



Aroha

Giving with
no expectation
of return

Tauawhitia ai koe

**Wrap your whānau in your loving and
protective embrace**

Tauawhitia refers to when you see whānau again after a long time apart, or before whānau leave for a long time. The embrace is deep and loving as we breathe in their kakara (fragrance) and imprint the feel of their tinana (body) so that we will have the memory of that embrace for a lifetime and beyond.

Dedication to Ann Dysart

*Ko Tinana te waka
Ko Tu Moana te tangata
Ko Te Rarawa te iwi
Ko Te Tao Maui te hapū
Ko Paparangi te tipuna
Ko Matihetihe te marae.*

This booklet is dedicated to
the memory of Ann Dysart,
visionary kahukura
of E Tū Whānau.

Kupu Ruruku

Incantation

Whakarongo mai!
whakarongo mai!

Whakarongo mai ki
te ia tipua

Whakarongo mai ki
te ia tawhito

Whakarongo mai ki
te hā o Tāne

Ko te hā tēnei i ahu
mai i te pūpuke
i ahu mai i te hihiri, i ahu mai i
te mahara

Tēnei te aro i tōu hā, tēnā te
aro atu i tōku hā

Ko te hā nō whea, ko te
hā nō Tāne

Ko te hā nō whea, ko
te hā nō Rongo

Ko Rongo ki te whakatipua,
ko Rongo ki te whakatawhito

Ko Rongo ki te maimai
aroha, he aroha

Hara mai
te toki.

Haumi e! Hui e! Tāiki e!

Let us open
our hearts

Open our hearts to
the divine vibration

Open our hearts to the
original vibration

Open our hearts to
the love of humanity

Love that originates
from the thought
energy and memory
of love itself.

You give me your love
I return my love to you

Love originating from the
base of humanity

Love originating from the
foundation of peace

The divine peace,
the original peace

The eternal peace that
extends love to all

Let us engrave these
words for eternity.

Unite! Let us be one! We have
united in conscious thought!



Kupu Whakataki

Foreword

He mihi aroha atu tēnei ki a koutou e te whānau katoa, ko te wahanga ki ō tātou mate maha kua mihia kua tangihia kua ea.

Ko rātou kia rātou ko tātou ēnei ngā kanohi ora ki a tātou kia ora rā ki a tātou katoa.

Ko te tūmanako kia tau tonu iho te rangimārie ki runga ia tātou katoa i roto i te maumahara ko te mea nui ko te aroha.

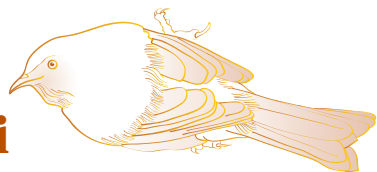
Te reo Māori is a beautiful language. When we hear the word ‘aroha’, it conveys a meaning that has great depth and breadth. It is so much more than just a word; it is an expression of a way of being.

Across the world there are so many words that express different forms of love. But it is about ‘your truth’ that tells the real story of giving and receiving. Aroha is most often translated as ‘love’, and that is a powerful and beautiful word, but in English it is often used in many ways that do not always signify great depth.

Aroha, from a tikanga point of view, is all about giving unconditionally. It is to observe closely, to listen carefully, to see clearly, and to feel sensitively about what is going on for others – to see the light and the soul of others through any and all situations. In a fast-moving world we need to pause and reflect more, to allow aroha to flow, and to deepen our interactions and relationships with each other.

A stone skimmed across a calm lake can skip many times, lightly touching the surface. But it also creates ripples that permeate out – and where the stone begins its movement and where it finally sinks – that will leave a lasting impression. So too with aroha – it is constantly shared, unconditional and unwavering to all others.

Dame Rangimārie Naida Glavish DNZM JP



Kupu Arataki

Introduction

It has been said that in the Māori world, the heart is more powerful than the mind. The stories and examples handed down from our tīpuna tell us so.

One example is when Tāne went up into the heavens to get the three baskets of knowledge. He asked Io Matua Kore how he would know which baskets to select, and the answer he received was, “Your heart will tell you”.

