

Kōrero awhi

Positive communication
and actions

He tao rākau e taea te karo, he tao kupu e kore e taea te karo

The thrust of a spear can be avoided,
but not the thrust of words

This whakataukī reminds us of the power of words
and the need to use them positively and with care.

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

Whakararau mai te
wānanga o Ranginui e tū nei

Whakararau mai te
wānanga o Papa e takoto
ake nei

Kia tipu mai ai te pū,
te weu, te aka, te tāmōre

Kei te ngākau a tāngata
e hai

Tēnā, te takenga o te hiahia,
o te mahara, o te whakaaro

Whakaputa mai ana te
kōrero nō te wānanga,
te kōrero a te ngākau ā
tāngata e hai

Kia uru atu tōku kupu
ā-rangi ki a koe nā

Kia uru mai tōu kupu
ā-rangi ki a ahau nei

Ka ara te awhi-nuku,
ka ara te awhi-rangi

Ka ara te awhi-papa, ka ara
te awhi ā tāngata e hai

Whiti! Whano! Hara mai
te toki!

Haumi e! Hui e! Taiki e!

Let the embrace of the
celestial be upon us

Let the embrace of the
terrestrial knowledge be
upon us

To unleash the original sense
of knowing and awareness
within our hearts

Enabling our ability to desire
to remember and to think

Bring forth the sacred
knowledge and words we all
attained at the conception
of life itself

This I give with my own words
and respect to you

This I receive with your own
words and respect for me

Instilling the embrace
of the heavens and earth

Instilling the embrace of
humanity as a foundation for all

Be deliberate, firm and engrave
these words in eternity

Unite! Let us be one!

We have united in
conscious thought!



Kupu Whakataki

Foreword

Ko te whānau te hunga tūturu o ia Iwi

Tōku whānau tōku piringa

Tōku whānau tōku oranga

Tōku whānau tōku mana tiketike.

The focus at the moment across the motu is on strengthening the wellbeing of whānau. This has come at a time when there is an urgent need to work in a manner that stimulates your whānau potential, and enables you to reaffirm your purpose, dignity, responsibility and self-worth as a whānau.

The challenge is to touch peoples' lives in an exciting, meaningful manner and to promote an understanding that you can take charge of your destiny. This requires a new approach that enables you and your whānau to harness the strengths within.

This E Tū Whānau booklet, *Kōrero awhi*, is a promising start to this end. It sows the seeds of respect, warmth, care, thoughtfulness, success, and joy in and around each and every member of your whānau.

***Dame Iritana Te Rangi Tāwhiwhirangi* DNZM MBE**





Kupu Arataki Introduction



Our world is built on key values that we have brought forward from our ancestors. All of these values intertwine to underpin the things that make us strong and keep our families safe.

We all know what the words 'kōrero' and 'awhi' mean and, if asked, people would say they use each of them every day. When these concepts are brought together, however, they mean something powerful.

Kōrero awhi
is about
communicating
with one another
in a way that
strengthens and
uplifts.

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.

The way that we relate to one another with both our words and our actions can have a big impact. Even small kupu can wield a great deal of power – they can hurt and they can also elevate and enrich those we talk to, especially when those words are accompanied by corresponding actions. They can change the course of lives.

We are the ones who can change the world for our mokopuna, our tamariki, our whānau. With kōrero awhi, which uplifts, affirms, and builds positive relationships between people, we can make our homes and communities safe and loving places for our whānau to grow and thrive.



Kōrero Awhi

Key principles and practices

We have been taught by our elders and tūpuna that kōrero feeds the heart, and until the heart can feel, the mind won't be able to see.

Many of our teachings tell us to use our kōrero and words carefully because they can continue to have an effect long after they have been spoken. Sometimes what we say to each other can impact us for generations.

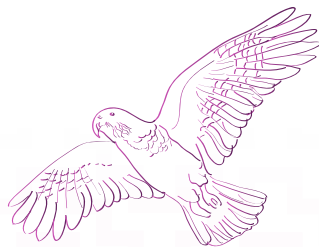
In whānau, when we kōrero, it is a time of being together, enjoying each other's company and chatting about life in general. Kōrero is also about meeting to make decisions about what action the whānau will be taking.

