



RONGOĀ MĀORI

How I Work as a Kairongoā



by **Joanne Hakaraia**
Ngāti Raukawa
Ngāti Whakaue



KO WAI AU
maori
healer/kairongoaa/kaimirimiri

Ko Tainui te waka
Ko Hoturoa te tangata
Ko Tararua te maunga
Ko Ootaki me Waitohu ngaa awa
Ko Ngaati Raukawa ki te tonga te
iwi
Ko Ngaati Kapumanawawhiti me
Ngaati Koroki me Ngaati Maiootaki
ngaa hapuu
Ko Joanne Hakaraia-Olson tooku
ingoa



We believe that healing ourselves is integral to healing Papatuuaanuku.

Through Rongoaa Maaori, we are able to heal from the traumas of the past and connect with the natural world, embodying our spiritual connection to Papatuuaanuku.

Joanne is a Rongoaa Maaori healer and has been healing for nearly 20 years. She works with traditional plant medicine and draws upon the ancient traditions and life-force of the ngahere to facilitate healing.

"I started Rongoaa Mauri as a means to bridge the mauri of raakau (Light codes of the Mareikura) to the modern world. We do this through our workshops, waananga, mauri healing and rongoaa mauri products."

Joanne Hakaraia
KAITOHU
Rongoaa Mauri Limited

Rongoā Māori is the oldest health system in Aotearoa. Māori have been immersed in rongoā for centuries. I would like to introduce you to Rongoā Māori and share how I work with clients as a Rongoā Māori healer.

Rongoā is about peace and balance. It's using all of the senses to be able to bring balance into not only the individual but whanau (family) and the wider community that surrounds them. Rongoā is about maintaining balance, knowing and sensing when there is an imbalance in the body, mind and spirit.

Traditionally, Māori would treat the imbalance at the onset of symptoms before they could set in. The key to this was in fully knowing the body and discerning when there were changes in the anatomy and physiology, as well as within their whanau and wider community.

To know what is out of balance requires a deeper understanding of self. Being in the present moment, practising stillness and recognising what is happening around you enables you to recalibrate when needed. Rongoā is truly a journey of self-discovery.

Rongoā is not about medicine. Rongoā is a way of living. Having balance, which is essentially peace of the hinengaro, tinana and wairua (mind, body and spirit) is what is most important. Knowing how to navigate and sense when the balance is tipping excessively in one direction is crucial to be aware of.





How Do We Know When Something is Out of Balance?

The hinengaro, Tinana, wairua (mind, body and spirit) are not separate in nature, they are imbued as a whole. They are one. When we heal the wairua (spirit) we heal the tinana(body). When we heal the taiao, we heal the tinana. When we heal the hinengaro we heal the taiao. Each of the elements are working together holistically and symbiotically.

As a Rongoā Māori healer, I work intuitively. I hold a sacred space for you to share your story with me. Your body holds the story and with your permission, I will read the signs and patterns of your Mauri (life-force) to facilitate balance. I listen intently to the sound of your voice. Your voice is a vibration and I am informed by the sound of how your internal elements are.

We need to understand what is occurring in the body and in particular, the pathway that has become out of balance. We look at what caused the illness and that means looking at events in your life leading up to the illness. I will work with you in a way that is comfortable as can be for you but at times may be confronting.

Mirimiri is a form of bodywork that moves the internal waters. When someone has suffered trauma the person may be disconnected from their body. Their wairua is out of the body because they do not want to feel the mamae (pain) in their body especially the feelings related. Mirimiri brings you back into your body.

MIRIMIRI

Mirimiri promotes healing through physical touch or kohatu (stones) to draw toxic energy out of the body. It utilises a holistic approach to restoring wellness to the mind, spirit, body and emotional wellbeing. It is believed the build-up of tension in the body reflects trauma and stress you have accumulated during your life and, if left untreated, can cause illness, pain or dysfunction on a physical, emotional or spiritual level.

This is achieved through applying pressure to trigger points and pressure points, using tools such as pounamu (greenstone), rākau (plants), Te Whe (sound/voice/vibration), spine and joint alignment techniques and the use of hands, feet, elbows and bodyweight to work the muscles and tissue.

The inspiration for Mirimiri comes from nature – particularly water or ocean, both of which symbolise our life force.

Why is Mirimiri important?

Mirimiri provides increased circulation to the body and has been found to increase serotonin and dopamine, which are neurotransmitters that help reduce depression. Mirimiri helps you manage stress and provide a better emotional and spiritual balance.





THE TREATMENT PROCESS

All treatments are conducted in a professional and private manner with a fully trained Kairongoā (Mirimiri and Rongoā therapist).

Clients can book in for a 1 hour healing session. The first session involves a consultation to discuss individual requirements.

Clients are fully dressed during a session. Please wear comfortable clothing that will stretch with the body. No jeans please . Jewellery can be removed.

If rongoā needs to be applied in the form of organic oils or poultices we may ask you to remove items of clothing as long as you are comfortable. The kairongoā will only expose the areas of your body being treated. The rest will be securely covered with a towel.

At any time, if you are feeling uncomfortable, the Kairongoā can suspend the session.

There is 24 hour cancellation policy.

If you have further questions please feel free to contact me.

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