In essence, the mind will rationalise, but the heart will sense the truth and tell you what is good for you and what is not good for you. It is aroha that feeds the heart.

The following kōrero was given by Āperahama Taonui to his people, explaining some of the power of aroha for whānau:

He taniwha kei te haere mai

He taniwha tae kuhu,
tae huna

Kore rawa koe e kitea

Kia kitea rānō koe ki ngā kanohi
a ō mokopuna.

Ina kite koe, hipokingia
e koe to mokopuna ki
te korowai aroha o te whānau.

A demon is on its way

This demon will arrive by
stealth, by deceit

You will not see it coming

Until you see it in the eyes
of your mokopuna.

When you see it, the only solution
will be to wrap your mokopuna in
the loving cloak of the whānau.

When E Tū Whānau was being developed, a number of hui were held around the motu to find out what whānau thought would be seen and heard in strong thriving whānau. Six values emerged from this kōrero and we've developed a set of resources – including this

booklet – around each of these values.

These resources aim to affirm the positive things that you are already doing, to share ideas, and to encourage you to take the time to think about what you want for your whānau.



Aroha

Key principles and practices

The word aroha is often broken down into three different words:

ARO direction, focus, presence

OHA generosity

HA divine breath or life force

Many people feel that aroha represents a higher purpose for doing things. Aroha is non-judgemental, and it is about the spirit in which you do things as much as it is about the things that you do.

A wahine once expressed it in this way: “Aroha is like breathing in all the mamae, hurt and worries and breathing out love, joy and hope.” In fact, an old whakatauaiki says ‘Aroha tētahi ki tētahi’ which means to give aroha unconditionally, one to another, always, in all things.

From this, we know aroha is reciprocal. It is also without conditions, based on the understanding that all members of the whānau belong to you and you to them. It is a collective feeling of love, regard, and respect for one another that is totally accepting, no matter what. Aroha is about showing your affection and appreciation of other whānau members without reserve.

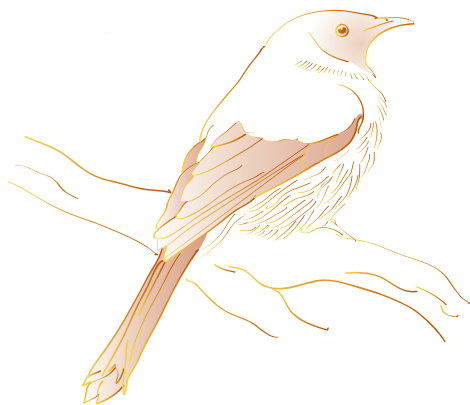
In our daily lives it is often aroha which prompts people to go out of their way to do things for others, for example, the way that our people support whānau who are in need. This might be by making sure tamariki are safe, helping with housing and jobs, delivering firewood to the kaumātua, and even helping out with money.

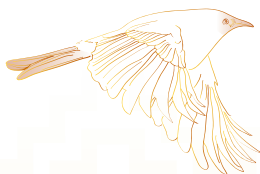
We give aroha in different ways and at different times in our everyday lives. What we don't do very often is talk about what aroha is. Aroha is the basis of strong whānau – strong whānau let each member know daily, through words or actions, that they are loved and appreciated.



Aroha is present when we:

- **treat people with respect, fairness, and kindness**
- **build a loving home that welcomes all who visit**
- **do things in the right spirit and expect nothing in return**
- **go out of our way to help someone**
- **visit whānau who are unwell or need cheering up**
- **do the little things that help others feel special, or like they really matter.**





Aroha

**Live life with a generous
and humble spirit**

**Do things from the bottom
of your heart**

without expecting
anything in return

Accept people as they are

Do not judge the person,
only their actions

**In times of trouble, help others
find their hope and direction**

Everyone has the spark of
greatness within them

***What do you do to
ignite the spark?***



Whānau Kōrero, Whānau Mahi

Stories and activities

The following stories came from hui and kōrero held around Aotearoa where whānau shared their memories and thoughts about aroha.