So, if 'kōrero' is about what we say to each other, then 'awhi' is about what we do to express our affection, appreciation, and love for each other. It's an expression of our practical support for whānau. It's also about the compassionate, understanding way we talk. 'Awhi' means supporting whoever is talking by listening to what they're saying without interrupting.

Kōrero awhi then, is practical and real. It's about what we say and do to help and support our whānau every day and especially in times of need. It is about speaking the truth and keeping our word to one another – even at times when it's challenging to do so, because we understand that words mean nothing without action. It is about communicating with one another, and with ourselves, in a way that strengthens and uplifts.

Kōrero awhi is there when we:

- speak kind and loving words that build strength
- share stories with our tamariki and mokopuna
- praise positive and courageous actions
- show our affection and love for one another
- say what we feel and do what we say
- say things in a positive manner
- talk about the behaviour, not the person



Kōrero Awhi

**Your words and deeds today can
make a difference tomorrow**

Seek and speak the truth, be courageous

Challenge the things that diminish others
in a way that grows mana

Speak positively to yourself and others

Your words will strengthen and uplift

**Your words have the power to
build or destroy**

Use them with care – they will shape
the actions and stories told by the
generations to come

***How do you want to be
remembered?***



Whānau Kōrero, Whānau Mahi

Stories and activities

The following stories and ideas came from hui held all around Aotearoa where whānau shared memories and thoughts about kōrero awahi.

Kōrero awahi – connecting us with who we are

At one wānanga, a woman spoke about the power of kōrero awahi to connect us to whānau around us, as well as to those who have gone before. This is what she had to say:

“I like the stories that our whānau tell about the old people and about themselves when they were children growing up. I love hearing the stories of the ‘old days’ because I feel like I am a part of it. My mum is a great storyteller, and we live those days through her stories, especially all the escapades and the near misses that the uncles got up to. We just laugh and laugh. Sometimes though, tears would come into our eyes as we remember some of the whānau who have gone, and the mauri and wairua would be stirred up because we feel pride in someone or sad about something.”

Kōrero awahi helps us to remember who we are. It helps us to reconnect to where we come from, to our values and to our beliefs about ourselves.

What stories can your whānau tell to connect you with where you have come from? Are there any stories that show the values or beliefs of your whānau? Perhaps there are some about uncles' or aunties' near misses?





Kōrero awhi – visit with the elders

We were told that many elders quite often feel alone and neglected and would like to spend more time with their whānau. This is often the case because we all lead such busy lives. There are lots of ways we can stay connected with our kaumātua.

Cook a kai and take it to one of the elders in your whānau. Stay a while and just talk to them, let them reminisce about the old days. Or just call in and have a cuppa – take some biscuits you know they like. My Nanny loves gingernuts! And if you can't call in, keep in touch with regular phone calls.

Kōrero awhi – it's what we do that counts

“We always hug one another, and we tell our kids that we love them and I always tell my wife I love her in front of the kids so that they know that our home is one filled with love,” one tāne said, his voice full of softness and warmth. “Yeah, as old as they are, I always hug my kids. My eldest is 34, and my youngest mokopuna is just two. It's a daily thing actually, hugging my mokopuna and especially my wahine...”

Do members in your whānau like to be talked to kindly, or helped to do their chores? Or do they like little gifts? Some may like hugs and kisses, or a pat on the back while others might just want to spend quality time with you.

Take time to learn the 'love language' of your whānau members and speak it as often as you can.



Kōrero awhi – finding solutions that work for all the whānau

One woman had this to say about kōrero awhi in her whānau:

“I keep in contact with my children, and with my nieces and nephews, and my brothers and sisters ... and if there any problems, we sort it all out together and come up with solutions that work for everyone. I ring them because I want to hear their voices, otherwise we get together on Facebook. Mmmm, that's kōrero awhi, where we just check to see if everything is ok and help if needed...”

Kōrero awhi means that we must keep lines of communication open and make sure that everyone feels connected and heard. That way, we're more able to tackle issues together in ways that suit everyone.

Give someone in your whānau the role of Kōrero Awhi Champion. Ask them to encourage and reward whānau members whenever they demonstrate kōrero awhi.

