papatūānuku by B. Waikpuka



What do we learn?

- The first karanga originates from the sorrow of **whare tangata**.
 - Karanga carries and gives expression to sorrow held within.
 - Karanga seeks connection.
 - Karanga invokes te ao wairua.
- 



Figure 2: Te Wehenga o Ranginui rāua ko Papa by C. Whitting



What do we
learn?

- Ua carries emotion.
 - Ua gives expression to grief, anger and longing.
 - Ua seeks connection.
 - Ua cleanses and heals.
 - Ua restores balance.
- 

- *Karanga – call from the womb – an expression of oro.*
- *Ua – the percussive sound of Ranginui's tears upon Papatūānuku - an expression of oro.*
- *Oro – sound is an ancestral frequency within our whakapapa (genealogy). Present in the natural world. It is an ancestral tool for releasing, lifting, and restoring wellbeing.*



- 25 years across Social Services, Iwi, NGO, Tertiary Education, & Community Development
- Mauri Moe (depletion, burn out, intense stress)
- Return to mātauranga māori
- What did our tīpuna know about restoring mauri?
- What tools did they use?



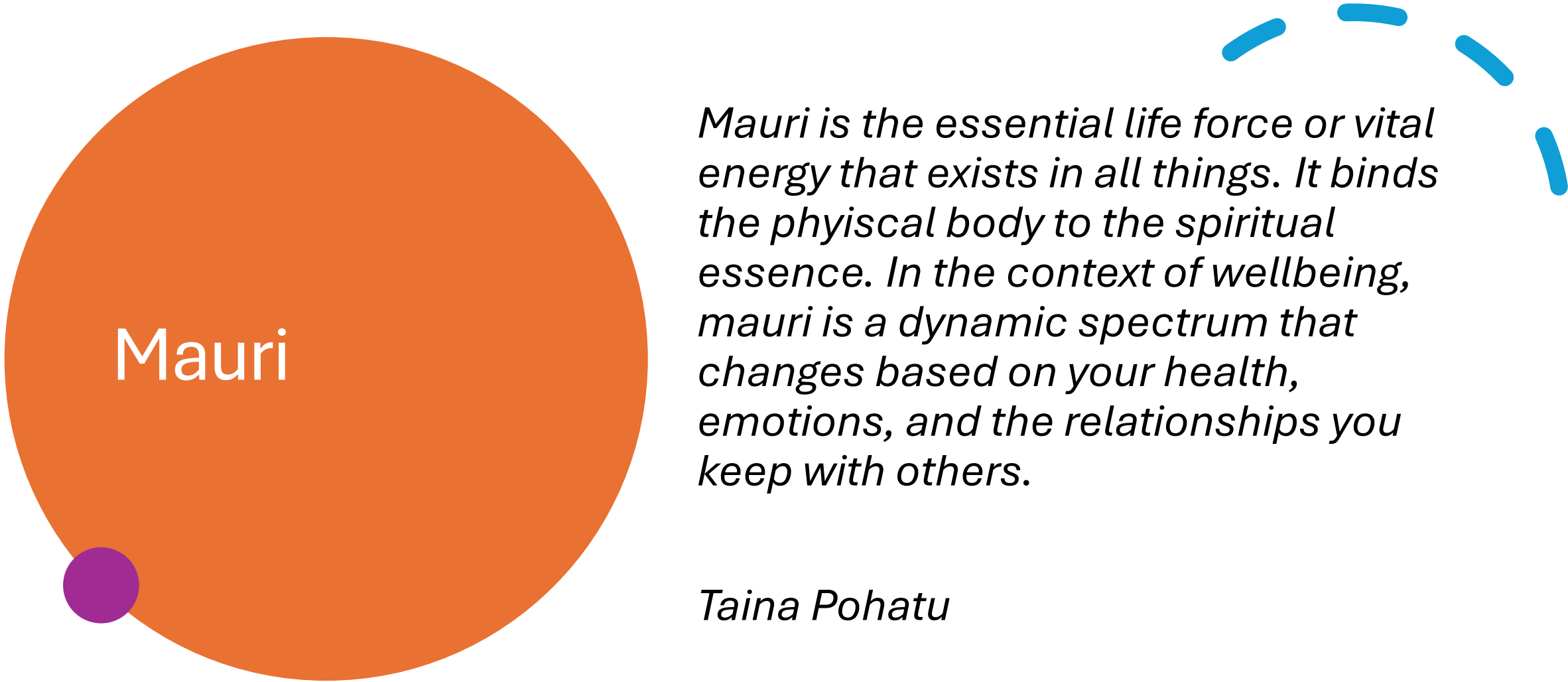


A mātauranga Māori wellbeing framework restoring mauri across individuals, teams, and organisations.