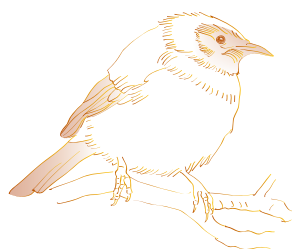
Aroha – curiosity is a good thing

In any whānau, hapū and iwi, the expression of aroha is overflowing when the whānau come together at tangihanga to grieve together for their loved one who has passed. One time, a woman new to the whānau asked why they were attending a tangihanga for someone they didn't know. The reply was: "Anyone who comes and lies in state on our marae is 'ours,' whether we know them or not, and we give all our aroha to them and their whānau, every single time".

The woman in the story was impressed by the depth of aroha that was an everyday practice in this whānau.

If you watch and listen, you'll find examples of aroha in action all around you.

Do you know of any other practices that show aroha? Share them with others as you discover them.





Aroha – traditions

A kuia who was renowned throughout her iwi for her love and laughter and witty jokes was also known for her steam puddings, which were the best for miles around. At tangihanga or special occasions, without fail, she would call into the marae to make her steam puddings for the hākari (feast). At Christmas time, whānau would receive puddings for their table, with an extra one for the freezer.

The aroha with which she made those hundreds of puddings made them delicious and special to look forward to, and whānau would savour their taste until next time.

Aroha – labour of love

At one marae, when there were tangihanga or large gatherings, you could always count on one of the kuia trundling along in her rickety old truck filled to the brim with vegetables from her maara for the people. The kuia did this right up until her old age. She only stopped when her body could no longer bend down to work her maara.

You might say that was manaaki – and it was – but it was her aroha for her people that motivated her.

Aroha – the joy of giving, and receiving

Someone said: “Every year, Dad would put in a garden and we kids would weed it while Dad was at work. That garden was so big it took us forever to do the weeding and water it. The thing is, we knew that most of the vegetables would be given away to whānau in the surrounding area so that all the little ones were well fed”.

Kaumātua also talked about giving out vegetables to whānau from their garden and the joy it gave them when they saw the happiness with which they were received.



Aroha – day-to-day things

A young father said that his life was full of aroha. He said aroha was in the little things his whānau did together when he was a kid, like spending time at the beach looking for driftwood, or playing in the backyard or at the local park – just having a good time together.

He believed it was very important for him as a dad to really get to know his kids – to listen to them and encourage them to talk, to read, to spend time with their kaumātua and to hear their stories, to do small jobs, and care for others in their whānau.

These were the little things he remembered from his upbringing that helped him to be a good dad.

Long-term generosity and commitment to whānau shows the power of aroha. Acts like this also help build whanaungatanga, connection and community.

How does aroha strengthen and uplift your whānau?





Aroha – kindling kindness

Another person said that at one time their whānau had three macrocarpa trees which had grown very tall and were in danger of falling in a storm. So, the men – young and not-so-young – were called together to fell the trees and cut them up for firewood.

For weeks and months afterwards, the men would come every now and then and take away a load for themselves and for the kaumātua in their area to keep them warm in the winter months. It was the same group of men who would also go fishing and share the catch with the kaumātua. Sometimes their whānau would also collect the kaumātua and take them to hui in the district, or take other kai, like puha and watercress, to them.

These acts of kindness are done out of aroha for the kaumātua who are treasured by whānau far and wide. Such gestures are an everyday thing. Even in the cities, whānau dig into their freezers and pull out kaimoana or other such delicacies to give to their kaumātua.

Aroha – gift of time

A woman recalled how, when she was nine years old, she went to her grandparents for Christmas; she was just one of many grandchildren. One day, she was upset with some local children who had bullied her. To smooth away her anger, her grandfather put her on his bicycle and rode down to the local store where he told her to choose something special, just for her. She chose bananas which were a real treat back then because they were very rare.

The woman remembers that moment as special because her grandfather had not only given her a treat, but also the gift of his time and attention, which made her feel loved and important.

Stories such as these show us how important it is to give whānau as much time and kindness as you can.

What are some of the examples from your whānau that show how aroha is carried down the generations?



