

# Ngahere

Ko au te whenua,  
ko te whenua, ko au

*'I am the land and  
the land is me'*

*A series of brief  
meditations, Hā  
moments, for health  
and wellbeing*



*Te Pūaha o te Ako*

# ***Ngahere***

Ngahere is a kupu, a word often associated with the forest in Aotearoa. It is also a kupu which describes the hononga, connection from us to Papatūānuku, Ranginui and the various atua.

This year has shown us beautiful examples of kotahitanga, a collective coming together during times when we have experienced incredible disruptions in te taiao, our environment. We can see these disruptions as tohu, signs that te taiao also has been and is going through much.

In times of disruption, it is important to reflect on how we manage our wellbeing, and how we navigate these floods and waves and winds. These are times when we need to remember to take moments to reset, rejuvenate, nurture and care for ourselves, and our hauora – and to be aware of how our wellbeing is connected to te taiao. That is where the Six x One Challenge comes in.

## The Six x One Challenge

The Six x One Challenge is designed to encourage you to take micropauses throughout the day, every day. It is about making time six times a day to take a minute to come back into your connected, whole and essential self. These micropauses help us calm and unwind our nervous system. Every day that we practice these micropauses, we teach our minds and bodies to learn the art of unwinding, while reducing stress and reconnecting us to our breathing, loving, living selves. We call these micropauses Hā moments.

The Six x One process is a practice, and a discipline, but those six minutes a day do wonders for rewiring a stressed system and bringing it back into connectivity, nourishment and vitality.

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## The Six x One process

Each Hā moment exercise has three elements to guide and ground you;



**Whakataukī** a significant saying, an inspirational statement, quote, or proverb.



**Pūmanawa** a way to think about our superpowers, the tūpuna ancestor-given gifts which each of us have.



**Rongoā** a remedy, a treatment, a guidance for your Hā moment.

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## The Six x One Challenge principles

The principles of Six x One are:

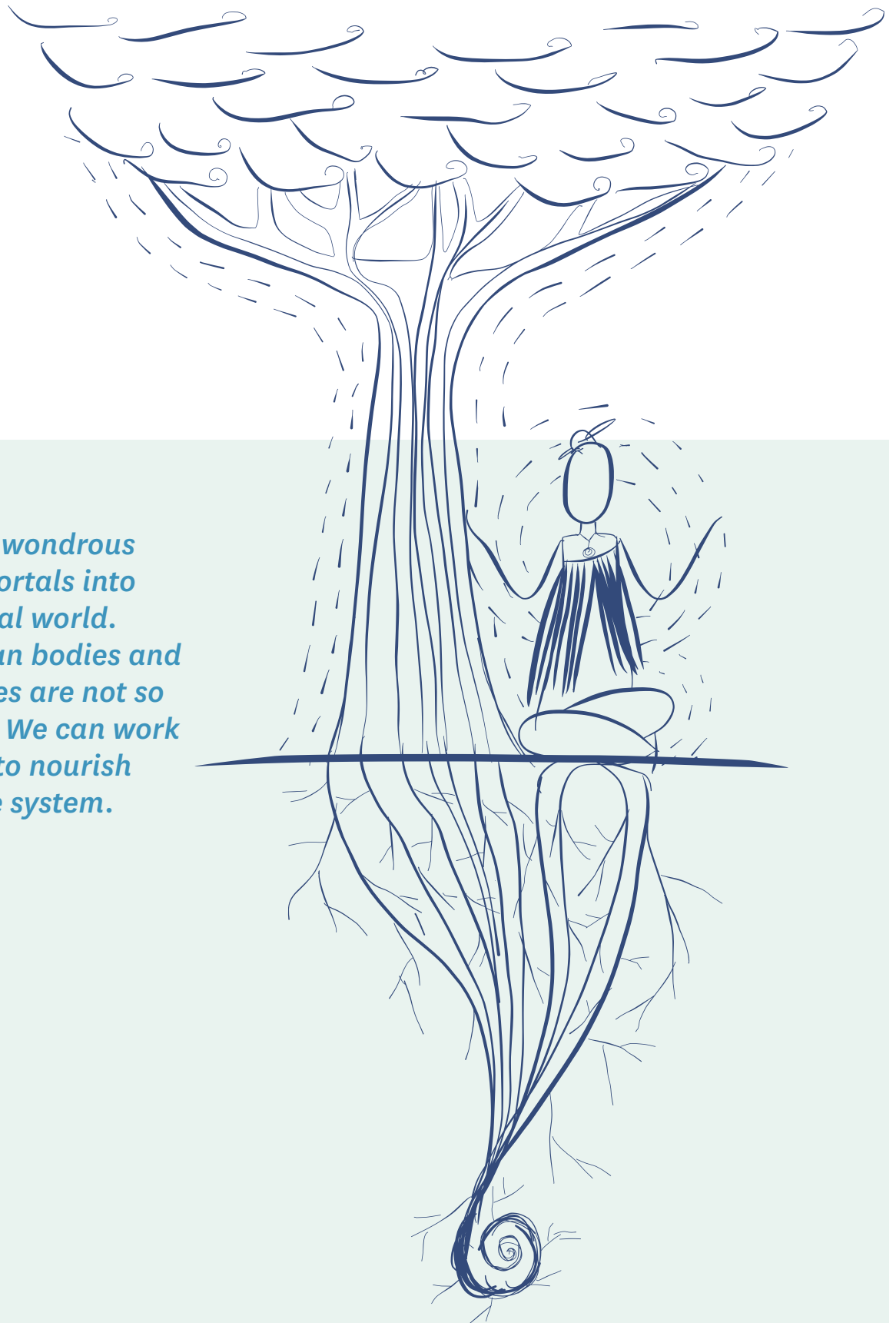
- Commit to giving it a go, suspending judgement of yourself, the practice and the process.
- For each of the six minutes, get off all devices and do something that brings you joy and ease, and connection.
- Use our suggestions to guide your Hā moments if you wish – or find your own pathways to peacefulness.
- Notice what happens in you as you take a minute to nurture yourself.

