

CULTURAL PERSPECTIVES IN PSYCHIATRIC NURSING: A MAAORI VIEWPOINT

Written by
Bob Elliott

Also known as
"The Galleries"

Presented by Te Roopu Awhina O Tokanui
(The Support Group of Tokanui)
To the
Australian Congress of Mental Health Nurses' Conference
Hotel Adelaide
Adelaide
South Australia

23 September 1986

THE PRESENTERS.

Mere Balzer.....Polytechnic Nursing Tutor

Anne Barham.....Senior District Health Nurse (Deceased)

Bob Elliott.....Psychiatric Nursing Supervisor

Kuini Harris.....Community Health Worker (Deceased)

Jamesina Kett.....Psychopaedic Charge Nurse

Rovina Maniapoto-Anderson.....Maaori Health Coordinator

Ron McKay.....Psychiatric Staff Nurse (Deceased)

Ben Rangitaawa.....Elder (Deceased)

Tetau Rangitaawa.....Elder (Deceased)

Tokanui Hospital,
Te Awamutu,
New Zealand.

This paper was first presented to the Australian Congress of Mental Health Nurses' Twelfth National Convention, Adelaide Hotel, Adelaide, South Australia; 23 September 1986.

"It is with great humility that we present this paper.

This paper was first presented in Adelaide on 23 September 1986.

The presentation, which involved nine people, followed traditional Maaori protocol and illustrating in practice the dynamic quality of the concepts contained within the paper and title."

"This paper is dedicated to John Wilson (Charge Nurse, Whai Ora, Tokanui Hospital) who was tragically killed in a motor vehicle accident (16.09.86). (John was to have been one of the presenters.)"

"He mihi whaka-mutu-nga tenei
Ki tou matou hoa, ara,
Ko Hone Wirihana
Kua hinga nei i te tau 1986.

This is a final farewell
To our friend
Known as John Wilson
Who left us in the year of 1986.

Haere atu ra e te hoa,
Hoki atu ki te kainga tuturu
Te wa kainga o nga tupuna
Haere, haere, haere.

Depart forever friend
Return to the only home
The home-place of the ancestors.
Go, depart, farewell. "

Acknowledgement from "Nursing Praxis in New Zealand" (Nursing and Health Studies Faculty, Massey University, Palmerston North, New Zealand) Who first printed this presentation (1992) for the International Nurses' Conference, Sheraton Hotel, Rotorua, New Zealand

CULTURAL PERSPECTIVES IN PSYCHIATRIC NURSING: A MAAORI VIEWPOINT.

PRE-AMBLE;

Our group presentation deals with the Maaori perspective of him / her-self;
His or her world; God, people and behaviour and is a holistic one based on the
Following Dimensions of:

01.	Old World	Taha Maaori / Maaori-tanga
02.	Spirituality	Taha Wairua
03.	Physiology	Taha Tinana
04.	Well-being	Taha Hine-ngaro
05.	Self	Taha Tangata
06.	Environment	Taha Whenua
07.	Family	Taha Whaanau
08.	Compliance	Taha Tikanga
09.	New World	Taha Pakeha / Pakeha-tanga

INTRODUCTION:

In the fast-track world, of change and evolution,
Old traditions, treatments and values
Have been replaced by modern techniques and technology.
What compromise is there?
Who nurtures the dispossessed at the bottom of the Sociological scrap-heaps?
In the world of the Maaori, there is no written language
But an articulate and eloquent form of oratory has developed.
Allow us to paint word pictures and frame murals of thoughts for you.
Imagine an Art Gallery of Life which is dynamic, innovative
And reflective of its people.
Come with us on a tour of the smaller Galleries, within this large complex,
And consider the various Life-Dimensions on exhibition.
Listen, for the subtleties.

**WELCOME TO THE GALLERY
OF TAHA MAAORI
OR THE DIMENSION OF THE OLD WORLD.**

We are the descendants of an ancient people,
Who journeyed across the face of the Earth Mother, or Papa-tuu-aa-nuku,
To settle in Aotearoa / The Land of the Long White Cloud
(Also known as New Zealand) in the South Pacific.

Some historians say, that the Maaori came from Ancient Egypt,
Mesopotamia or South America;
Some say - that we came from "The Lost Tribe of Israel."
Suffice to say, that we have arrived.

Our culture is rich in the historically changing perspectives
Of our people, of their long sea voyages,
Peace and War and of Survival.

They wore "The Mantle of the Land" with Dignity and Respect;
Hearkened to the ways of Nature; appreciated the Elements;
Speculated the Cosmos; identified their Insignificance with the Universe,
And knew their Human Fragility with Io, their Supreme Being, and their God.

Taha Maaori embodies the primal heart-beat
Of a sophisticated people-caring culture
That acknowledges the balance and effect of their natural and other worlds.

They sang, danced and lived to the Rhythm of Life
And were fatalistically accepting,
But realistically countering Death, to the end.

The paranormal was "normal" to their life-style -
Acceptance was only to the will of Io.

They were: Family and Group-orientated (and fiercely defensive of them);
Caring of young and old (and mindful of their antecedents);
Respectful of their many histories; symbiotically existing with their environment;
Born conservationists; deeply ceremonial;
Factually spiritual and communally visionary.

Although no writings existed - they "read"
The cosmos; the tides and seasons; the days and nights
And their surroundings - with flora and fauna.

Decorations, patterns, carvings and symbols
Spoke their own messages - personally, locally and tribally.
(In the quietness of such observations the messages were clamorous.)

Memories were faultless (and had to be)
To recite genealogical time charts that spanned numerous generations
Across hundreds of years
And relative to thousands of individuals.

The purity of knowledge was obsessively maintained,
Jealously guarded and judiciously granted to a chosen few.

Our ancestors utilized the storehouses of their people, of their God
And of their natural world -
To provide nourishment for the body, sustenance for the mind
And food for the soul.

So it continues today.

These are some of the Traditional Treasures in this Gallery.

