

HINEAIO

By Te Iwa Makere Tamaki

Ko Hineaiio koe.

*She adorns the soul with the light of stars, and in silence
rejoices in peace.*

*Hineaiio helps you to discover the depths of your soul,
empowering you to be fearless and reclaim this space as yours.
Your raru (troubles), your amuamu (moans), awangawanga
(anxiety), your pouri (sorrow) and your mamae (pain) are all
the noise that blast their way through your life, waiting for you
to implode. She brings the peacefulness of silence to your inner
realm, giving you the space to breathe.*

*So be kind to yourself. Hineaiio is your inner peace, so embrace
her. No One can harm us here. Only we can access the peace
that Hineaiio gives freely, without reserve. In this space you
access the lessons, narratives and experiences of your own
past, and the pasts of your tipuna. Reflect on the building
blocks of your ao!*

Ruahine is always here for you.

