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November Newsletter

for Ancient Pathways and Mauri Natural Therapy:

Hello

We Welcome you to our November Newsletter

with one last awesome shot of



a passing iceberg in Labrador.

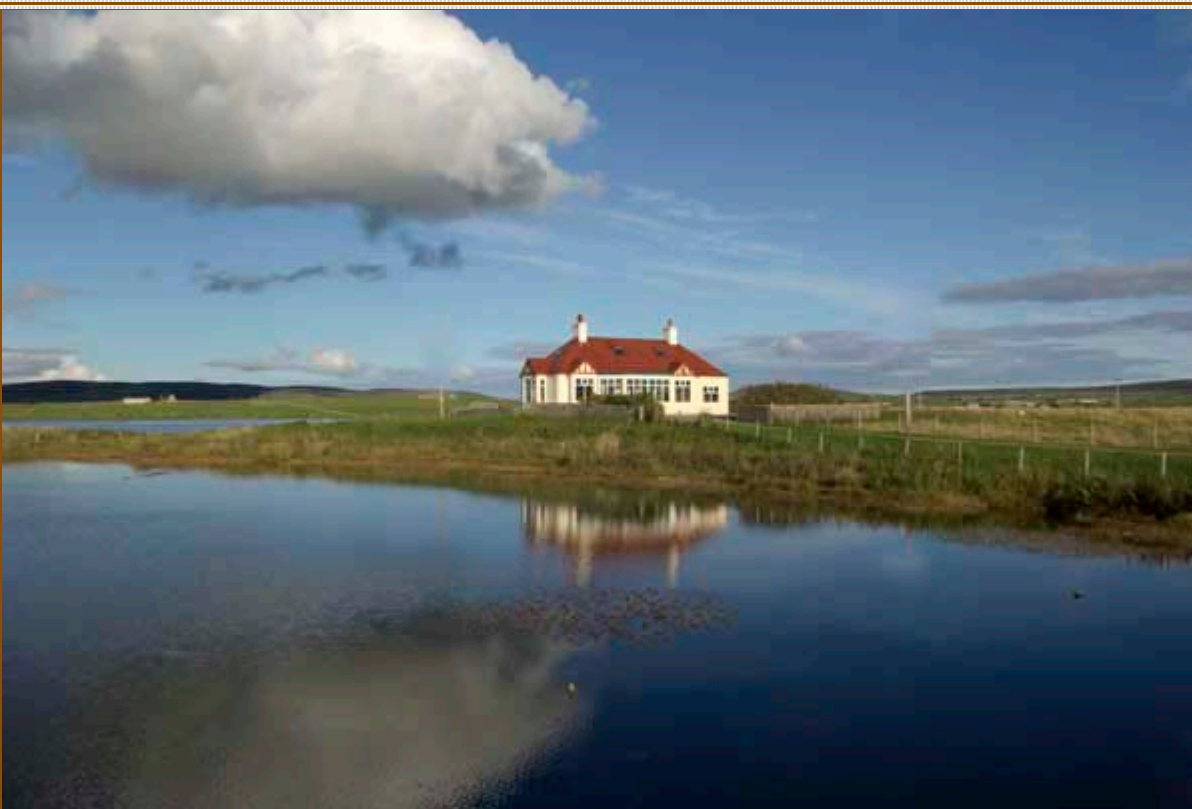
Time is moving so fast it is only a few more days before we head off to Scotland, specifically the Ring of Brogdar in Stenness and Maes Howe in the Outer Hebrides, the Orkney Isles. Guessing it will be a tad cooler there than the 30+Celsius we have been experiencing for awhile now. We have rented a cottage "Odin" right next to the ring and the 11th stone ceremony will be held only a few steps away.



The Lochs where we will hold the 11th Stone Ceremony
photos courtesy of Olive the owner of Odin.



Odin looking through the Ring of Brogdar



Odinwhere we know we will be just way too comfortable and there will most likely be snow all around.

We have a feature article for you by Makere Ruka Te Korako.