**WELCOME TO THE GALLERY
OF TAHA WAIRUA
OR THE DIMENSION OF SPIRITUALITY.**

In this Gallery - Taha Wairua, is the greatest gift,
Given by Io (The Supreme Being), to Mankind.

Taha Wairua is:

The timeless twinkle of celestial lace - - - in a crystal-crisp night sky;
The warm, open smile - - - of an innocent child;
The calm, caring touch - - - of a faithful friend;
The denial of pleasures - - - to give to another
And the protection of basic principles - - - for the Families
Of Nature and Humankind.

Taha Wairua is also - - - :

The gleeful joy - - - of the roaring surf;
A half-halo rainbow - - - on a clouded rain-swept sky;
The pristine gold - - - of an un-trodden beach;
The hypnotic quality - - - of natural masterpieces;
The spiraling beauty - - - of Bird and People song
And the fractured reflections - - - of a mosaic raindrop.

It is the unforgettable cry of BIRTH;
The magical moment of natural DEATH
And the sobering hallowed anguish
From CRUCIFIED HUMANITY.

Taha Wairua allows each person, in time,
To see their true inner selves
And to amend any deficits in a more enlightened way.

EVERYONE - has some Taha Wairua,
But rarely is it used - all day and every day.

Some people, deny its existence
And endure a life-time of spiritual emptiness.

Others, misuse it and are denied further riches to their lives.

Taha Wairua is the GOD-FORCE
That transcends all Man-made boundaries.

Taha Wairua can be found "behind a grotesque façade"
In a "wretchedly deformed container"
Or tragically mirrored "across a brutally-shattered window."

Taha Wairua is the most difficult gift to receive
But the easiest to use.

It is the only gift that is indescribably beautiful
With a magnificent purity that beautifies the environment.

It also shows as a quiet incandescence in the eyes of those so "afflicted".

Taha Wairua makes the Intolerable - - - TOLERABLE;
The biased - - - OBJECTIVE; Despair - - - HOPEFUL
And People-kind - - - GOD-LIKE.

It is the SEED - - - for World Peace,
The POWER - - - for Brotherly and Sisterly LOVE
And the crucial element - - - for the MATURITY of Earth-kind.

These are some of the Divine and Forgotten Treasures in this Gallery.

**WELCOME TO THE GALLERY
OF TAHA TINANA
OR THE DIMENSION OF THE BODY.**

Io, the Supreme Being,
Gave Mankind to cosset the Earth-Mother
And to sing His praises to the Sky-Father.

He-Who-Is-All-Omnipotent, shaped Man and Woman
Of pleasing symmetry and functional proportions
From the Living Earth and Firmament.

He breathed the "Life-Force" into their inert forms,
To inflate the lungs, to pulsate the heart,
To warm the Life-Fluid, to feed the brain,
To co-ordinate the messages
And to energize the body productively, to replicate.

As the Body is the Sacred Sanctum of the Soul,
Both need to be skillfully nurtured
As neither can exist without the other.

Moderation in bodily needs is the Living Key to Equilibrium.

Exercise, massage, skin-care and nutritious diet
Ensures optimum performance.

In Maaoridom - the head is considered the most sacred part of the Body.

The Brain is the conductor of orchestrated responses and re-actions
And is the repository, of our Life-Experiences
Whether Learnt, Felt, Heard, Seen, Tasted, Noted or Suspected.

The Mouth expresses the Notions of the Mind,
Speaks for the Brain, ingests for the Body.
And "breathes" for survival.

The Head, therefore, carries its own aura
And MANA or reputational charisma.

The female genitalia was known as
"Te Whare Tangata" or "The House of Man";
"The House" - - - from whom the Family of Man flourishes,
"The House" - - - that can give a Genius,
The "Living House" - - - unlike any other.

It was this respect, for the House of Pro-creation,
That incest, rape and female abuse was virtually unknown.

Gender Prowess was much admired in Battle and Peace,
In the skills of the Arts, in Personal Performance
And with Individual Beauty.

Taha Tinana is:
Turning to Nature for herbal compassion,
Utilizing rituals for physical appeasement,
Admiring wellness, cleanliness and Godliness,
Treating your TOTAL self like other selves,
Respecting your Body as your BEST FRIEND
But without Conceit or Vanity.

Taha Tinana is the Living Testimony
Of innumerable genetic blue-prints
And the Real Testimony of undeniable links
With Man, Nature and God.

It is the "Clock" of Personal Seasons,
The uneven "Profile" of Generations
And the "Mirror" of our Futures.

If Taha Tinana is the Focus of a thing beautiful
It "may" epitomize a God-like clone.

If so, then the more superlative spiritual thoughts, and actions,
Emerge, to pay Homage and Respect
To this Living Temple.

-Such are some of the "Living Treasures" in this Gallery.

**WELCOME TO THE GALLERY
OF TAHA HINE-NGAARO
OR THE DIMENSION OF THE MIND.**

Taha Hine-ngaaro is the fore-court of the Brain,
Where Thoughts, Feelings, Inclinations, Moods, Emotions, Morals
And the Conscience can parade.

Taha Hine-ngaaro is also the Act,
Of "retiring" to your Psychological Nest
To "re-nourish" your Resources.

It is the "searching"
Through the Inner Caverns, of your Mind,
For Ubiquitous Answers or Solutions.

It is the Act of "filling" the Reservoirs of Self
With Image-sharp Experiences, "sketching" new Feelings,
Or "concretizing" the Nebulous and "shackling" the Abstract.

Taha Hine-ngaaro is the orderly arrangement
Of budding Ideas and flowering Concepts;
The pruning of useless Negativism,
The clipping of insidious Neurosis,
The axing of blatant Psychosis
And the steady watering of Moralistic Behaviour
From the Limpid Pool of Conscience.

All this, under the temperate radiance
Of the Life-Heat and with the careful Nurturing
Of the Great Gardener.

In Maaoridom, Taha Hine-ngaaro can be:
 Circuitously.....DIRECT,
 Rigidly.....SUPPLE,
 Hotly.....FRIGID
 And positively.....NEGATIVE.

