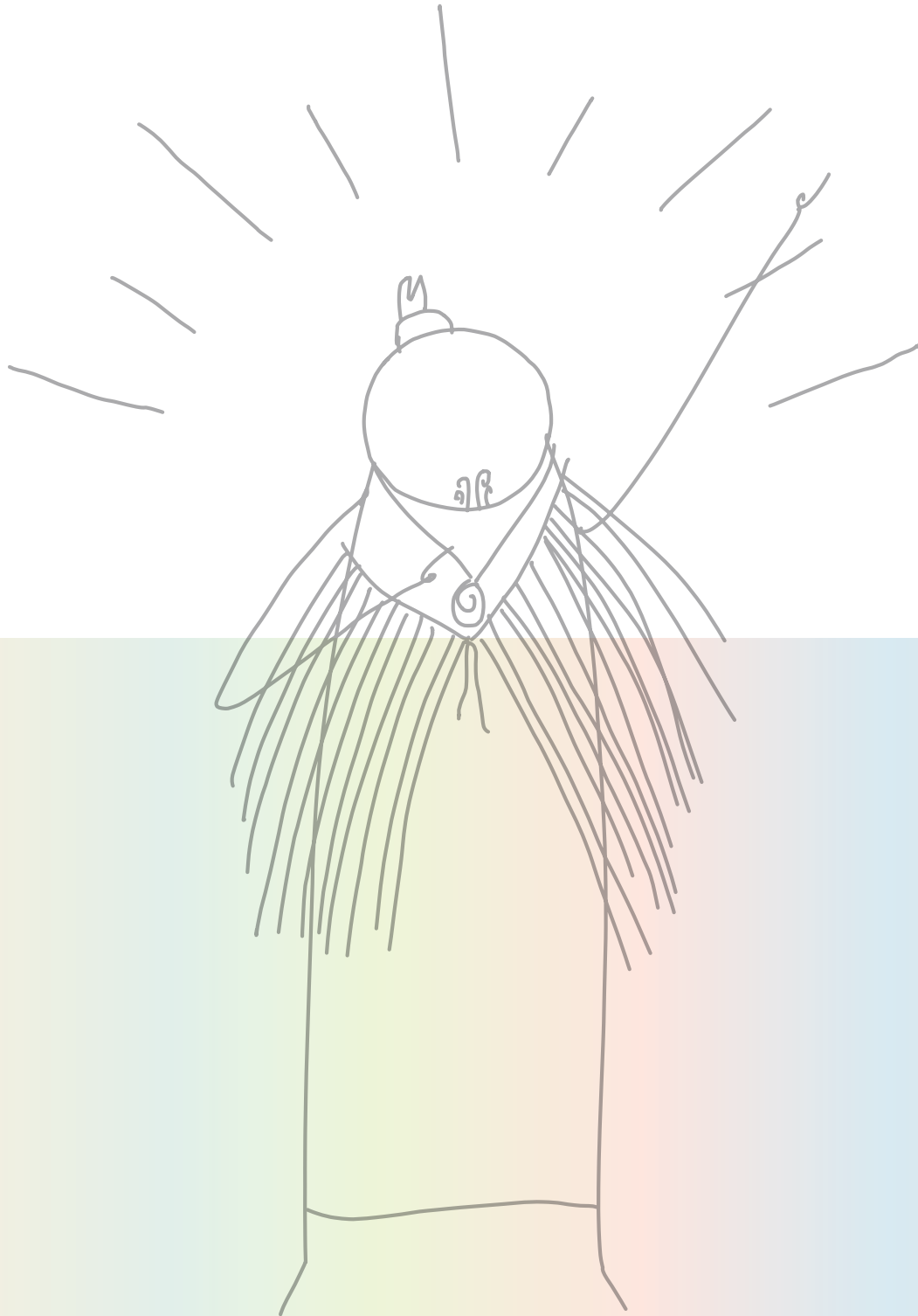


Unu Ora

*A series of brief
meditations
on health and
wellbeing*



Woo

Unu Ora is a series of brief meditations on health and wellbeing created by Centre for Social Impact associate Tuihana Ohia.

Unu Ora means to draw out the life, the wellbeing in someone. This series is designed to help us do that through offering some ways for us to create some moments of stillness in our lives to sustain and inspire us.

Each Unu Ora offers a whakatauki to encourage reflection, and some questions and ideas to help you think about your wellbeing. You can also share it with whānau, friends, and work mates.



**Unu
Ora**

Unu Ora

Your hauora begins with you. Ko Au.



Whakataukī:

Poipoia te kākano kia puāwai ai.

Nuture the seed and it will bloom.

We need love and care to nurture and realise our potential.



Karawhiua:

Pūmanawa – What are your pūmanawa?

Pūmanawa

a beautiful word. Pūmanawa are our superpowers, our Tūpuna, our ancestor-given and naturally talented gifts which each of us have.



Rongoā:

Squeeze the juice of 2 lemons into a saucepan and add ¼ cup honey, a handful of fresh thyme and 2 crushed cloves of garlic. Heat the mixture gently until it nearly simmers, then steep covered for one hour before draining out the solids and bottling. Store in the fridge for up to a week.