**Enjoy!**

**Ngahere**

**Rākau**

*Trees are wondrous beings, portals into the natural world. Our human bodies and tree bodies are not so different. We can work together to nourish the whole system.*



**Te Pūaha o te Ako**

# Hā moment - You as nature

Follow the process below or listen to the audio guidance [here](#)



## Whakataukī:

*What frequency have I lost that I cannot hear the tree speak?*

Malidoma Patrice Somé (author and leader)



## Pūmanawa:

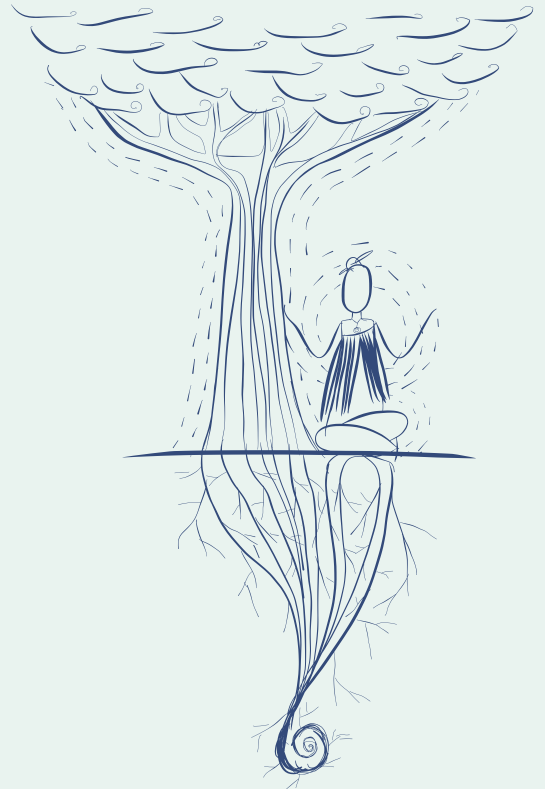
Your connection to nature, and yourself as nature, is something that is just always there. It is who you are. We are never separate from nature – as humans we are part of the natural world. As we work to reconnect with Papatūānuku, we heal her and ourselves. The ngahere, the forest, and the rākau within it, help connect us to Papatūānuku.



## Rongoā:

Wherever you are, go outside. If you can see a tree close by, either imagine you are standing next to each other, or go and stand next to it. If you can, you might want to sit or stand with your spine against the trunk of a tree. Say hello and breathe in the tree and imagine as you breathe out, it breathes you in. Breathe out the tension in your body then sense yourself connecting deeply into the soil and earth, breathing in the tree's vitality and oxygen. Then take a few breaths breathing out your goodness and letting the rākau feel that and then breathing in the magic and Rongoa of the rākau, their healing essence.

**whakaaroaro** - time for reflection



# Hā moment

## - connection to te taiao

Follow the process below or listen to the audio guidance [here](#)



### Whakataukī:

Ehara taku toa i te toa takitahi  
engari he toa takitini.

I come with not my own strengths but bring with me,  
the gifts, talents and strengths of my family, tribe and  
ancestors.



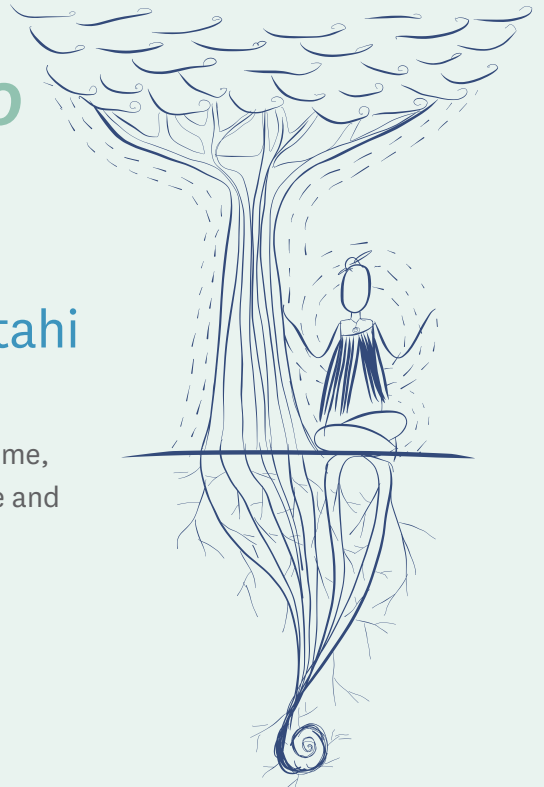
### Pūmanawa:

We are not alone in this world. We have  
and carry the many gifts of our tūpuna, our  
ancestors and our whakapapa. As people of  
this world we are also intrinsically linked, connected to te taiao, the environment.  
We know the peace of this connection, this hononga, when we plant our feet within  
the ngahere, or dip our toes in the moana or an awa. Our waewae, our feet, ground  
us when we place them in these spaces.



### Rongoā:

Hononga, connect, with a rākau. Find a rākau, a piece of wood that you connect  
with. Ask for permission through karakia and/or words from Papatūānuku to  
borrow it. Feel it, have a kōrero with it, bring it to your space of mahi and take a  
moment to place your feet on it. Close your eyes and feel it, feel its mauri, breathe  
and allow it to ground you, to centre you. Kia tau te rangimarie.



**whakaaroaro** - time for reflection