It is the unstated and unnoticed Contradictions
 That indicates the TRUTH.

Hypocrisy and Pretentiousness
 Survive miserably in this climate.

Taha Hine-ngaaro is also the true expression of Feelings and Emotions.

Joy can be exuberantly given
 And Grief - cathartically shared.

Morals can be Humanly loose or Religiously inhibiting
 But always Altruistic.

The Conscience is always closely linked
 To the Common Good for all.

It is also elevated to the higher levels
 Of ABSTRACT THINKING and LEARNING.

More often than not it appears as infantile naivety without apology.

Taha Hine-ngaaro is the pool where one can daily bathe
 To salve one's Conscience or Consciousness.

These are but some of the Mindful Treasures in this Gallery.

**WELCOME TO THE GALLERY
OF TAHA TANGATA
OR THE DIMENSION OF THE PEOPLE.**

Mankind is the highest order of species to walk this Earth;
The most hopeful for Earth-kind's salvation
BUT the MOST DEVIOUS and DESTRUCTIVE.

Taha Tangata is the living embodiment
Of YESTERDAY, TODAY for TOMORROW.

It is the CENTRAL core of a "hereditary" flower bulb
Which when carefully peeled exposes an embryonic tupuna (or ancestor).

Seed of EARTH, ----- Infant of NATURE,
Child of GOD, ----- Mother of MAN,
Father of PEOPLE ----- and Leader of ALL.

Taha Tangata is a single cog of the Family Wheel
That traverses the Road of Life.

It is also the Trinity of - BODY, MIND and SOUL
Or the pyramidal cornerstones of the LIFE-FORCES,
From NATURE, NURTURE and ENVIRONMENT.

The personal realities are:

To stabilize firmly as a rock - - - - - in a Frenetic Landscape,
To drift smoothly - - - - - with the Currents of Life,
To weather successfully - - - - - the Sea of Personal Storms,
To endure valiantly - - - - - the Desert of Daily Trials,
To seek reassurance - - - - - from the Hills of Ancestral Comfort,
And to embrace whole-heartedly - - - the Mountains of Family Security.

Taha Tangata is our mutual RESPECT
 For each other's TIME, SPACE and LOCATION.

It is the DISRESPECT for such things
 That brings us much PAIN.
 The ARROGANCE of IGNORANCE is no excuse
 For such OBSCENE BLUNDERS.

Taha Tangata assumes the Life-State in the Life-Sac.

It enters Life through the Birth-Canal and departs Life
 Into the bosom of our Earth-Mother.

It leaves behind its own transcript,
 Sometimes a lasting memorial,
 To its previous being but usually erased, in time,
 By the persistent breezes of Progress.

Thus is the strength of Man-Kind measured
 And so is it LOST.

These are some of the Unique Treasures in this Gallery.

**WELCOME TO THE GALLERY
OF TAHA WHENUA
OR THE DIMENSION OF THE LAND.**

After birth, the AFTER-BIRTH - - -is returned to the Land
And so the umbilical bonds now link the newborn
To its Earth Mother.

With this affinity established each individual fulfils the role
Of CURATOR for its Earth-Mother.

This relationship remains LIFE-LONG.

Taha Whenua is our footstool, or Turanga-wae-wae.

It is our PERSONAL, FAMILIAL and TRIBAL locator.

Without it we are BEREFT,
ROOTLESS,
LANDLESS
And TRIBELESS.

Thus our relationship, with the Earth-Mother,
Becomes perfunctory
Superficial and callous.

SHE who has suckled us,
SHE who has sheltered us and
SHE who will embrace us.

Taha Whenua is also the trans-cultural fertilization of the Land.

OUR land, Littered with mythical realities
And historical fallacies.

OUR land, De-nuded of bush spirits
And their havens.

OUR land, Our blood and milk splattered parchment
Of inheritance.

OUR land, Millions of acres
Lost to the power of the pen.

OUR land, Our JOY
Our PAIN.

OUR land, OUR Mother dis-embowelled, straked and raked with scars
And pock-marked with pollution.

The PRIMA-DONNA - - - - of the cave-man's days;
The aging MATRIARCH - - - of the Twentieth Century.

Taha Whenua is also:
Eczema brown deserts andvelvet jungle greens;
Gold-edged shores andcloistered trees;
Undulating horizons andrugged and ragged hills;
Snow-covered mountain breasts and water mirrors and multiple-thing Life.

Such are some of the Tarnished Treasures in this Gallery.

**WELCOME TO THE GALLERY
OF TAHA WHAANAU
OR THE DIMENSION OF THE FAMILY.**

The TRUE treasure of God is Mankind
And the true TREASURE of Mankind is the Family.

The Family is the largest and most brilliant gemstone
In the necklace of living groups
On this planet - our Earth-Home.

A Family is:

A grove of trees - - - in the Garden of Tane, the Forest God,
A group of rocks - - - in a capricious sea;
Or a star-cluster - - - each individually bright (on the black hair of Night)
Or a number of streams meeting and moving as one to the sea.

Families give colour and excitement
To the Living Tapestry of Life.

Within the Family are prevailing variables
Of Age, Gender and Life-Experiences;
Intelligence and Potentialities, Hopes, Dreams
And Aspirations and Expected Conclusions
Of their Lifetime.

Thus, the Family is the HOT - BED for Change
And the SEED - BED for the future.

In Maoridom the Family concept is not narrow and nuclear
But wide and encompassing of the EXTENDED Family.

This practice dramatically increases Membership,
Contact, Support and Prospects.

It is the Family that can give mana (or respect) to the hapuu, or sub-tribe,
Which, in turn, can enhance the reputation of the Iwi, or People.

The outcome of this process of affiliation
Is that a Family may rise or fall
Because of its single or collective members.

Taha Whaanau is where you share - your wettest sadness,
Your highest joy and your deepest feelings.

It is the Family,
Who can cement the inter-personal relationships
Of distant individuals
Or be the timely adhesive to unify communities.

Remember, also, that Families are not only of blood-lines.

The Family is the Richest Treasure in this Gallery.

