

Contents

Wawata – an introduction 9

1 – Whakaeke 25

Whiro – renewal 32

Tirea – new learnings 37

Ohata – celebrate menstrual flow 42

Ōuenuku – different points of view 48

Okoro – reflect on connection 53

2 – Mōteatea 59

Tamatea kai-ariki – be wary of
destructive energies 64

Tamatea wananga – stand up to
threat 72

Tamatea ā-āio – seek out tranquillity,
rest and acceptance 77

Tamatea whakapau – review our
assumptions 82

3 – Waiata ā-ringā 91

Huna – awareness of the breath 95

Arīroa – the power of eye contact 100

Hotu – exploring our hearts'
desires 104

Māwharu – female sexual energy 110

Atua whakahaehae – wounds of the past 115

Ōhua – fertility 120

Ōturu – female humour 125

4 – Poi 131

Rākaunui – light reveals all 135

Rākaumatohi – vibrant preparation 140

5 – Haka 145

Takirau – energy shifts 150

Oike – caring for Papatūānuku, our Mother

Earth 155

Korekore – moving up the generational
chain 162

Korekore tuarua – our personal health 168

Korekore piri ki Tangaroa – new ways to
move forward 172

6 – Whakawātea 179

Tangaroa ā-mua – laughter as
medicine 183

Tangaroa ā-roto – inner emotional
travel 190

Tangaroa ata kiokio – longing 198

Ōtāne – finding our space 202

Ōrongonui – intergenerational
peace 209

Maurea/Mauri – perspective 213

Mutuwhenua – completion 219

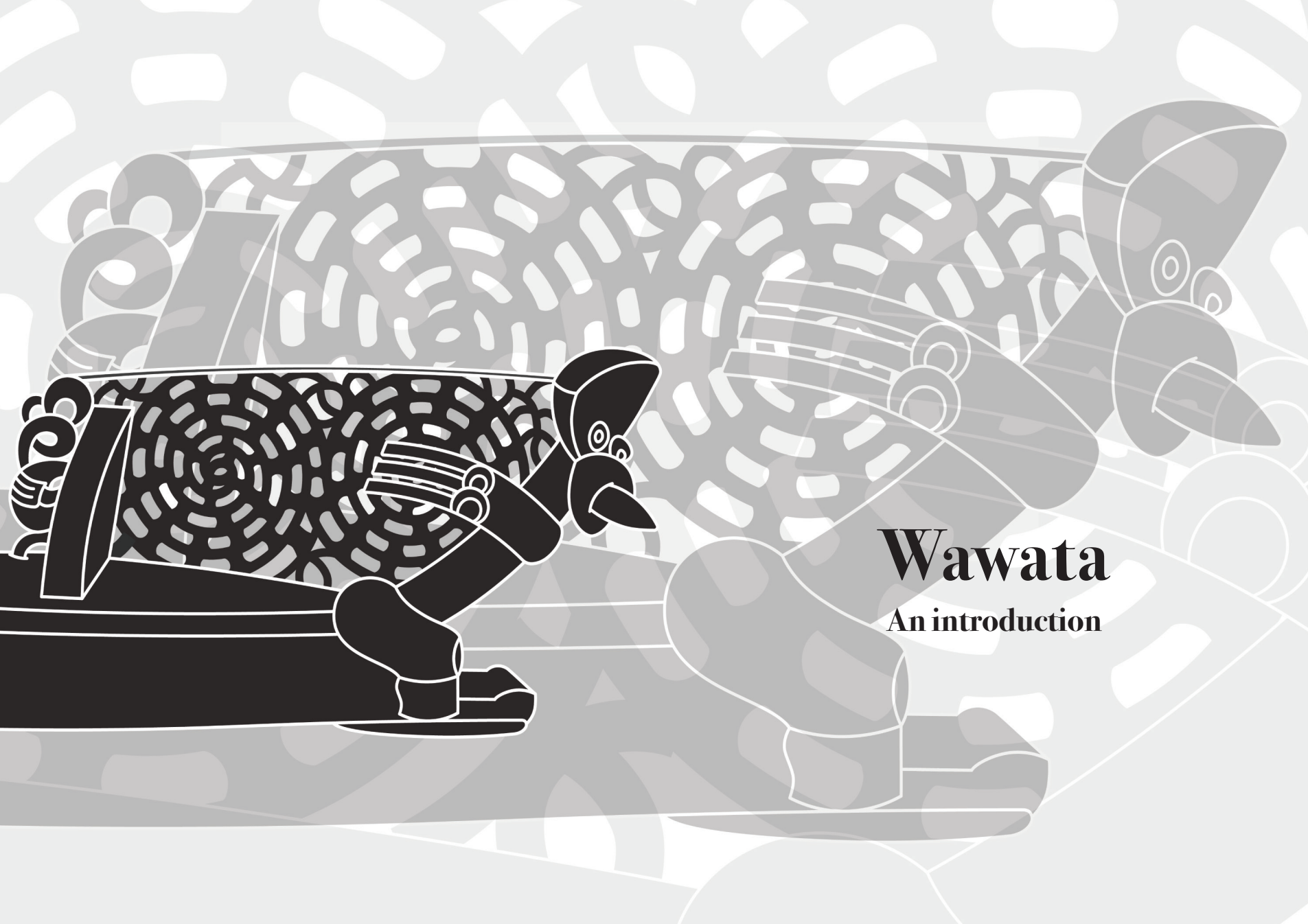
Index 225

*Āhuatanga hoahoa / A note on
design* 230

He rauemi tāpiri / Further resources 233

He mihi whakakapi / Acknowledgements 235

About the author 239



Wawata

An introduction

