

# Rongoa sessions explore traditional Maori healing

RONGOA Maori featured in a two-day wananga recently at Kuha Marae in Waikaremoana.

It was hosted by Jennifer Takuta-Moses of Te Whanaupani and Ngati Hinekura, Waikaremoana and Amanda Claire of Ngati Makoro, Frasertown.

The programme included three rongoa sessions exploring traditional Maori healing.

A group of rongoa practioners followed a rongo trail in the first session through the forest to a crystal lake, an ancient Tuahuroa (sacred place).

According to the old people, this is where the

patupaiarehe live.

They gathered up to five varieties of rongoa or traditional healing plants each to study further in the second session.

Back at Hinekura Whare, the rongoa group provided a full study of the plants and presented their findings to each other for the second session.

In the third session, the group explored the preparation and application of remedies for practical and health-giving alternatives.

They finished the wananga off with a restorative

treatment of Mamaku Spa Sensations (Waimirimiriri) and kawakawa heated treatments (Waipiripiri).

The rongoa practioners developed a medicinal bag

This bag included products such as kawakawa lemon honey and ginger, kawakawa and manuka honey balm, the mamaku spa as well as other rongoa for personal study.

Mrs Moses said the successful wananga was based on rongoa appreciation and will be followed up by more in future.

“Watch this space,” she said.