**WELCOME TO THE GALLERY
OF TAHA TIKANGA
OR THE DIMENSION OF COMPLIANCE.**

Taha Tikanga is the Yardstick for Protocol,
The Social Measure for Etiquette,
The Mystical Demarcation of the Sacred from the Profane
And the Common Difference of the Extraordinary from the Mundane.

It is the Unmistakable Difference of Man from Woman,
Day from Night, Summer from Winter
And the Immoral from the Moral.

It allows each person their Rank, Time, Location
And Life-direction (during their Life-duration)
To be Fruitful or Fruitless and Safe or Hazardous.

It is like astral-flying at multiple levels;
Each boundary mentally framed
Each inter-section demanding rituals,
Each area littered with pit-falls
And all requiring a finely-tuned Mind, Body and Responses.

DANGER, RETRIBUTION and SAFETY
Are one's constant traveling companions.

Once learnt, one's Life-paths become clearly defined and direct.

It is like scaling a mountain in your Mind;
Running a race with the wind; swimming to outstrip an eel;
Or singing to out-trill a bird.

It is achieving the gauntlet race
Through experience and concentration.

Taha Tikanga allows you to eavesdrop
On ancestral chants and tunes
And to see the purpose of ancient practices
That are relevant even today.

It encourages mutual respect between people,
Warms the heart with hospitality,
Lightens the Loads of Life-losses
And softens the harsher realities of Mortality.

It allows you to see God breathe - in the silent, drifting morning mist;
Or see his eyes twinkle - on the curling edge of an afternoon wave;
Or hear his gentle belly-laughter rumble - in a distant disappearing rain-storm;
Or see his brief smile - on the light spears of the rising sun.

It is HIS Immortality that is Mortalized by Man.
And, it is through Taha Tikanga
That this is almost made possible.

Such are some of the Divine Treasures of this Gallery.

**WELCOME TO THE GALLERY
OF TAHA PAKEHA / PAKEHA-TANGA
OR THE DIMENSION OF THE NEW WORLD.**

Taha Pakeha is a common factor, genetically,
In the blood-mix of many Maaori.

It is the reason that we can straddle
The two cultures with much ease.

Taha Pakeha is the teina,
Or younger brother - of Taha Maaori.

The marriage of these two cultures is not yet formalized
As one partner prefers the uncompromising de facto relationship.

Who ? ...is the dissatisfied partner
In this unstable partnership?

Taha Pakeha is:
Time-warps and psycho-jabble,
Disposable people and money "Gods";
Wasteful newsprint and instant out-dated news;
Push-button wars and constipated cities;
Concrete paddocks and flatulating freeways;
Befouled nests and fast-track neuroses.

Taha Pakeha is also
SAFETY,
SALVATION,
SYMPATHY
And SOUND SENSE.

Was Taha Maaori suicidal?

Because of, historically -

Beads, Bibles and Brotherly betrayal?

Of Land Grabs And Licentiousness?

Of Treaties and trickery?

And impassive custodians of failing races?

Taha Pakeha is also -

The orderliness of efficiently-glazed bureaucratic pyramids;
Clinically-clean scientific practices; rotating money piles;

Free-wheeling futuristic fantasies

And closed cliques of collaborators.

It has the ability to lift Mankind -

From an Ethiopian cooking-pot to a microwave oven.

It also has the Excitement to dazzle the ears,

The Brilliance to lull the eyes,

The Power to shuttle Mankind's mind

And the Beauty to anaesthetize the senses.

It, also, has the Richness to hold out a hand,

To the poorer Brothers of Mankind expecting nothing in return

But to make his God smile.

It is this Gallery which has the Priceless Masterpieces.

And so ends the Tour of the Galleries with their Life-Dimensions.

Our Cultural Perspectives are somewhat similar to other cultures -
But our Needs, Development and Direction are "Uniquely Different."

Such differences are common to the Members of the Family of Man.

In the **Dimension of the Old World**, we acknowledged
Our Ancestral Footsteps and Genealogical Roots.

In the **Dimension of Spirituality**, we recognized
The Influence of and our Affinity with the Supreme Being.

In the **Dimension of the Body**, we re-iterated
Its Purpose, Function and Care.

In the **Dimension of the Mind**, we noted
The Mortal aspects of the Soul.

In the **Dimension of the People**, we stated
Our common Mortality.

In the **Dimension of the Land**, we returned
To our Natural Links.

In the **Dimension of the Family**, we realized
It's Potentiality.

In the **Dimension of Compliance**, we found
The Structure of Purpose.

In the **Dimension of the New World**, we saw
The dark side of Optimism.

Our lives have been touched by some, or all of these Dimensions.
To lose these Dimensions is to lose Sanity.

These Dimensions reflect our Origins,
Present Location, Hopes and un-slept Dreams.

They indicate the MONUMENTALITY
Of our Life yet to Live,
Our Dignity and Freedom,
Our God-given and EXPECTED RIGHTS,
With the richness of Sharing
With other Brothers and Sisters,
And our true Feelings for them.

In TODAY's WORLD, of fast-track technology,
Human casualties litter the Environment
In greater numbers than empty beer cans.

Such CASUALTIES can be found in statistics and dole queues;
Prisons and on the fringe of Society;
In therapy sessions and schools;
In homes and drug circles;
In the undergrowth of concrete jungles
And amongst ourselves.

WHO nurtures the Dispossessed?
The Dispossessed who are mainly WOMEN.

The Daughters and Sisters;
The Wives and Partners
And the Mothers and Widows
Who bear the GREATEST burden in this Process of Dispossession.

If THEIR Dimensions are intact,THEY do.
If THEIR Dimensions are DISINTEGRATED, . . . WE do.
If OUR dimensions are non-existent,NO-ONE does

Although WE may pretend otherwise.
Our "professionalism" can negate suspicion.

Finally, Mental Health is "Total Health" the conscious aim
That we all attempt for OUR patients and OURSELVES.

WE believe that the Life-Dimensions can make it so.