Makere played a prominent role in the production of two wonderful books so special they are taonga, or sacred treasures. [Song of Waitaha](#), the Grandfathers stories, of whom our friend and mentor, Barry Brailsford was the scribe and [Whispers of Waitaha](#), the Grandmothers stories. These rare and unique books contain the traditions and oral histories of the pre-Maori people..the Waitaha and as such will only increase in value with time.

Rather than telling you Makere's story we will let her introduce herself. If when you are reading her words and you seem to not understand the meaning..please do what we do.....look them up..the great oracle google will tell all.

In her words Makere speaks of seeing the return of the double hulled waka to Turtle Island. [Here is a link to more of the story.](#)

For now we wish you all love and happiness and REMEMBER our

[CHRISTMAS SPECIALS YOU ONLY HAVE THIS WEEK TO TAKE ADVANTAGE OF THEM](#)

Happy reading Paul and Phoebe.....



FEATURE ARTICLE FOR NOVEMBER BY Makere Ruka Te Korako



I acknowledge my sacred mountains and my sacred rivers and the sacred spirits who dwell there ever weaving the thread of connection between them and us who whakapapa to these sacred lands and islands of the fish and the canoe.

I acknowledge both rivers that flow deep within me born of a Maori mother and a Pakeha father. My whakapapa is set through many iwi of this land from the ancient Waitaha through to Te Atiawa and Ngati Tama. My hapu are Kurawaka through to Ngati Te Whiti spanning many many hundreds of years of ancestors who lived by the philosophy of Peace. Through my father's side my geneology weaves its way through the Celtic nations of Europe. I am a bridge between many cultures and of many cultures.

In 1988, I was asked to be part of the team involved in the re birth of some of the stories and histories of Waitaha through the book Song of Waitaha Histories of a Nation. And so my involvement has been long, in fact since the inception of this taonga and latterly Whispers of Waitaha Traditions of a Nation.

Because these stories were to be written for the first time there was a most detailed and complex process that needed to happen. Every aspect of the writing of the Song was an act of much sanctity. These stories needed to be brought out to heal the people and to heal the land as one of the elders involved stated to us.

There were 5 people chosen. Each had a specific role and we had to work together at all times. Peter Ruka / Te Porohau Ruka Te Korako was the source of the information, Barry Brailsford was to be the scribe, Derek Mitchell was the designer of the book and Richard Nunns was to hold the sounds of the old world and because of my geneology I was there holding the female element of this sacred work.

Before work could begin on the book 12 people, adults and adolescents, men and women, Maori and European, were chosen to walk an ancient trail from the west to the east of the Southern Alps. This trail is sacred to Waitaha traditions of Peace. Tikanga dictated that this was to be. I was honoured to be one of the 12 and although I had never been there before, the trail was very familiar to me. It was a very spiritual journey for all involved and many things happened along the way to show us the old ones were guiding and protecting us. There were a number of places which had to be found along the way in order to complete this kaupapa. They were hidden in the landscape and told to us from the memory of a man who travelled this trail with his grandparents as a 6 year old. The places were so accurately described that each of those places were found. With each place there were protocols and customs that had to be re enacted and so it was for all of them. This journey took 7 days and we were tested to the limit, spiritually, physically and mentally but with all of us walking in our hearts we overcame these 'tests'. With the trail being completed then the 5 of us were free to begin work on the book.

As with many indigenous nations world wide the call from the ancient ones was to bring these truths of Waitaha out into the world of light to heal the people and to heal the land. And so for the next 2 years this was the focus of our work. It entailed walking into the land to specific places at specific times when particular star constellations were in the heavens and or when the moon was in a particular quadrant so that we could see with our own eyes what is recorded in the oral traditions of our people And we did. Phenomenal things happened which were amazing and stunning all at the same time. The process was to enter these places in the traditional way, touch these places with prayer and ceremony and then return to our homes where the stories would then be released for the scribe to record. And so this happened time and time again over the two years. We travelled all over the fish and the canoe to do this.

The following 2 years was then dedicated to compiling and writing up the stories and designing the book layout which involved the scribe and the designer mainly. It took another 2 years for the printing and publishing of the book. The printing establishment was prepared to receive the books with ceremony. All the staff were involved and deeply respected the cultural customs that had to be adhered to in order for this part of the journey of the book to be. It was a very special time.