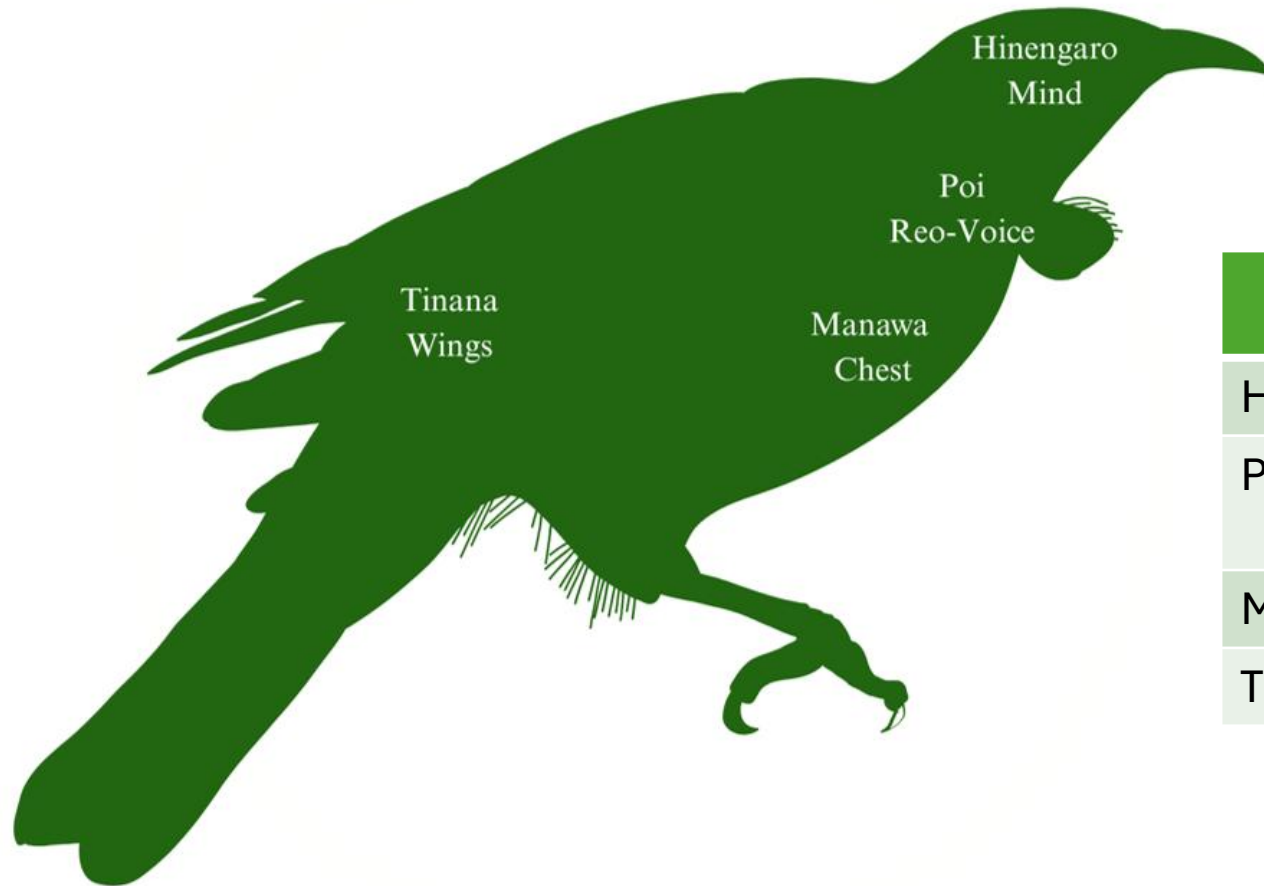


Mauri

Mauri is the essential life force or vital energy that exists in all things. It binds the physical body to the spiritual essence. In the context of wellbeing, mauri is a dynamic spectrum that changes based on your health, emotions, and the relationships you keep with others.