(Thank you for taking the time to read this presentation.
You may need to read it several times to grasp the concepts and deeper
meanings.)

Glossary

No.	Word / phrase	Page	Definition / meaning / explanation
001	Abstract	11	A hypothetical or mental concept.
002	“Abstract Thinking”	12	Thinking hypothetically or guessing
003	Affinity	15	A closeness or fondness for something.
004	“Afflicted”	08	Being miserable or tormented; in two minds.
005	After-birth	15	The residual remains of the birthing process.
006	Altruistic	12	Considerate, generous, unselfish.
007	“Anaesthetize the senses”	22	To deaden the senses, (feelings or abilities).
008	Ancestral chants and tunes	20	Protocols and rituals given by ancestors.
009	Ancestral footsteps	23	Life’s keystones left by ancestors / tupuna.
010	Antecedents	06	Ancestors or forebears who have passed on.
011	Appeasement	10	To please, pacify or satisfy someone.
012	Arrogance	14	Overbearing, self-centred; insolent.
013	Articulate	04	Fluent, eloquent and expressive in speech.
014	Aspirations	17	Personal hopes, dreams, desires & ambitions.
015	Astral-flying	19	Imagined bodily levitation during dream states.
016	Aura	09	The “glow” of personal electro-magnetism.
017	Basic principles	07	Essential dictates of behaviour and conduct.
018	Beads, bibles and brotherly betrayal	22	Manipulative control factors of Colonizers.
019	Beautifies	08	To make beautiful or attractive to the eye...
020	Befouled nests	21	Polluted or desecrated home-sites.
021	Bereft	15	Left abandoned, deprived and destitute.
022	Biased	08	One-sided or unfair thinking or behaviour.
023	Birth-canal	14	The maternal canal of birth.
024	Blatant	11	The obvious and clear behaviour that may be bad.
025	Blood-lines	18	One’s genealogical roots.
026	Blood mix	21	One’s mix from one or more races.
027	Bodily needs	09	Personal health requirements.
028	Brutally shattered “window”	08	Past events “reflected” in the eyes of the victim.
029	Callous	15	Cold, hard-hearted & insensitive behaviour.
030	Capricious	17	Changeable, unstable, unpredictable & erratic.
031	Casualties	24	An accidental or disastrous outcome.
032	Cathartically	12	A cleansing or purifying process.
033	Celestial lace	07	The “Milky Way.”
034	Charisma	09	Personal charm, magnetism or fascination.
035	Circuitously direct	11	To be direct in a round-about way.
036	Clamorous	06	A rowdy and noisy verbal display for attention.
037	Clearly defined	19	Unmistakably detailed; beyond doubt.
038	Clinically-clean scientific practises	22	Sanitized scientific-based processes.
039	“Clock of Personal Seasons”	10	The “Clock” of Personal Growth and Maturity.

040	Closed cliques of collaborators	22	Self-elected “do-gooders” who are elitist group practitioners.
041	Cog	13	A mechanical interfacing wheel part.
042	Collective	18	A group who practises unity and sharing.
043	Common factor	21	A group commonality; a state known to all.
044	Common mortality	23	Impending death (anticipated or expected).
045	Communally visionary	06	A group “dream” of / for its future.
046	Complex	04	Assorted buildings or internal spaces.
047	Compliance	04	A state of conformity, agreement or obedience.
048	Compromise	04	To cooperate or “give-and-take”
049	Conceit	10	A state of pride, vanity or self-centredness.
050	Concepts	03	Ideas, thoughts, perceptions or theories.
051	Concrete paddocks	21	Concrete urban or “built-up” town areas.
052	Concretizing	11	A process to make hard, solid or firm.
053	Conscience	11	Factors (e.g. scruples, ethics) to keep us honest.
054	Consciousness	12	To be aware, to realize or to “know.”
055	Conservationists	06	Preservers & repairers of the environment.
056	Constipated cities	21	Clogged and choked urban development.
057	Contradictions	12	Being inconsistent, in conflict or a paradox.
058	Co-ordinate	09	To match-up, harmonize or synchronize.
059	Cosmos	05	The Heavens, Outer Space or the Universe.
060	Cosset	09	To fuss over, pamper, indulge or to look after.
061	Countering	05	To argue against, to oppose to contradict.
062	Crucial element	08	The most essential, vital or necessary part.
063	Crucified humanity	07	Paying penance for Christ’s crucifixion
064	Cultural	01	Ethnic-based perceptions and practises.
065	Curator	15	Guardian, keeper, monitor, kai-tiaki.
066	Dark side of optimism	24	Learning from the reality of previous experience.
067	“Dazzle the ears”	22	Contradictory imagery (e.g. dazzling the eyes).
068	De facto relationship	21	Existing in reality or fact (be it right or not)
069	Deeply ceremonial	06	Ritualistically focused.
070	Deficits	07	Deficiencies, short-falls or short-comings.
071	Descendants	05	People, progeny, issue of common ancestors
072	Despair	08	Hopelessness, dejection, disheartening
073	Devious	13	Skillfully underhand, dishonest and unreliable.
074	Differences are common	23	“In our differences we find our commonalities.”
075	Dimensions	04	Aspects, features, extensions or measures
076	Disintegrated	25	Broken, dissolved, shattered, and separated.

