

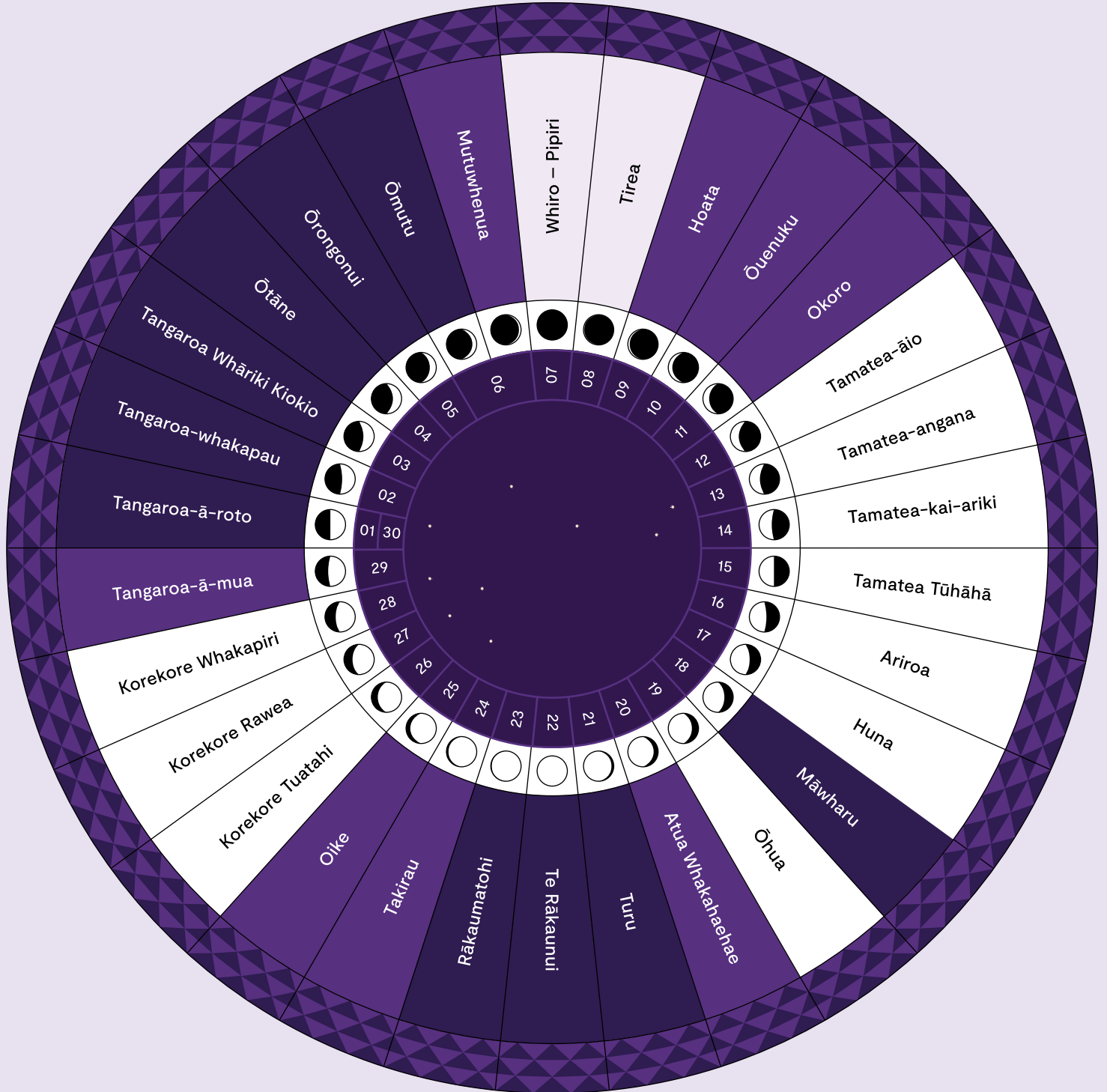
# MARAMATAKA

Hune | June 2024

## Instructions

- High energy ○
- Medium energy ●
