

***“Tihei Mauri Ora
ki te whaiao ki te ao marama”***

*I sneeze forth the breath of life
from the spiritual realm into the world of light*

Pourotu Ngaropo

Mataatua, Te Arawa, Tainui, Takitimu,
Ngatokimatawhaorua

Tōku pepeha

My tribal identity and who I am

- Oku Maunga
- Oku Awa
- Oku Waka
- Oku Hapū
- Oku Marae
- Tōku Whānau



Ko wai a Ngāti Awa

Who are the people of Ngāti Awa



Te Hekenga mai o Mataatua

The migration of Mataatua



Te Raupatu Whenua

The confiscation of the land



Mai i te Toi Ora ka taka iho ki te Haumate

*From optimum wellness
and wellbeing to
unwellness and disconnection*



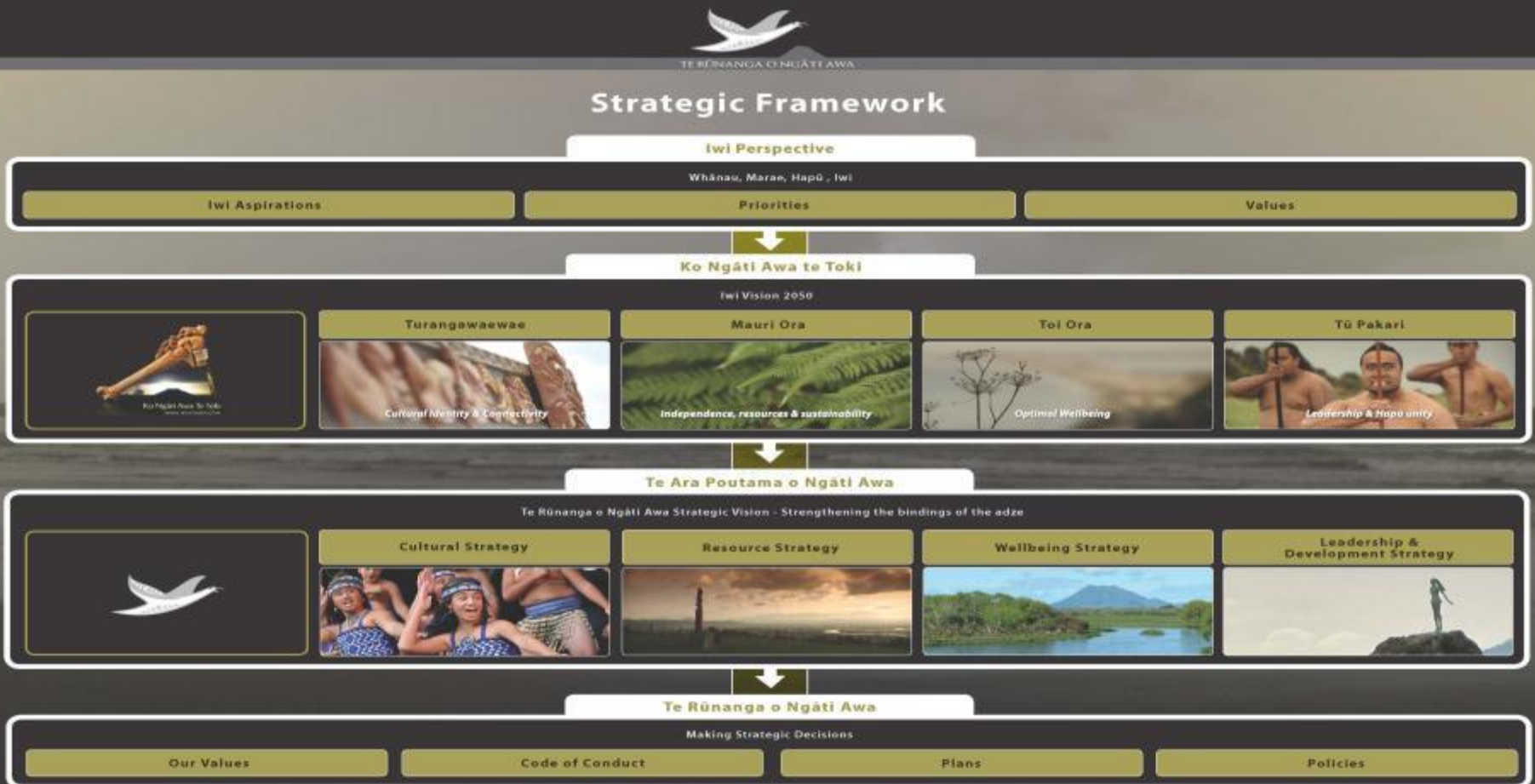
Te Hanganga mai o te whare o Mataatua

The creation of the Mataatua meeting house



Te Ara Poutama

The pathway of time to achieve optimum wellness and wellbeing



Toi Ora

Ko Ngāti Awa te toki tangatanga i te ra te ngohengohe i te wai

To achieve optimum wellness and wellbeing the four foundation pillars of Te Ara Poutama must be in place:=

1. *Turangawaewae*
2. *Mauri Ora*
3. *Tu Pakari*
4. *Toi Ora*

With these four foundations in place then anything is possible.

It is said Ngāti Awa is likened to the greenstone adze that never loosens in the rays of the shine or is softened by the flow of water.