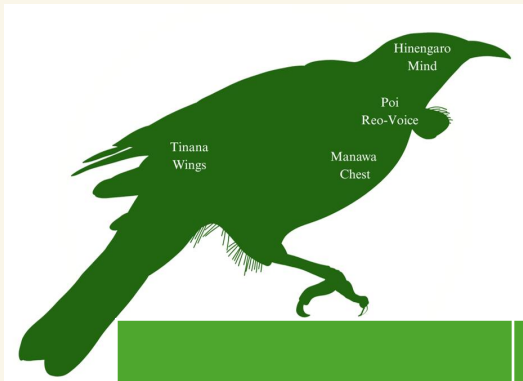
Taina Pohatu

Te Tūī



Hinengaro	Mind
Poi	Voice Spiritual
Manawa	Relationships
Tinana	Body

Mauri Moe	Inactive Dormant Untapped potential
Mauri Oho	Activation Awakening Startled
Mauri Ora	Alive Flourishing Clear headed



	Mauri Moe	Mauri Oho	Mauri Ora
Hinengaro	Fear of change Stuck in old habits Problems are ignored	See that change is necessary Curiosity Brainstorming	Goals are clear Innovative thinking High resilience
Poi / Reo	Silence Confusion Scripted/Not transparent	Voicing opinions Listen instead of just talking Hard topics are brought up	Harmony Inspiring Open feedback
Manawa / Poho	Low trust Burnout Profits over people	Teams working together Empathy shifts Values check	Deep connection Shared passion True care
Tinana / Parirau	Plans sit on shelves Wasteful use of resources Tasks require effort	Small changes put in place Waste is being spotted Gaining speed	Projects finish smoothly Habits protect future High energy

Mauri Reflection

Hinengaro (*Mind*)

What thoughts are occupying most of your energy right now?

Poi (*Wairua | Voice*)

When was the last time you truly felt heard or expressed yourself authentically?

Manawa (*Heart | Relationships*)

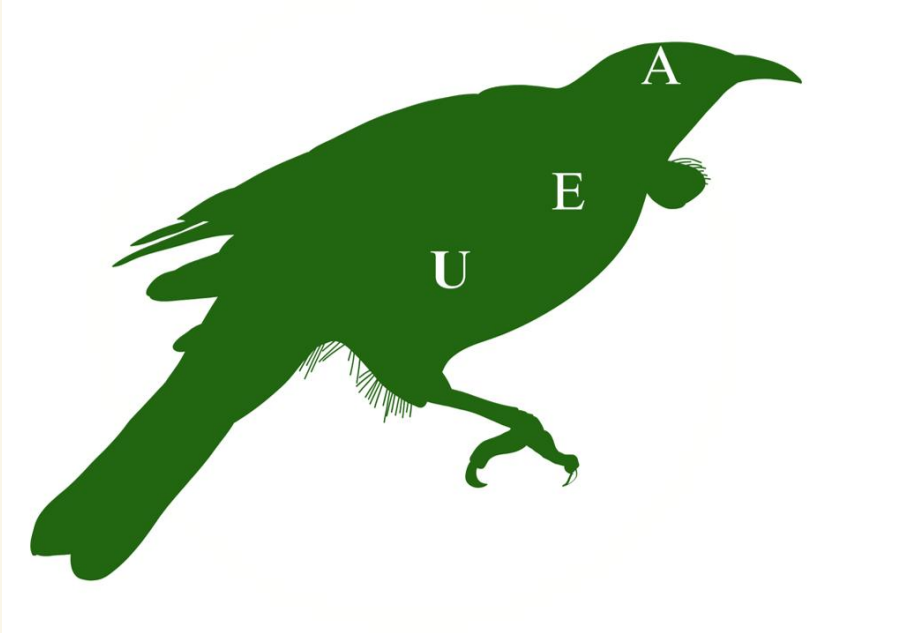
Which relationship is currently giving you energy... or taking it away?

Tinana (*Body*)