- Low energy ●

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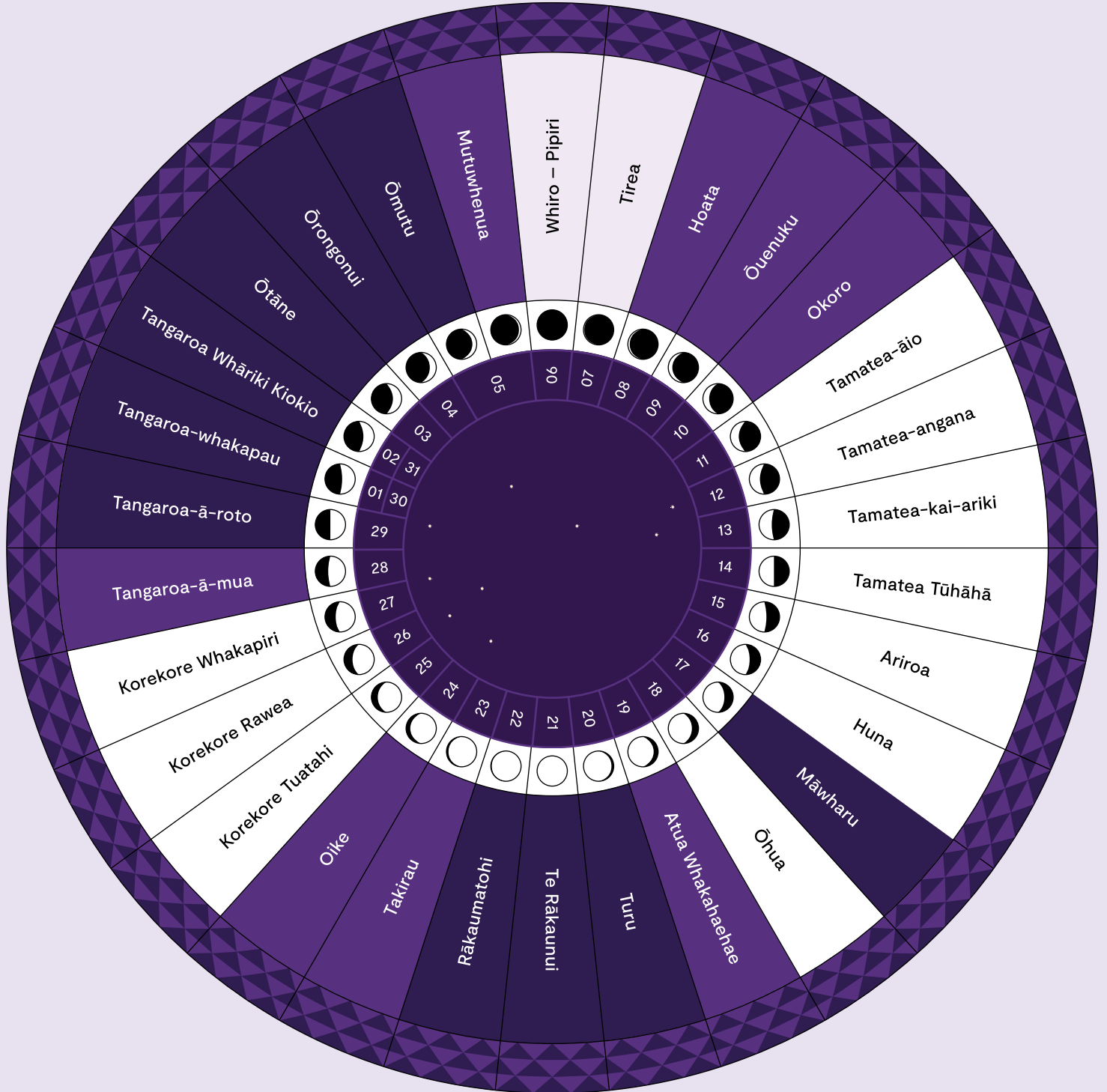
# MARAMATAKA

