

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.

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.

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

Aroha & Pūmanawa

The focus of the Hā moment practices on resourcing ourselves for our full lives and sacred mahi. We need to connect to what nourishes and resources us to bring our love and gifts into the world.



Te Pūaha o te Ako

Hā moment - calming the nervous system

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



Whakataukī:

Understanding the nervous system is the process of

“being safe enough to fall in love with life”

Deb Dana, author, practitioner, speaker, researcher



Pūmanawa:

What helps you orientate to safety, to feel safe enough that you can relax and let life in a little more? Our hononga, connections, are what bring us back into a safe and vital place.

For this exercise, bring a taonga into your heart and mind that helps you orientate to your happy place. Connect to a memory or image of an ancestor, a guardian, a maunga, an awa, the moana, a breath, a place that nourishes you, or even Mother Earth herself. These taonga are what help you access your superpowers.



Rongoā:

Use your Hā moment to relax into a state of safe connection and resource. Bring to mind your chosen taonga. Let it help you with whatever you are feeling. Let your body relax into being held by it. Breathe in its special magic, releasing your own stress, breath by breath. Yield and imagine yourself held. Breathe in the connection, the nourishment and enjoy it.



whakaaroaro - time for reflection what have you noticed during this Hā moment

Hā moment - connecting to our pūmanawa

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



Whakataukī:

Poipoia te kākano kia puāwai ai.

Nurture the seed and it will bloom. We need love and care to nurture and realise our potential.



Pūmanawa:

Our hauora, our wellbeing begins with us, ko au. During the noise of life we forget or misplace the awesomeness of us, sometimes feeling disconnected with ourselves. Through a reflective internal practice we take a pause to remember, consider, acknowledge and celebrate our pūmanawa, our breath.

By doing so, we begin or reignite the nurturing of our hauora.



Rongoā:

Take a pen and paper. Close your eyes. Think about your pūmanawa, your superpowers. Listen to what comes to mind. Write down what you find. Each time you do this, you may discover new strengths that you draw on to settle and ground yourself. Kia tau te rangimarie.

Outside of your Hā moment, you can extend this process of hononga, connection to your pūmanawa, through journaling.

whakaaroaro - time for reflection what have you noticed during this Hā moment