

## TOI HAUORA KŌRERO O TE WĀ

# Ki Te Ao Mārama – and beyond

### What have we learnt from COVID19:

We whakapapa to the experts of change and transition ('Māui the shape shifter'). In te Ao Māori, pūrākau offer a number of metaphors for transformation and transition:

- Te Pae Tata and Te Pae Tawhiti;
- Tū and Rongo;
- Tapu and noa
- And perhaps most often, ki te Wheiao, ki te Ao Mārama

### Where are the opportunities for us:

Notwithstanding the devastation that unemployment will have on parts of our communities in the months to come, where we work no longer matters... But access to technology will. And so the implications are exciting:

- This will decentralise the population leading to less commuting, pressures on amenities and improvements in the natural environment
- These urban shifts may potentially lead to positive changes in lifestyles, alcohol and drug use, diet and physical activity patterns for Māori.
- A shift away from processed foods and intake of fat and sugar, in favour of homegrown produce
- Potential increases in the general quality of living for Māori

With these variables in mind, perhaps Maslows hierachy of needs may look different in the future



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## Ngā Rauemi

For practical techniques on developing positive mind states, managing stress, and maintain healthy relationships, click on the link below.

<https://www.calm.auckland.ac.nz/18.html>

The following karakia was composed by Associate Professor Scotty Morrison following the initial impact of COVID19.