Kōrero awhi – allowing time for whānau connection

Another wahine told what happens when whānau come to visit. She said:

“It's like when my whānau come to stay all the way from up north; we put on a big feed for them so that the aroma and warmth of kai welcomes them when they come into our whare. Then we talk into the wee hours of the morning, laughing, joking, or just catching up. By then, we have put all the mattresses down in the lounge and made up the beds and then we all sleep together marae-style. Yeah, that's kōrero awhi, when our kōrero brings us together as a whānau.”

We don't need to wait until other whānau come to stay to enjoy time together just talking.



Next time when you're having a kai with the whānau, turn off phones and the TV and kōrero about your day, or something whānau have learned, or something that made people happy. You could also involve the tamariki in preparing the kai. Another idea is to play 'What if?' For example, what if you could choose to live in a different time and place? Where would you live and why?

Kōrero awhi – taking it at someone else's pace

A tāne recalled how his Nanny's patient, kind kōrero awhi taught him and his siblings to overcome barriers and reach for their dreams. This is what he said:

"I remember my Nanny sat with us mokos every single day after school to help us do our homework. The thing is, she couldn't speak English and she had no schooling and we lived in a poor little whare with a dirt floor. But that whare was spotlessly clean, and we were very happy there. Her way of helping and supporting us helped us to learn, and now today we're qualified professionals – social workers, lawyers, doctors or nurses. We all have a love of learning. Her soft kōrero and awhi taught us that we can do anything ..."

This story shows how whānau can live by simple values that work for them. Sometimes whānau are known by these values – this whānau would be known for their love of learning, still others for the way they awhi other people, while others are known for the way they work in the kitchen at a hui.

Get your whānau together and kōrero about what they'd like to be known for as a whānau. Together, make up a whānau proverb or whakatauākī that will be your whānau motto. Invite the tamariki to make a poster of their whānau whakatauākī.



Kōrero awhi – patience and gentleness are key

“I used to go to total immersion Māori language wānanga,” one woman said, “and there was a single mum who had a lot of little children. I remember one day her little girl (two years), came up to her, really upset and angry at her older siblings. The little one was shouting and screaming her frustration and anger, telling her mum what they had done.

I was astounded to see this young mum pick up her baby, cuddle her and speak softly to her, rocking her until the baby’s anger was smoothed away ...”

This story shows us that kōrero awhi is about being gentle and kind with whānau, no matter how upset they may be. Once everybody is feeling safe and cared for, problems can be solved together.

Kōrero awhi – waiata oriori (lullaby)

In days past, parents and grandparents would compose waiata oriori, or lullabies, for their tamariki and mokopuna. These were sung to reinforce the whakapapa, spiritual connections, expectations, and importance of the new life.

Our ancestors used waiata oriori to support whakapapa and whānau connections, and to reinforce the importance of the young ones to the whānau.

Compose a waiata oriori to teach your tamariki and mokopuna how to kōrero awhi.

Kōrero awhi – words in action

A kuia told a story that left an indelible mark in her memory. It was about a single mother who had been abandoned, with three very ill children to raise without much in the way of support.



The kuia – who was not related to the mother – visited her the day she was expecting a visit from the authorities who were going to evict the family. They were also going to take the children away as they thought the home unfit and unsafe for the children to be in. As it turned out, there was no food or furniture in the house, and the woman had no means of caring for her family.

The kuia went into the home to kōrero with the woman and to awhi her. The young mother said that she felt very ashamed that she had let her whānau down, to which the kuia replied, “No! It is us who have let you down.”

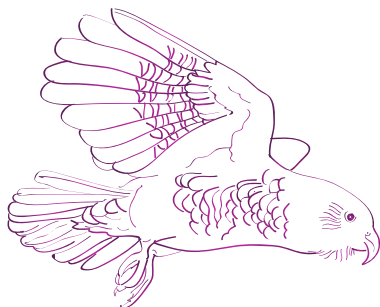
After many tears and much hugging, the kuia called a whānau she knew. Before the day was over, there was food in the cupboards and fridge and the authorities had been dealt with.

By the end of the week the house was furnished with beds, dining table and chairs, a lounge suite and so forth. The lawn and garden outside had also been tidied up.

Within six months, the young mother felt like a different person, and her whānau was thriving.

This is an example of kōrero awhi in action. It shows someone reaching out to help others, and the rippling effects of that awhi.