077	Disposable people	21	People “used” by others for their own ends.
078	Dispossessed	04	Deprived or stripped of rightful ownership.
079	Disrespect	14	Personal rudeness to another.
080	Dissatisfied	21	Disapproval with someone or something.
081	Divine	08	Holy, godly, sacred.
082	Dole queues	24	Financial feeder-lines for the unemployed.
083	Dynamic	03	Energetic, strong, vigorous, vivacious.
084	Earth-Mother	14	Mother Nature; Papa-tuu-a-nuku.
085	Eavesdrop	20	Accidentally overhear or deliberately listen-in.
086	Efficiently-glazed bureaucratic pyramids	22	Model: managers = top, workers = bottom.
087	Elements	05	Basic life factors (e.g. earth, air, fire & water).
088	Eloquent	04	Articulate, expressive & fluent in speech.
089	Embodies	05	Denotes, signifies, includes.
090	Embodiment	13	To include, to comprise
091	Embrace wholeheartedly	13	Accept totally & without question
092	Embryonic	13	Rudimentary stage, undeveloped phase.
093	Encompassing	17	Surrounding, encircling.
094	Encourages mutual respect with people	20	Shared and positive behaviour with others.
095	Energize	09	To activate & invigorate the body.
096	Enhance	17	To boost, develop, expand.
097	Environment	04	Immediate location, surroundings or setting.
098	Epitomize	10	To be an example / role-model (for someone)
099	Equilibrium	09	To be balanced, poised, regular and stable.
100	Erased	14	Deleted, removed or cancelled.
101	Etiquette	19	Politely conducted & performed social protocols.
102	Evolution	04	To develop / expand (for the better) over time.
103	Expected conclusions of their life-time	17	The expected end of one’s life.
104	Exposes	13	Uncovers, reveals, discloses.
105	Extended family	17	The sum-total of one’s kin or relations.
106	Extraordinary	19	Remarkable, outstanding, unbelievable.
107	Exuberantly	12	Lively, overflowing, prolific, abundant.
108	Factually spiritual	06	A practical application of one’s mysticism.
109	Familial	15	Pertaining to family connections or status.
110	Fast-track	04	Using the fastest & most efficient route or method.
111	Fast-track neuroses	21	Life-style related stress.
112	Fast-track technology	24	Modern up-to-the-minute technology.
113	Fatalistically	05	A submissive or accepting attitude to events.
114	Female abuse	10	Mistreatment of females (generally by males).

115	Finely-tuned mind	19	An intensely-focused and synchronized mind.
116	Firmament	09	The sky and heavens.
117	Flatulating freeways	21	Flatulating = farting = pollution of environment
118	Flora and fauna	06	Plant (flora) and animal (fauna) life.
119	Flourishes	10	To bloom, to thrive, to grow.
120	Footstool (or turanga-wae-wae)	15	Maaori concept of personal location.
121	Forecourt	11	The front or frontal area of the brain.
122	Formalized	21	Giving a defined, legal or formal status.
123	Fractured	07	A break, split or separation.
124	Free-wheeling futuristic fantasies	22	Fabulous but impractical ideas for the future.
125	Frenetic	13	An energetic & uncontrolled performance.
126	Fruitful	19	Fertile, productive. gainful.
127	Fruitless	19	Infertile, non-productive, barren
128	Functional	09	Serviceable, workable, operational.
129	Galleries	01	A series of exhibition or display spaces
130	Gender	17	One's individual sexual identity (male / female)
131	Gender prowess	10	The skills or competencies of one's gender
132	Genealogical "time-charts"	06	Whakapapa between the generations.
133	Genealogical roots	23	Inter-familial & inter-generational connections.
134	Genetic blueprints	10	Pre-destined forecasts; ancestral genetics.
135	Genetically	21	Hereditary factors.
136	Genitalia	10	Sex organs.
137	Genius	10	An exceptionally-gifted person.
138	God-force	08	Divine force, or intervention, by God / Io.
139	God-given and expected rights	24	Our naturally inherited and personal rights.
140	Godliness	10	Being God-like.
141	Grotesque (façade)	08	The ugly "front" of the beauty "behind".
142	Group-orientated	06	Working with (family) groups or collectives.
143	Hallowed	07	Sacred, holy, blessed.
144	Hazardous	19	Dangerous, risky, perilous.
145	Hearkened	05	Listened to, took notice, heard, heeded.
146	Herbal compassion	10	Herbal cultivation, harvesting & benefits.
147	Hereditary	13	The genetic factors of ancestral transmission.
148	Hills of Ancestral Comfort	13	Familial land-marks of tangata-whenua.
149	Hine-ngaaro	04	Operational intricacies of the (Maaori) Mind.
150	Historical fallacies	16	Misleading facets of history.
151	Holistic / wholistic	04	Complete; entire; total.
152	Homage	10	Reverence; respect; deference.

153	Hot-bed for change	17	The “seed-bed” for future group improvement
154	“Hotly frigid”	11	A contradictory statement e.g. “...a hot icicle.”
155	Human casualties (litter the environment)	24	The debris of an uncaring society.
156	Human fragility	05	The weaknesses of the human body and mind.
157	Human-kind	07	Humanity; people; races.
158	Humanly loose	12	Human unpredictability or uncertainty.
159	Hypocrisy	12	Duplicity; insincerity; two-faced.
160	Immoral	19	Dishonest; depraved; wicked; corrupt.
161	Immortality	20	Eternal; everlasting; undying; deathless.
162	Impassive custodians (of failing races)	22	Colonizers who “cannibalize” and “kill” cultures.
163	Incandescence	08	Blinding white light / heat.
164	Incest	10	Inappropriate sex between siblings and parents.
165	Inclinations	11	Tendencies; preferences; leanings.
166	Indescribably beautiful	08	Dumbstruck beauty; unbelievable beauty.
167	Inert	09	Unmoving; still; static; motionless.
168	Infantile naivety	12	Childish innocence; unsophisticated; immature
169	Inflate	09	Fill (the lungs) with air.
170	Influence and infinity (with Io)	23	A personal creed focusing on a Divine entity.
171	Ingests	09	Absorbing nutrition or fluids into the body.
172	Inhibiting	12	Slowing down; holding back; stalling.
173	Innovative	04	Creative; novel; new; original.
174	Innumerable	10	Countless; multiple; untold numbers.
175	Insidious	11	Creeping; gradual; sneaking; menacing.
176	Insignificance	05	Trivial; irrelevant; meaningless; unimportant.
177	Instant out-dated news	21	Indiscriminate & fast-track information
178	Intact	25	Whole; in-one-piece; complete
179	Intelligence	17	The ability to attend to the needs of our reality.
180	Inter-personal relationships	18	Interacting with or mixing with others.
181	Inter-section	19	Junction; crossing; coupling.
182	Intolerable	08	Unbearable; painful; unacceptable.
183	Io (the Supreme Being)	05	The (Maaori) Supreme Being.
184	Judiciously granted	06	Thoughtfully, sensibly or prudently allowed
185	Land-grabs and licentiousness	22	Unlawful land-taking & complete lawlessness.
186	Life-Dimensions	23	The Life phases that an individual considers.
187	Life-Direction	19	The Life phase that an individual follows.
188	Life-Duration	19	A Life phase’s term
189	Life-Experiences	17	A Life phase’s collective episodes.
190	Life-Paths	19	A Life phase’s directional course.