Hūrae | July 2024

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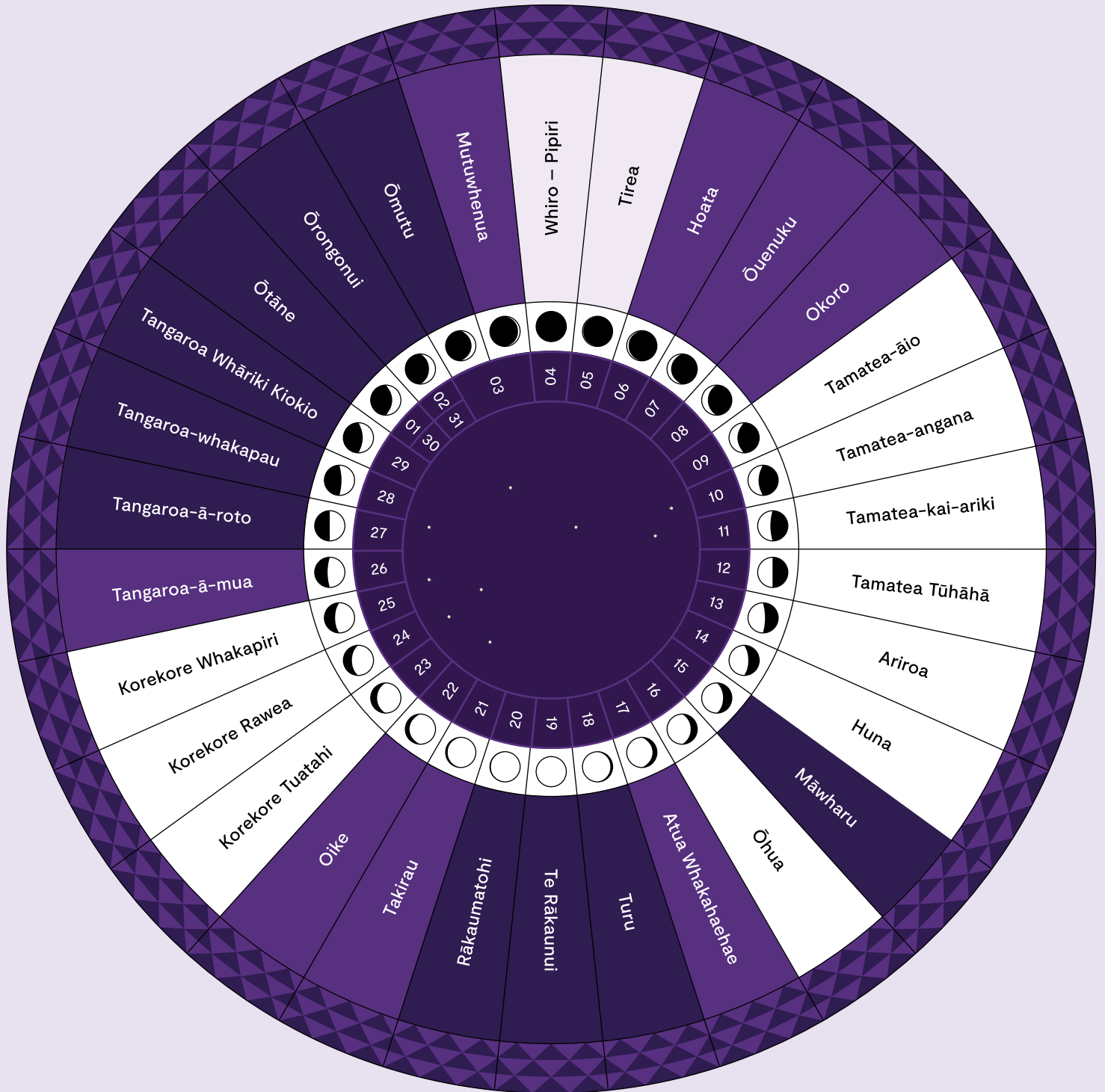
# MARAMATAKA

Ākuhata | August 2024

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# TE WĀIORATANGA

Maramataka is a lunar calendar and the timing is a bit different from the Gregorian calendar we follow day-to-day. That's why this month you'll notice a single day with two moon phases. This helps us stay aligned with Whiro, the new moon and Te Rākaunui, the full moon.