Do you know someone in your whānau or network who is struggling? How could kōrero awhi support them? You may not be able to do exactly what the kuia did in the story above, but that’s okay because there are many other ways that you can give kōrero awhi.





Whānau kete

Kōrero awhi is expressed in many ways. Have a look at this checklist of some of the ways that whānau use kōrero awhi to uplift others.

- Recognise that words and actions have power to build or to destroy
- Use words and actions with care – they will shape the actions and stories told by the generations to come
- Speak and seek the truth – have courageous conversations
- Follow-up kōrero with action
- Use words in ways that are compassionate and supportive
- Aim to use kōrero to understand the experiences and opinions of other members of the whānau
- Challenge words and actions that diminish others in a way that grows mana
- Speak positively to yourself and others – use words to strengthen and uplift
- Listen so that others feel heard
- Kōrero awhi with whānau in ways that matter to them – try communicating using words, actions and affections.

Think and talk about what you can do more of, or what things you could start doing. 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

Puritia mai rā te tika
hei kōrero

Puritia mai rā te te pono
hei wānanga

Puritia mai rā te aroha hei
āwhina i te ngākau tāngata

Kia tū, kia wātea,
kia mārama!

Hui e!

Tāiki e!

Enfold the truth of mind
to speak freely

Enfold the truth of heart
to learn

Enfold the love of humanity to
be open to opportunities

So as to stand unencumbered
and with clarity.

Let us be one!

We have united in conscious thought!





Karakia

Whakamutunga – to end a hui

Whakamaua te kōrero
Whakamaua te wānanga
Whakamaua ki a Ranginui e tū
iho nei
Whakamaua ki a Papatuānuku
e takoto ake nei
Whakatina ki te tumu o te
māramatanga
Kia tina! Tina.
Hui e!
Tāiki e!

Affirm these discussions
Affirm these learnings.
Affirm before Ranginui
above,
Affirm before Papatuānuku
below.
Bind these utterances to the pillar
of understanding.
Bind it firm.
Let us be one!
We have united in conscious thought!





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



Tohu

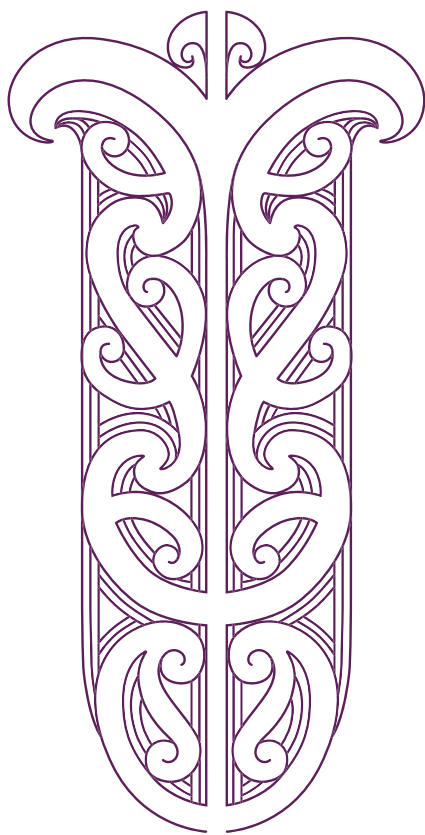
This tohu shows the arero (tongue) of a taiaha. It is a subtle reminder to us all to learn who we are. Learn about our history, where we come from, our genealogy, and about our families.

The tohu on the arero shows the elements of caring, nurturing, and embracing. The arero reminds us that we are able to speak our truth, able to express ourselves through sounds, actions, and words.

By combining the two elements, kōrero and awhi, the tohu shows cooperation and collaboration. Each whānau maintains their own autonomy but is linked with others by kōrero that flows freely from one generation to the next, supported by one another with care and love, as progress is made.

The Kōwhai Ngutu Kākā pattern is used to show the nurturing of a person's journey to learn their history or origins.

The Mangopare pattern is used to show strength and knowledge, and the Rauru (spiral) pattern depicts coming together.





Pitopito Kōrero

Notes

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Pitopito Kōrero

Notes

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Kōrero Awahi
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Pitopito Kōrero

Notes

Handwriting practice lines for notes.



KŌRERO AWHI

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