191	Life-Sac	14	The foetal capsule (during pregnancy)
192	Life-State	14	The human foetal sum parts before birth.
193	Life-Style	05	The chosen Life-phase of an individual.
194	Limpid	11	Clear; uncluttered; pure; transparent.
195	Littered	19	Disordered; trashed; rubbished.
196	Living Tapestry (of Life)	17	The dynamic Phases & Processes of Living.
197	Lost Tribe of Israel	05	The Israeli tribe that “disappeared.”
198	“Lull” the eyes	22	Contradictory imagery (e.g. soothe the mind)
199	Magnificent purity	08	An innocent and spotless wholesomeness.
200	Mantle of the Land	05	The Land Cloak that Maaori “wear”.
201	Maaori-tanga	04	The collective essences of being Maaori.
202	Memorial	14	A testament or tribute to something now gone.
203	Mentally-framed	19	Personal boundaries set for ourselves.
204	Mesopotamia	05	Ancient city in Iraq.
205	Millions of acres lost to the power of the pen	16	Suspect legislation of “confiscated land.”
206	Mindful	12	Aware; attentive; watchful; wary.
207	“Mirror” of our Futures	10	The expected better future for our people.
208	Moderation	09	Temperance; constraint; self-control.
209	Money Gods	21	Capitalism and Materialism.
210	Monumentality	24	Immensity; enormity; largeness; overwhelming.
211	Moral	19	Ethical; principled; honourable.
212	Moralistic behaviour	11	Behaving to the principles of social codes.
213	Mortal Aspects (of the Soul)	23	Aspects that feed the soul (e.g. love, warmth)
214	Mortalized	20	Mankind’s living version of the Divine Spirit.
215	Mountains of Family Security	13	Reassurance from family land-marks.
216	Mundane	19	Ordinary; humdrum; routine; every day.
217	Mutual respect	14	Genuine consideration for each other.
218	Mystical demarcation	19	The supernatural boundary for behaviour.
219	Mythical realities	16	Inter-change between the real and the unreal.
220	Natural links	23	Respectful association with one’s environment.
221	Nebulous	11	Vague; undefined; hazy; wishy-washy.
222	Negate	25	Annul; cancel; reverse; counteract.
223	Negativism	11	Not positive; anti anything; uncooperative
224	Neurosis	11	Mild, self-centred mental condition.
225	New World	24	Places beyond Western Europe / Old World.
226	Non-existent	25	Absent; missing; fictional; imaginary.
227	Notions	09	Ideas; concepts; beliefs; views.
228	Nuclear Family	17	Two parents plus two children.

229	Nurtured	09	Raised; reared; fostered.
230	Nutritious	09	Nourishing; strengthening; invigorating.
231	Obscene blunders	14	Ignorantly rude or sociopathic behaviour;
232	Obsessively maintained	06	On-going compulsive behaviour.
233	Omnipotent	09	All Supreme; all-powerful; invincible
234	On the fringe (of Society)	24	Excluded from the mainstream populace...
235	Optimum	09	The best; the foremost; de crème de la crème.
236	Oratory	04	Articulate, fluent and eloquent speech-making.
237	Orchestrated responses	09	Co-ordinated and unified reactions.
238	Orderliness	22	Polite; orderly; civil / polite; tidy in structure.
239	“Our blood and milk-splattered parchment ”	16	Political dispossession of indigenous land.
240	“Our joy, our pain”	16	Ecstasy of land claims & the agony of land loss.
241	“Our true feelings (for them)”	24	Spiritual benevolence for another.
242	Outcome	18	Result; conclusion.
243	Out-strip	19	Out-do; out-perform; trounce.
244	Out-trill	19	Out-sing; musically better.
245	Pakeha / Pakeha-tanga	04	European / European (Western) culture
246	Para-normal	05	Mystical; clairvoyance; psychic.
247	Partners	24	Collegial relationship
248	Perfunctory	15	Thoughtless; off-hand; indifferent; careless.
249	“Personal realities...”	13	Individual milestones; your life cues
250	Perspectives	01	Broad view; panoramic; vista.
251	Physiology	04	The science of living organisms.
252	Pit-falls	19	Unseen holes, craters or traps
253	Positively negative	11	Being positive for something negative.
254	Potentialities	17	Untapped personal capabilities & possibilities.
255	Practice	17	Habit; drill; ritual; exercise.
256	Pre-amble	04	Introduction; preface; forward.
257	Pretentiousness	12	Conceited; vain; self-centred; postured.
258	Prevailing variables	17	Factors that can affect the result of anything.
259	Priceless	22	Invaluable; expensive; precious.
260	Primal	05	Primitive; fundamental; basic.
261	Pristine	07	Original; untouched; first user.
262	Process of affiliation	18	The act of association to a group / whaka-papa.
263	Pro-creation	10	To breed; to reproduce; to propagate;
264	Profane	19	Defile; desecrate; pollute; abuse.
265	Professionalism	25	To be intelligently aware and neutral.
266	“Profile” of generations	10	A “graphic” portrayal of a family.

