

Whakapapa as Protection



Ahi

The Fire Within

Firestarters

What stories do you carry from
your tūpuna that give you strength?

How does knowing your whakapapa
help you navigate difficult times?

When has your whānau connection
been a source of healing for you?

What values from your tūpuna
guide your choices today?

How can we strengthen
whakapapa connections that
may have been fractured?



Wairua and Tapu





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What feels sacred and tapu
to you in your healing journey?

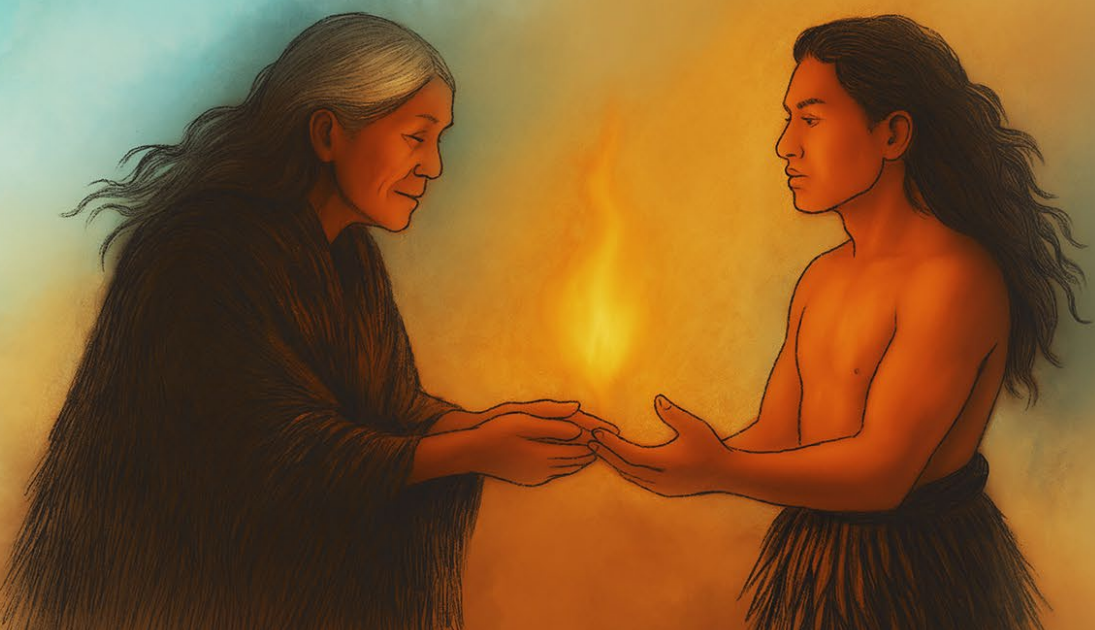
How do you protect your wairua
when trust has been broken?

When have you experienced your
tapu being honoured or violated?

What helps you restore balance
when sacred boundaries are crossed?

How can we create spaces where
wairua and tapu are respected?

Tikanga as a Guide



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What tikanga practices ground you and support your healing?

How do you know when tikanga is being honoured or violated?

What happens in your whānau when tikanga is followed?
When tikanga is not followed?

How can tikanga guide your relationships and decision-making?

What would it look like to restore tikanga in areas where it has been lost?

Te Ao Hurihuri





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What scattered embers in your life
need gathering back together?

How do you recognise when sacred
trust or tapu has been broken?

What helps you move
through grief when tikanga
values are dishonoured?

Where do you still see the
sacred fire burning in your
whānau or community?

What would gathering those embers
look like in practical terms for you?

Pūrākau
as Pathways
to Healing

The logo for 'Ahi' is written in a stylized, orange, handwritten-style font. The background of the entire page is a dark green to black gradient with intricate, swirling, golden-brown patterns that resemble traditional Māori whānau designs.

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What pūrākau from your whānau
carry rongoā for you?

How do pūrākau help you understand
your place in the world?

What wisdom do you find in pūrākau
for your own healing?

How can you share healing pūrākau
with others in your whānau?

What new pūrākau might emerge
from your healing journey?

Wānanga and Whānau-Led Healing Spaces





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What safe spaces exist for healing in your whānau or community?

How is mātauranga shared and passed on in your experience?

When have you felt the power of healing together rather than alone?

What would an ideal whānau-led healing space look like for you?

How can traditional wānanga principles guide modern healing practices?

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How do you recognise when you're giving too much of yourself?

What does renewal and restoration look like for you personally?

How do you tend the fire within while also sharing your gifts?

What boundaries help you protect your wairua?

How can you model sustainable giving in your whānau or work?

Mana-Enhancing Practices



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What practices enhance your mana
and sense of personal power?

How do you take responsibility
without falling into blame or shame?

When have you chosen restoration
over retaliation in your own life?

How do you support others to heal?

What would mana-enhancing
practices look like in your
whānau or workplace?



He Ara Tika

The logo for 'Ahi' is written in a stylized, orange, hand-drawn font. The background of the entire page is a teal color with a complex, swirling, organic pattern that resembles stylized leaves or flames.

The Fire Within

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How do you access the fire within
when you need strength?

What does rongoā mean to you?

How does te ao Māori, te reo Māori,
mātauranga Māori, and whakapapa
support your healing?

What would “He Ara Tika” look like
in your daily life?

How can we recognise the inner fire
in others?