Aroha – acceptance

Another whānau talked about a young boy who always seemed to get himself into trouble with the law. Whenever he did, he would turn up for a ‘chat’ with the old man. This happened many times and each time he would be offered a ‘cuppa-tea’, food and some ‘advice’, which often came in the form of a good telling off. The thing is, the young boy knew that whatever he did, he would still be accepted by the whānau. He was so predictable, that the Police would often ring to see if he’d shown up at his old man’s yet.

Aroha – always giving

In one town there were these two ‘Aunties’ who would have all the naughty kids of the area hanging out with them. Quite often when they were parked in town, you’d see all the kids gathering around their car just chatting and laughing at some story or another. In many instances, the Aunties would foster some of these kids.

Sometimes though, the Aunties would have ‘too much week left at the end of their money’. Over the Christmas time, they would bundle up all the kids of the town who had nothing else to do but get into trouble, and take them off to ‘camp out’ at the beach. There they would gather kaimoana, pūhā or watercress and cook them on an open fire right there on the beach. Everyone would have a great time.

These are examples of aroha being consistent, unconditional, and totally accepting, no matter what.

What stories do you have in your whānau where people are always welcome and accepted?





Aroha – reminders

A woman talked about her mother who would display gifts that had been given to her on the wall in her lounge. Over the years, these gifts – which included clocks, ornaments, tea towels, kitchen utensils, and little cards made by a mokopuna – covered the walls. Every time her mother was given a gift, the woman and her siblings would think, “Oh no, there goes another one.”

In the end, the siblings tried to take the gifts down as they felt they had been up there long enough and were gathering dust. Their mother, a kuia by now, said not to touch them as they were treasured taonga of aroha that had been given to their whānau.

When the kuia passed away, the woman and her siblings looked at all the dusty tea towels and other gifts on the wall, and just couldn't take them down. They were reminders left behind by their mother of the aroha that filled their home.

| This story is an example of aroha in action.

| *Think about how you as a whānau like to show aroha to others, and how you like to experience aroha in your lives.*

Aroha – brotherly love

This story comes from an area where the men are known for their expert seamanship, plying the rough, isolated seas for a living.

A man told of the time his brother, his son and a friend went missing at sea in a great storm. The authorities had made the decision that it was too dangerous to look for the missing men, so the search was called off.

The brother rejected the claim that nothing could be done and, against all advice and entreaties for him to stay, he went out to sea in search of his loved ones. He said the sea was as bad as it could get – the water was white, and the swells were huge. But he was a skilled skipper and knew the waters well. He had an idea where his brother



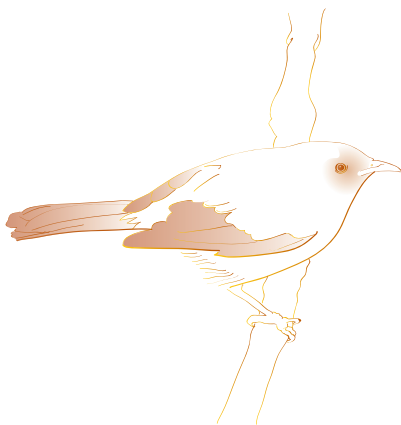
might be, so he headed off searching in that general direction. After some time he saw shapes bobbing up and down in the surging waves and he felt great relief, for he knew he had found his brother. They all returned to land safely where they were met with joy, celebration and relief.

This story is about one of the great rescues of that area. It was aroha for his brother that prompted this man to take his life in his hands and snatch his loved ones from certain death.

Te ihi, te wehi, te wana!

We hold gems of aroha in our stories that we share around firesides, at the marae, at kai time and at bedtime.

Find out if you have similar stories in your whānau and share them with your tamariki and mokopuna.





Whānau kete

Aroha is shown in many ways and is something that you and your whānau probably express without being aware you're doing it.

Have a look at this checklist of some of the things that whānau might do to express aroha. Without doubt, you are already doing many of these things.

- Show our appreciation for each other through our kind words and deeds
- Fill our home with happiness and laughter
- Cuddle our tamariki and mokopuna whenever we can, to help fill their days with aroha
- Lend a hand to whānau in need
- Prepare meals with aroha – no matter how humble, the gift of kai is always delicious and satisfying
- Share whatever we have – kai, clothes, time
- Take people as they come, without judging them, and treat them in the spirit of aroha which warmly accepts all things and all people.

