

HINENGAAKAU

By Te Iwa Makere Tamaki

Ko Hinengaakau koe.

She is unconditional and is always in abundance. All sides of her, thick with desires and dreams for love is her calling.

The seat of our emotions can be a wicked space. This is where the bounty of our love sits, beating away at the coldness of jealousy, arrogance and hopelessness. She embraces all in kind, accepts serenity, never apologises for who she is and how she expresses herself.

Hinengaakau guides us as we wrestle with all the different emotions we face. No matter the struggle and grind you put in along your journey, she gives your soul the cosmic awahi it needs to be rejuvenated and well rested.

Take whatever time you need to gather yourself, because it's not just your tinana that needs the break – your soul does too. Gather your thoughts, your emotions and let them warm you up.