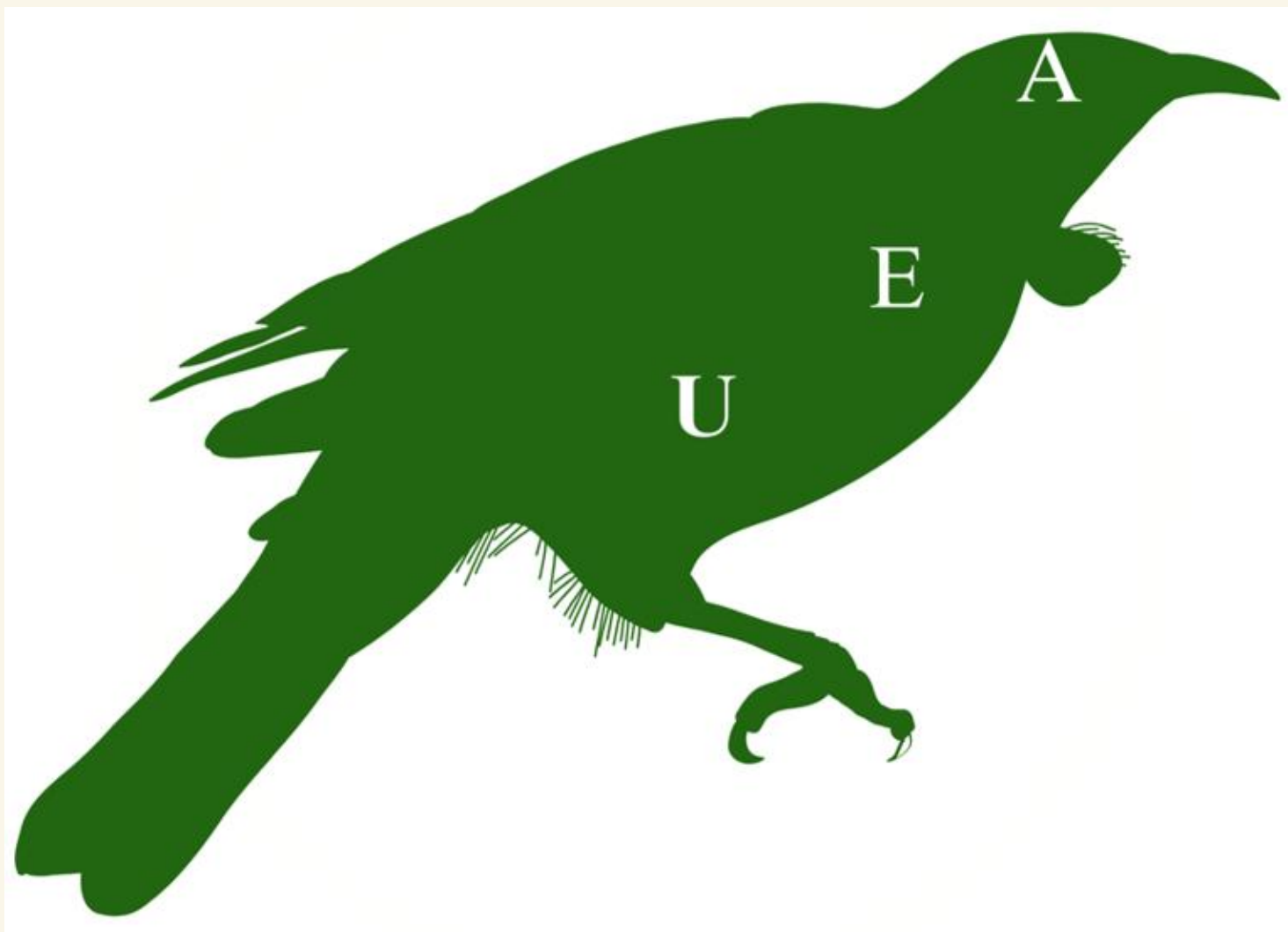
What is your body trying to tell you today?



A E U Framework



A	MAHUNGA	Release	Waiata Kōrero Ha	Ua Ranginui Natural cycle of releasing
E	POHO/POI	Clear	Waiata Kōrero Hā	Tūī ferociously protects boundaries
U	PUKU	Ground	Waiata Kōrero Hā	Awa Waters of life Whare tangata



A: Activator

A: Head mahunga – vibration – to release mental overload

A: Papatūānuku earth mother teaches us to vocalise our grief, release heavy energy into the earth or tai ao to restore our mauri.



***Auē, taukiri e!
Tukua ki runga,
Hīkina te mauri,
Ki te whaiao, ki te ao
mārama.***



Plant feet flat Connect to Papatūānuku	We acknowledge the weight we carry.	Auē, taukiri e! Oh dear, Alas, OMG
Hā (breath) Breathe deep into your puku	We are starting to shift the stress, blocks that are stored in our body	Tukua ki runga Ascent – moving from the feet, to the puku, up the spine ..
Oro (sound) Release the breath in your puku with a focus on releasing in the head	We are shifting the mental fog, anxiety and weight sitting in our heads	Hikina te mauri (lifting – awakening)
Ihirangaranga (vibration) Push the sound up and out the head	We release the exhaustion completely and clear	Ki te whaiao, ki te ao mārama (from darkness to light)

Plant feet flat Keep posture tall Connect to Ranginui	We prepare to connect with Rangi	A
Hā (breath) Breathe light into your chest and throat cavity	We are starting to shift heaviness, grief, emotion	Let the sound sit in the throat and chest area
Oro (sound) Let the sound vibrate in the head area	We are shifting the mental fog, anxiety and weight sitting in our heads	Let the A waver like falling rain
Ihirangaranga (vibration) Push gently the sound up and out the head	We release the exhaustion completely and clear	The sound fades out of the top of the head



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Hinepūtehue