Think and talk about what you can do more of, or what things you could start doing, to show aroha. You may like to use the Pitopito Kōrero pages at the end of this booklet to jot down ideas.





Karakia

Whakatīmatanga – to begin a hui

Whakatupua te aroha
nō Rangi, nō Papa

May the love of the universe
bind us

Whakatupua te aroha
nō Rongo, nō Tāne

May the love of the
pillars of humanity bind us

Whakamaui te aroha
mō te tangata

May the love for
humanity be confirmed

Kia tupu, kia whai hua

To grow and prosper collectively

Hui e.
Tāiki e.

Let us be one. We have united in
conscious thought.

Whakamutunga – to end a hui

Whakamaui te aroha
ki a Rangi e tū iho nei

Affirm the love of the
universe to bind us

Whakamaui te aroha
ki a Papa e takoto ake nei

Affirm the love of
Mother Earth to bind us

Whakamaui te aroha
ki a Rongo, ki a Tāne

Affirm the love from the
pillars of humanity to bind us

Whakamaui kia tina

Bind us and our actions

Tina. Hui e.
Tāiki e.

Consciously as one. Let us be one.
We have united in conscious thought.

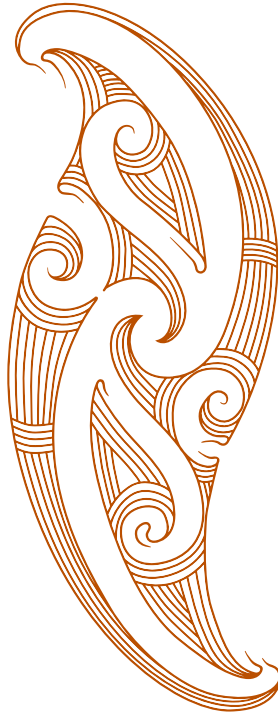


Tohu

In this tohu there are two different kowhaiwhai that merge to make a rauru, or spiral design, at the centre.

This represents two different entities coming together on common ground through love and understanding.

The rauru can also trace its origin back to Ranginui and Papatūānuku, depicting the loving embrace of the two. From this, all life is created.





He Mihi Aha Acknowledgements

We acknowledge and thank the many whānau who shared their stories, thoughts and ideas to help us create this booklet.

We especially thank the following people for their time, contributions and guidance:

Jozie Karanga – *Whakataukī*

Che Wilson – *Kupu Ruruku me te Karakia*

Dame Rangimārie Naida Glavish – *Kupu Whakataki*

Barbara More – *Whānau Interviews*

Moerangi Rakaupai – *Kaituhi / Writer*

Kahurangi Falaoa – *Kaitoi Tohu / Tohu Artist*

Hinemaukurangi Simpson – *Mātanga / Advisor*

Te Rautau Pou – *Whānau Kōrero*

John Snowden – *Whānau Kōrero*

Puti Snowden – *Whānau Kōrero*

Mary 'Cinder' Paku – *Whānau Kōrero*

Vincent Isles – *Whānau Kōrero*

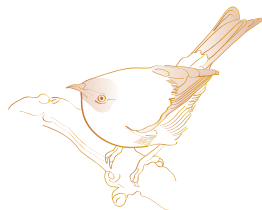
Jay Fields – *Whānau Kōrero*

E Tū Whānau and all our contributors are happy for you to use the contents of this booklet to support your whānau whānui.



Pitopito Kōrero

Notes



A series of horizontal dotted lines for writing notes, spanning the width of the page.



Pitopito Kōrero

Notes

A series of horizontal dotted lines for writing notes, spanning the width of the page.



Pitopito Kōrero

Notes

A series of horizontal dotted lines for writing notes.



AROHA

[etuwhanau.org.nz/
our-values/aroha/](http://etuwhanau.org.nz/our-values/aroha/)



[www.facebook.com/
etuwhanau](http://www.facebook.com/etuwhanau)



[www.instagram.com/
etuwhanaunz/](http://www.instagram.com/etuwhanaunz/)



[www.youtube.com/
c/ETūWhānau1](http://www.youtube.com/c/ETūWhānau1)

