

Are you looking to make a shift in your life and body? Are ready to let go of what has been holding you back?

We invite you to meet the Maori healers from New Zealand who will be in Sydney to offer a Limited number of bodywork sessions that have been described as *Empowering*, *Soulful* and *Life-Changing* from previous clients.

In these stressful times, we often neglect our bodies causing unprocessed emotions, toxins and tension to lock into our body systems. Even worse we can go out of structural alignment affecting the body's ability to heal and repair. Often when this happens, we push through the day carrying mental, emotional and physical pain with us, rarely seeking the help we need and desire.

The Maori Healers bodywork is deep and they work with you to clear out old energies that no longer serve you. They practice a powerful ancient healing art passed down from generation to generation in New Zealand. For this short trip there are three highly experienced healers working together alongside each other. They are ready to help you release and align your body so it can return to its natural state of joy, peace and grace.

To book one of these Limited sessions, please call Angela at 0425 295 833 or email at angela_gaare@yahoo.com. Sessions and times typically book quickly so please call well in advance.

MORE ABOUT THE ANCIENT ART OF MAORI HEALING

TE OOMAI REIA:

Te Oomai Reia is an ancient Maori art of healing passed from generation to generation. *Te Oomai Reia* can be gentle, rhythmic, and light but often involves working with deep tissue alignment, pressure points, and nerve centers and muscle tissue. This stimulates the internal organs, bones, blood, and muscles, releases and removes toxic build up and waste, and relieves tension, stress, and pain in the body.

This is replaced with positive, nourishing energy and vitality, increased circulation and muscle tone, balance and soul lightness each release awakens a radiant source of wisdom for the individual allowing one to engage in their life with understanding and compassion for the self. The body knows its own original blueprint (perfection) and with the cellular memory (DNA), will work to achieve this state, no matter the quality.

To bring nature back into the healing process we use natural tools such as:

Rakau: certain woods / trees,
Kohatu: stones / crystals, our major one being the *Pounama* (green stone),
Rongoaa: earth medicines from plants / roots / bark,
Moana: the sea as a cleanser and healer
Papa-tuanuku: Earth Mother, and *Ranginui*: Skyfather, and
Ringaringa: Hands, our most valuable tools.

Te Oomai Reia is an attitude on the part of the therapist that one has to be clean and positive in mind, body & spirit when massaging another person; one is transferring positive energy to another whereby healing is taking place before, during, and after the session.

One has to bear in mind that the healing process has already started within the person because he/she is reaching out for help. The individual trusts and believes the therapist can help and acknowledges that the healing comes from a Higher Power.

Te Oomai Reia is a communal process whereby there may be one, two or more therapists working on one client at the same time and next to each other in an atmosphere of love and support. An adage used is: to knowingly heal the one, is to really heal the many.

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ABOUT THE VISITING PRACTITIONERS:



Atarangi Muru

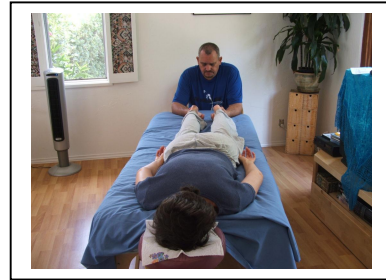
I feel most privileged to be able to write a bio for Atarangi, a woman whose healing arts have profoundly touched my family and I over the years. Atarangi has a tribal saying that *āhe kumara* (sweet potato) does not talk of its own sweetness. What this clearly outlines is the humbleness this woman walks the earth with as well as having an extraordinary amount of common sense.

Her story is one of being a rebellious child, yet having some powerful influences in her younger years that allowed her to make good on her pathway to where she is at now. An Auntie that she and her cousin Rowan would stay with introduced the art of mirimiri or massage at a young age. Rowan had kidney problems, and where they lived at the beach in Ahipara, you could only get to when the tide was out and with a land rover or tractor. So when Rowan's kidneys were painful or his body would swell, knowing how to rub in a specific circular motion to draw the fluids away, ease the swelling and give relief from the pain were necessary. An Uncle who drove bullies (bulldozers), and worked at labor intensive jobs would regularly visit the local elder known for walking on backs, Auntie Bella Nathan. She in turn would show Atarangi how to tramp his back and the muscles along the *tuara* (erectus core), the hamstrings and sacrum to relieve back pain and sore shoulders. Much of Atarangi's work these days includes fertility/pregnancy issues, clearing abuse on the physical level via vaginal massage (women only - fully clothed),

counseling on her online counseling site and her role of teaching this work, and sharing the gifts that Papa Joe gave.