Woo

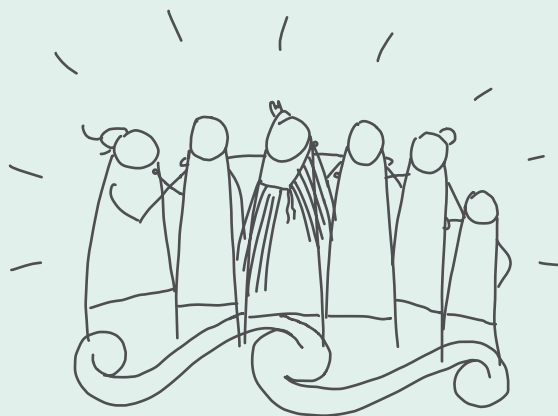
Unu Ora

We have inherited tūpuna-given taonga, gifts. These gifts contribute to our hauora.

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.



Karawhiua:

What are the gifts, taonga that you have been gifted and come from your tūpuna?

Karawhiua

a call to action, to move forward, to forge ahead with your goals, aspirations, to call out and utilise your talents and gifts.

Rongoā:

Do you have a rongoā that you use or have within your whānau? Write this down, share it.



Woo

Unu Ora

Our hauora, while it begins with us, an impact wider than ourselves is achieved when we come together, with a common purpose and intention.

Tongikura:

Ki te kotahi te kākaho, ka whati; ki te kāpuia, e kore e whati.

If a reed stands alone, it can be broken; if it is in a group, it cannot.

When we stand alone, we are vulnerable, but together we are unbreakable.

- Kīngi Tāwhiao



Tongikura:

*What is your greatest contribution to your whānau?
What is the greatest skill that you bring to your team?*

Rongoā

a remedy, a treatment, a solution. This can differ and be different things for different people, such as a mirimiri, massage, meditation, taking vitamins, being near the moana, the ocean, walking in the ngāhere, the bush.



Woo Rongoā:

This is a recipe I got from my mother's partner and has now become a staple in our whare. Green tea (caffeine-free), two capfuls of apple cider vinegar (the one that has sediment at the bottom) & a teaspoon of honey. Drink hot or cold.

Woo



Unu Ora

Aroha and whānau play such a large role in our lives. Let us contemplate and consider their contribution to our hauora.

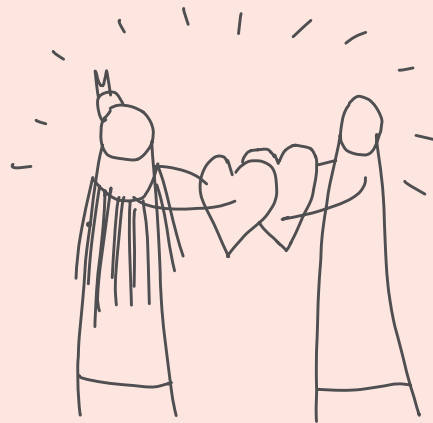


Whakataukī:

Aroha mai, aroha atu.

Love received demands love returned.

Love others and love will come back to you.



Karawhiua:

Record daily how you contributed or gave aroha to your whānau, to your mahi, to yourself. Record how that aroha, that love has been reciprocated.

Whakataukī

a significant saying, an inspirational statement, quote, and proverb, that is emotive. Often said by a person we admire and consider wise.



Rongoā:

Enjoy a shared kai at mahi or with your whānau. Bring or cook your winter dish, that warms your heart and soul and fills your puku.



Unu Ora

So if you were to fashion your own Whare of Hauora, what would it look, feel, smell, sound and taste like?

Tongikura:

Māku anō e hanga tōku nei whare, ko te tāhūhū he hīnau, ko ngā poupou he māhoe, he patatē. Me whakatupu ki te hua o te rengarenga, me whakapakari ki te hua o te kawariki.

I shall fashion my own house. The support post shall be of māhoe, patatē. The ridgepole of hīnau. The inhabitants shall be raised on rengarenga and nurtured on kawariki.
- Kiingi Tawhiao



Tongikura:

When I think of this it makes me reflect on what my whare, my house or home of hauora. What does it look like for me? Ahau, mahi, whānau, hauora

Tongikura

a kupu specific to Waikato, to Tainui and is much like a whakataukī, evoking emotion and thought. Kiingi Tawhiao was considered a great prophet and visionary, a leader for his people.

Rongoā:

When you are not clear on your journey ahead, or perhaps go a bit 'off track', refer to your own Whare of Hauora.



Unu Ora

We have all had learnings this year. What has or has not served us well?

He whāinga:

He aha ngā āhuatanga kei roto i a koe, me pupuru tonu, me tuku, me whakamutu noa atu ?

What will I let go of, take with me, or stop doing?



Ōku whāinga:

My aspirations, my goals for the coming year. What are they?

Ōku whāinga

our aspirations our goals and objectives. The key is to ensure they are meaningful, have intention and purpose.



Te whakamahara i ngā mate:

Remembering those who have passed. Who were they? What did they mean to you and what taonga, learning did you receive from them?