And then on Dec. 6 1994 exactly 6 years to the day of the 12 setting foot on the trails (1988), literally the beginning of this whole project, the Song of Waitaha Histories of a Nation was launched at Te Ao Marama the ancestral house, Onetahua Marae, Golden Bay. Many people came. For indeed it was an amazing fete, a privilege and an honour to have been a part of.

Whispers of Waitaha Traditions of a Nation is the grandmothers stories of the settling of these islands from many many thousands of years ago. Over a period of 3 years this taonga which compliments the Song of course was born in the Valley of the Teachers in the presence of a matriarch who was living there at the time. Once again Te Porohau was the one holding the keys to this ancient information. And once again with the help of 2 of his sisters and myself this taonga was brought to life. And once again a magnificent journey accompanied the launch of this book. The whole of Te Waka a Maui, Te Waka o Aoraki, Te Waka o nga Atua , the South Island was covered in snow from the deep south to the tip of the island. I made the decision to travel and carry the books through to the marae in the hokianga where it was to be launched. I felt the land needed to sense and feel and awhi them as they travelled. And so it was. The elementals paid their respects by coating the south island with snow and the Central Plateau and indeed the hills behind Kaikohe. The waters of Tangaroa battled with Tawhirimatea (as my mokopuna stated) as we sailed across the straits of Raukawa and the convoy of intrepid travellers were blessed by virgin snow from Waiouru on and such was the beauty that the sacred tupuna mountains of Tongariro and Ngaruahoe seemed to bow down to the Grandmother stories as we carried them onward through to Taheke where the sacred house of Mahuri hosted the launch. The taonga had come home for the final blessing of this ancestral house. And so it was. On June 24 2006 the dawn broke revealing clear skies and the constellations dear to our hearts shining brightly, Mataariki, Te Pepe o te Po and Te Mawaenga. As the karakia to the dawn was recited a red comet flew through Te Pepe o te Po and the Whispers of Waitaha was launched.

Many journeys have happened since then both within and without. The first of which is the returning to Turtle Island (North America). Once again I was privileged to carry out this journey. The returning was to touch places sacred to the traditions of Waitaha to let the old ones know who dwell in these places that we still hold them in our memory. I was blessed to be able to do this and the response was overwhelming and still is, connecting to places and people, people who still hold the memory of our ancestors

having left Turtle Island millennia ago.

And just recently there was a dream which I have held close to my heart for decades which was to see a double hulled waka return to Turtle Island. In August this year that was so, not one though but six returned to Turtle Island having sailed from Auckland, Aotearoa. I found out two days before they were to land and because they were delayed then for 4 days from being becalmed I was able to make it over there to see them come into the embrace of this ancient one, Turtle Island. The sight of them coming into view is etched in my mind forever. I was so happy I could have flown home that same day but I was fortunate enough to stay on for two weeks to follow them down the west coast of California to Malibu. To meet these waka and the crew was indeed an honour and a privilege, one I treasure now and always. They are using the traditional celestial navigational ways of our ancestors. The average age of the crew is 22 years and there is a mix of adults and youth, male and female, and many many nations of Polynesia. The project is a dual concept of teaching the old ways of navigation using the stars, the wind, the currents with the ceremonials that go with all of that along the way. And the other kaupapa is bringing attention to the fact that we need to care for our oceans because of course they are seeing with their own eyes the state of the seas and what is happening to the beloved ones who live in and around Tangaroa. They begin their return journey across the Pacific Ocean via the Galapagos Islands and then across to the Tahitian islands, through Polynesia to reach the Solomon Islands in time for the Polynesian Festival which is being hosted there. A remarkable achievement covering 10's of 1000's of nautical miles.

I honour my ancestors down through the ages to my parents with huge aroha and gratitude for the gifts of life they have given me.

And so the journey continues. I am a mother and a grandmother of two beautiful mokopuna and others who honour me with this title. My name is Makere Aroha Anikaitawa Chapman.

Toku awa ko toku ora

Toku awa ko toku mana

Toku awa ko toku kaha

Toku awa ko toku wairua.

Mauri ora.

And remember our Christmas Specials...the gifts are on you.



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