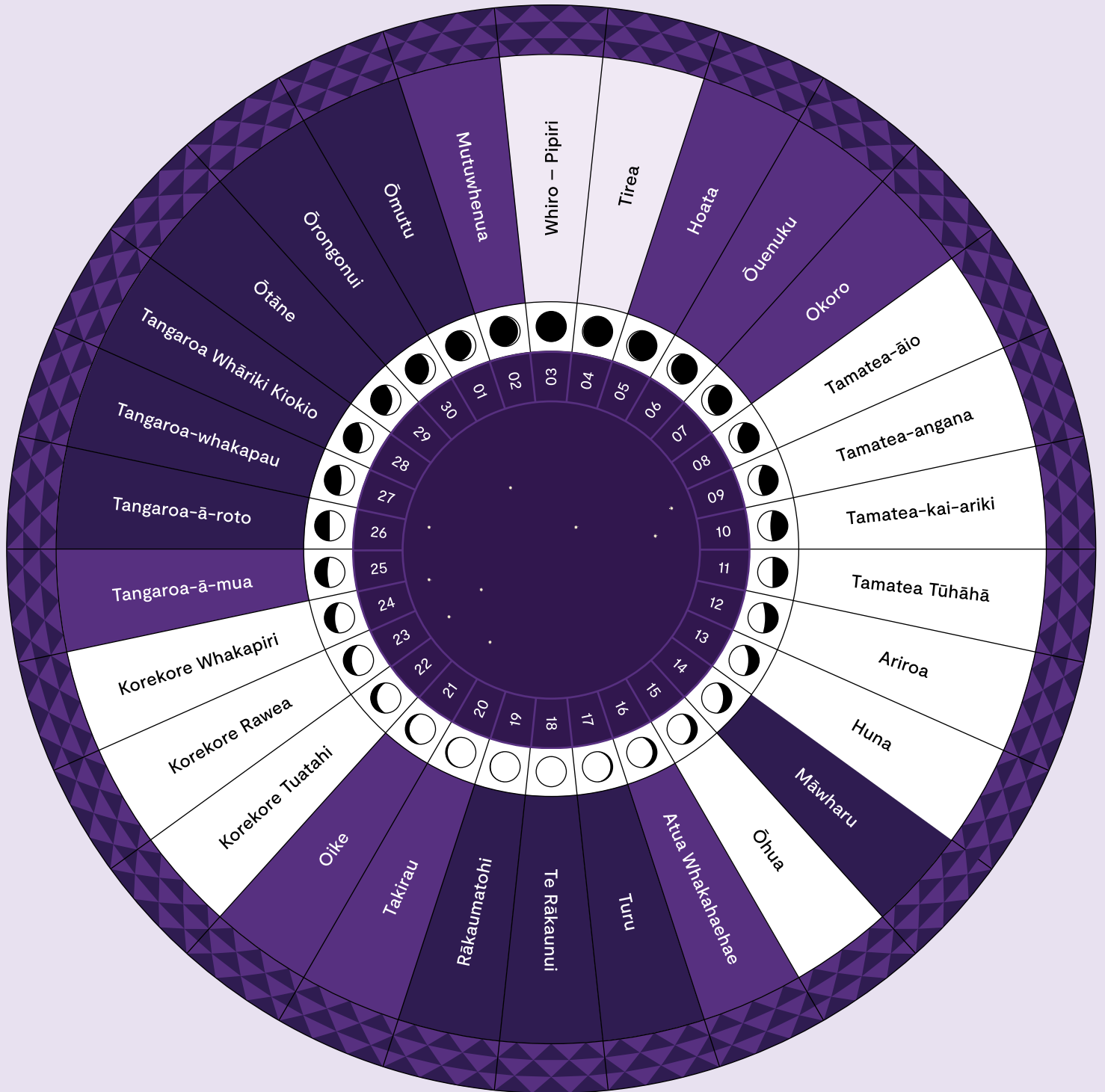
# MARAMATAKA

Hepetema | September 2024

