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Mauri Ora Tai Pari

He Whakamārama – What is Mauri ora?



P Mauri refers to the life force or the essence of life that binds together the body and spirit of a being or a thing. Mauri flows through all things, land, trees, birds, rivers, mountains, space and time, through to people – individually and collectively. Mauri is present in the relationships between living and natural things. The way mauri is expressed can impact on other people, and likewise their mauri can impact on you.

Ora means to be alive, well and safe. When our ora is protected and safe, our mauri will flourish. Mauri ora means that our life essence and our wairua flourishes with potential, ideas, and connections. Wellbeing for Māori is connected to two important aspects – mauri ora, and a secure connection to cultural heritage and cultural identity. A secure cultural identity increases our ability to cope with challenges in life, and to find the resources within ourselves, our whānau, and our community. Within a Māori worldview, we can strengthen our wellbeing through making our cultural beliefs part of our everyday practice.

There are no limits on what this means for each person. A word might be enough to get started. Others might want more advanced knowledge. We all start at different levels. We can use whakapapa (genealogy), tikanga (protocols), wairua (spirituality), tapu (sacredness), and mana (intrinsic dignity) as a basis for developing a way of being that is connected and flourishing. You can learn more about this in Whiti te rā (/whiti-te-ra), cultural pathways to wellbeing

Whakataukī