Bill Mundy

Bill Mundy is a 5th generation New Zealander, with ancestral links to England, Ireland as well as African American. He grew up in a small town called Whangarei which is now fast becoming an iconic city of the upper part of the north island of New Zealand. Bill came to this healing modality thru meeting and marrying Atarangi in 1997, although she claims there was already something intrinsic within. Atarangi was the first to activate his hands, as he worked alongside her in the clinic with the Elder Aunties, Pat and Winnie.



Through an introduction to Papa Joe, considered the lineage holder of the tradition, his instruction added depth, understanding and knowing. He was blessed to attend many of Papa Joe's wananga (wisdom teachings) as well as have one on one time with him from 2000 to 2005. He has also studied and apprenticed alongside Aunty Heeni (well known for her herbal medicines and potions throughout NZ), Manu Korewha, Nanny Makere, Lui, Wiki, to name a few. This man from Whangarei who had no prior knowledge of healing or spirit started to grow in ways unknown to him and or his family and his work continues to deepen every year.

WORDS FROM ATARANGI:

How does one explain a Life-changing occurrence? I am not sure. What I do know is that the techniques we work with are as old as the ancient Chinese acupuncture and acupressure points. They are older than the *lomilomi* (or points) of Hawaii. The *haemata* (or points) that we work on are usually where the blocks are in a person. We pick this up using our internal radar so to speak, or the person shares with us where he/she is feeling sore or blocked.

In a great number of cases, the healing is instantaneous yet the body, because of its density and need to understand or be in control of what happened, has a time lag. That means that it takes time to readjust to the way it used to be (to its original blueprint of health). With *Mirimiri* (Maori Healing) it may take an hour, two hours or twenty minutes.

When we "read" a person's body, we know almost instantly what is required, where to go, what pressure. Most times a heavy pressure is used to ensure that the block is opened and will continue to flow.

What we do is work the other bodies too (not just the physical, as many people concentrate on now) with the ultimate aim of having the spiritual body open and flowing. There is a difference in energy work and hands-on, of course, because there is the

physical touch and then the non-physical touch. We use different amounts of energy to move the emotional traumas that are ready to be released. We see ourselves as no more than the instruments of change.ô

For more information please visit:

<http://www.maorihealers.wordpress.com>

<http://www.ata-rangi.com>

TESTIMONIALS:

"Through Atarangi's sensitive and powerful body work, her clients are restored to original wholeness, remembering who we are prior to early traumatic loss of Self. This "homecoming" through Atarangi's unique talent is a source of tremendous joy, freedom and clarity.

Atarangi's knowledge of Maori healing is pure and magnificent. She masterfully channels these principles and dances gracefully between two disparate worlds: the wisdom of ancient healing and the complex conditions and illnesses of stressful modern times. Beyond this, Atarangi is remarkably wise, passionate and empathetic. It is through her profound love of people that the greatest healing occurs. Thus, I am tremendously grateful to her wonderful contribution to my life."

--D.C., New York

VENUE AND BOOKING INFORMATION:

When:	17 March - Wed	10.00 am ñ 5.30
	18 March - Thurs	12.00 pm ñ 7.30
	19 March - Fri	10.00 am ñ 5.30
	22 March - Mon	12.00 am ñ 7.30
	23 March ñ Tues	10.00 am ñ 5.30
	24 March ñ Wed	12.00 am ñ 7.30

Where: Church of Te Wairua Tapu (Maori Anglican Church)
587 Elizabeth Street, Redfern (Sydney) NSW
Near the Central Train Station ñ just south of Cleveland on Elizabeth Street.

Cost: \$80.00 for one hour session

Contact: Angela Gaare
angela_gaare@yahoo.com
0425 295 833

If you are interested in learning Takahia te Tinana there is a two day workshop Saturday and Sunday March 20 and 21. Contact Angela as above.