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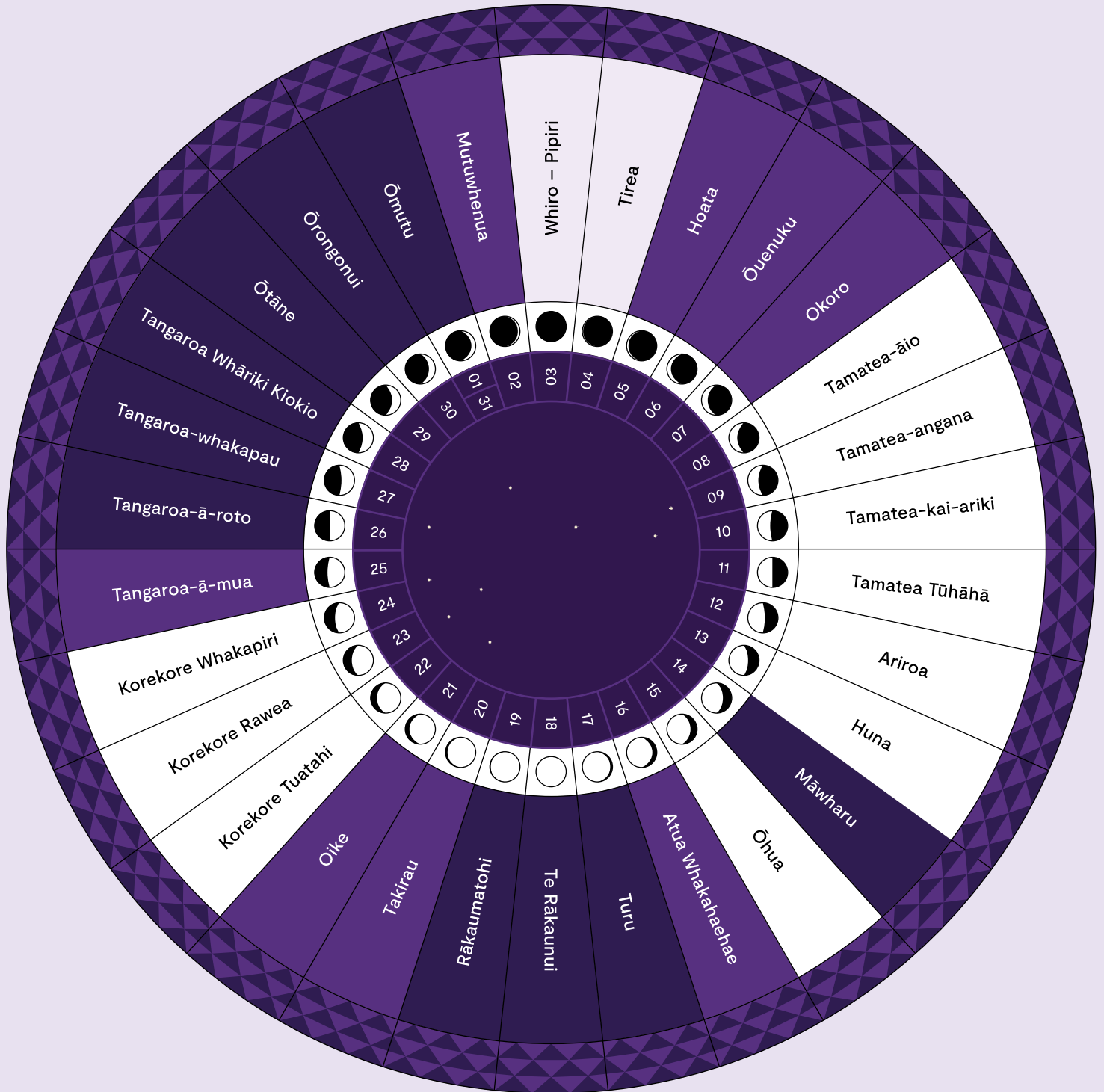
# MARAMATAKA

