

## ***HINEROIMATA***

*By Te Iwa Makere Tamaki*

*Ko Hineroimata koe.*

*Roimata are our sacred gifts of healing. They are our overwhelming grief and unspeakable love – memories to share with the universe.*

*Healing takes many forms, roimata being one of them. I have witnessed grief, heard pain, felt overwhelming tragedy, but through it all - roimata have spoken for me when words have escaped me. I know these feelings have hit all corners of our soul, whether daily or just once in a while. Time makes no difference to pain or healing.*

*Never feel embarrassed or ashamed to cry. Don't silence yourself, let the universe hear you so that she can share in the knowledge of your pain.*

*Hineroimata gathers up each tear we shed and pours them in to the milky way for you to see the beauty of your lived experiences- they are beautiful, and tears tell their stories.*