267	Protocol	19	Official formality, observance or performance.
268	Psycho-jabble	21	Psychological ventilation of issues or outcomes.
269	“Psychological” nest	11	To turn “inwards” & think.
270	Psychopaedic	02	Psychological Medicine dealing with children.
271	Psychosis	11	Severe Mental Disorder of the whole personality.
272	Pulsate	09	Throb; vibrate; quiver.
273	Push-button wars	21	Technologically enhanced warfare.
274	Pyramidal	13	Shaped like a pyramid.
275	Rape	10	Non-consensual or forced sex.
276	Re-actions	09	Response to stimuli.
277	Re-assurance	13	To restore confidence and dispel apprehension.
278	Reflective	04	Thoughtful; meditative; introspective.
279	Re-iterated	23	Repeat a statement or action.
280	Re-nourish	11	To reaffirm; to restore; take a “breather.”
281	Replicate	09	To make an exact copy; to duplicate; clone.
282	Repository	09	Storage (e.g. library = books; pantry = food)
283	Reputational	09	Relative to one’s popularity, status & skills.
284	Reservoirs of Self	11	The Mind (= storage space for experiences)
285	Resources	11	Mental or physical stock for future use.
286	Responses	19	Reactions to stimuli.
287	Retribution	19	Vengeance; revenge; tit-for-tat; getting “even“.
288	Rhythm of Life	05	Living Tempo that happens regardless of what.
289	Rigidly supple	11	A contradiction (e.g. flexible about rigidity.)
290	Rituals	10	Formal rites, performances or procedures.
291	Rotating money-piles	22	Wealth that is politically circulated.
292	Salvation	13	Deliverance or escape from something.
293	Salve	12	To heal, soothe or appease.
294	Sanctum	09	Holy place with limited / selective entry.
295	Scaling a mountain in your Mind	19	Mental preparation to gain one’s aspirations
296	Seed-bed for the future	17	Genealogical preparation through procreation.
297	Sharing with “brothers” and “sisters”	24	The trip of from bi-to multi-culturalism.
298	Shuttle Mankind’s mind	22	International challenge of inventive sharing.
299	Sobering	07	Moderate, tranquil effect of realization.
300	Social measure	19	Individual performance with the group.
301	Sociological scrap heaps	04	Society’s failures or “misfits.”
302	Softens the harsher Realities of Mortality	20	The realization that Life is difficult & finite
303	Sound sense	21	Common sense (not always “common” to all)
304	Species	13	A class or group with common features.

305	Speculated	05	Imagined; theorized; pondered; considered.
306	Spiraling	07	Upward curling or winding motion.
307	Spiritual emptiness	07	Divinely “dead” or devoid of “Wairua“.
308	Spirituality	04	Our activated (non-religious) Spirit or Wairua.
309	Stabilize	13	To make firm, steady or stable.
310	Statistics	24	Numerical data for multiple considerations.
311	Straddle (both cultures)	21	To be bi-culturally confident.
312	Subtleties	04	Quietness; delicateness; refinement.
313	Suckled	15	To be breast-fed
314	Suffice	05	To satisfy; to make available; “suffice to say...”
315	Superficial	15	Flimsy; shallow; untrustworthy; unreal.
316	Superlative	10	Peerless; supreme; incomparable; choice!
317	Suspicion	25	Hint; suggestion; inkling; assumption.
318	Sustenance	06	Nourishment; nutriment; supplies; food.
319	Symbiotically existing	06	Living a synchronized & balanced relationship.
320	Symmetry	09	Balanced; shapeliness; equal in size.
321	Taha	04	(Maaori) Side; aspect; area.
322	Tangata	04	(Maaori) Person.
323	Technology	04	The study or science of moving and integrated mechanics parts.
324	Temperate radiance	11	Moderate or gentle glow; mild light.
325	Testimony	10	Oral or written statement given under oath.
326	The (Maaori) family concept	17	Family members here and over the horizon.
327	The “purity” of Knowledge	06	Keeping “taught” knowledge in original form.
328	The Cosmos	06	The Universe; Creation; the Macrocosm.
329	The Gauntlet Race	19	Dodging Life’s criticisms & physical blows.
330	The Greatest Burden	24	The legacy of our Life’s “baggage.”
331	The Purpose of Ancient Practices	20	The endurance of past knowledge and practices.
332	The Structure of Purpose	24	An actively planned project / scheme
333	Tika-nga	04	(Maaori) Ritualistic protocols and practises.
334	Timely adhesive	18	Useful connections for the “here” and “now.”
335	Time-warps	21	Time-jumping (through technology / the mind).
336	Tragically mirrored	08	Past painful deeds reflected in a victim’s eyes.
337	Transcends	08	Crosses; passes; overlaps; surpasses.
338	Transcript	14	Duplicate; facsimile; photocopy.
339	Tran cultural fertilization	16	Cross-cultural development (of a Society.)
340	Traverses	13	Pass; cut across; cross over; ford.
341	Treaties and trickery	22	Failed promises by Colonizers.

342	Trinity	13	Being of 3 groups.
343	Ubiquitous	11	Ever-present; here-there-and-everywhere.
344	Umbilical bonds	15	The foetal-mother connection.
345	Uncompromising	21	Rigid; obstinate; stubborn; unyielding.
346	Undeniable	10	Certain; definite; unquestionable.
347	Undergrowth (of concrete jungles)	24	Suburban ghettos of the dispossessed
348	Unify	18	To merge; to blend; to harmonize.
349	Unique	14	Singular; rare; unmatched; one-of-a-kind.
350	Utilizing	10	To use; to employ; to use to the best advantage.
351	Valiantly	13	Bravely; gallantly; heroically; courageously.
352	Vanity	10	Conceit; self-centred; narcissism.
353	Variables	17	Unsteady and wavering factors.
354	Viewpoint	01	Personal standpoint or perception.
355	Virtually	10	Essentially; practically; substantially; almost.
356	Wairua	04	The Mana-state of Spirituality.
357	Warms the heart with hospitality	20	The mutual appreciation of (Maaori) sociability.
358	Wasteful newsprint	21	Wasting trees on daily “shallow” reading.
359	Well-being	04	Symmetrical balance of Body, Mind and Soul.
360	Whaanau	04	Our familial inter-generational connections.
361	Whenua	04	(Maaori) The land; the after-birth.
362	Wretchedly deformed container	08	A body disfigured by “delivery” or accident.
363	Yardstick	19	The measure; the bench-mark; the gauge.