Oketopa | October 2024

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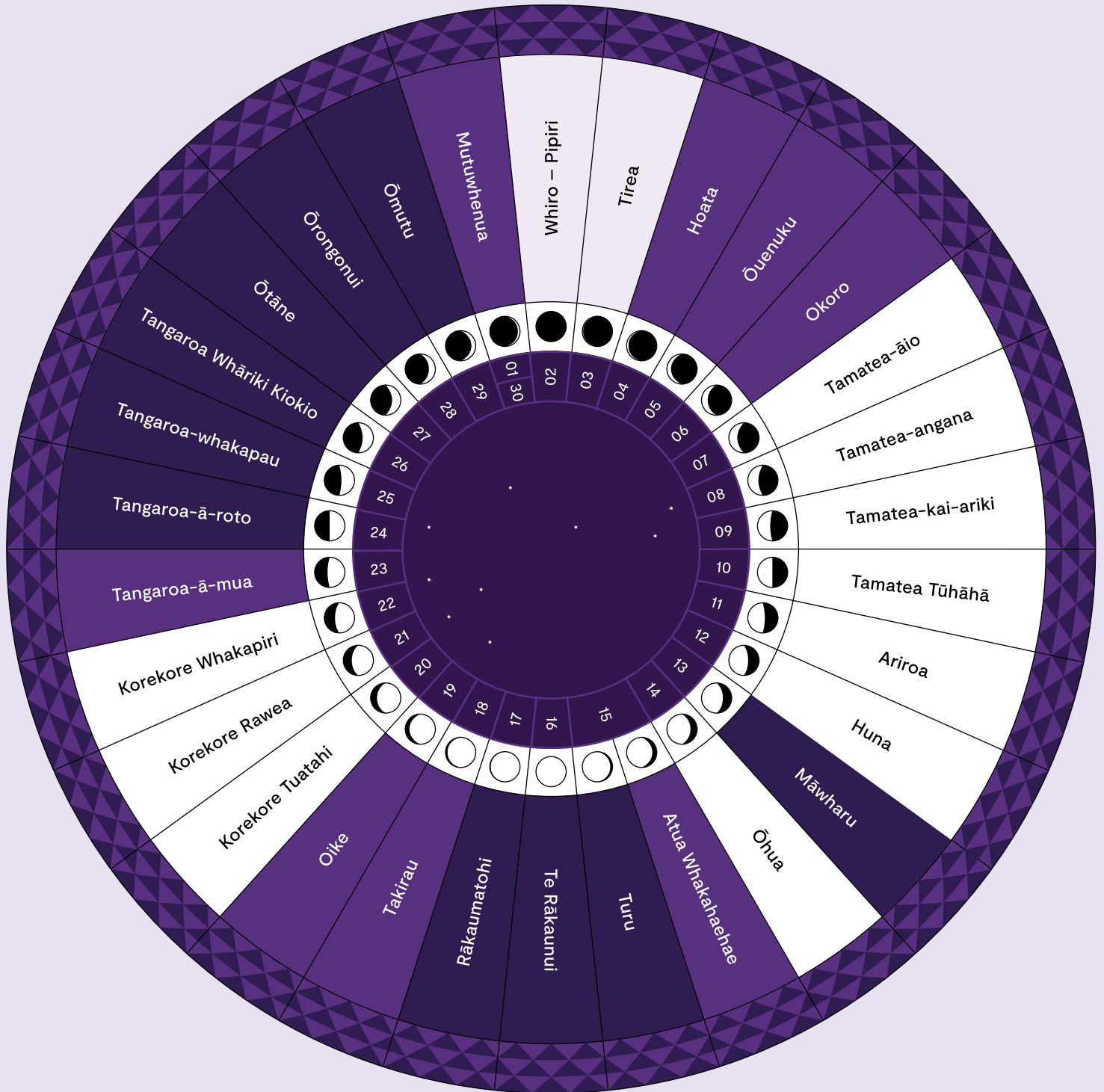
# MARAMATAKA

Noema | November 2024

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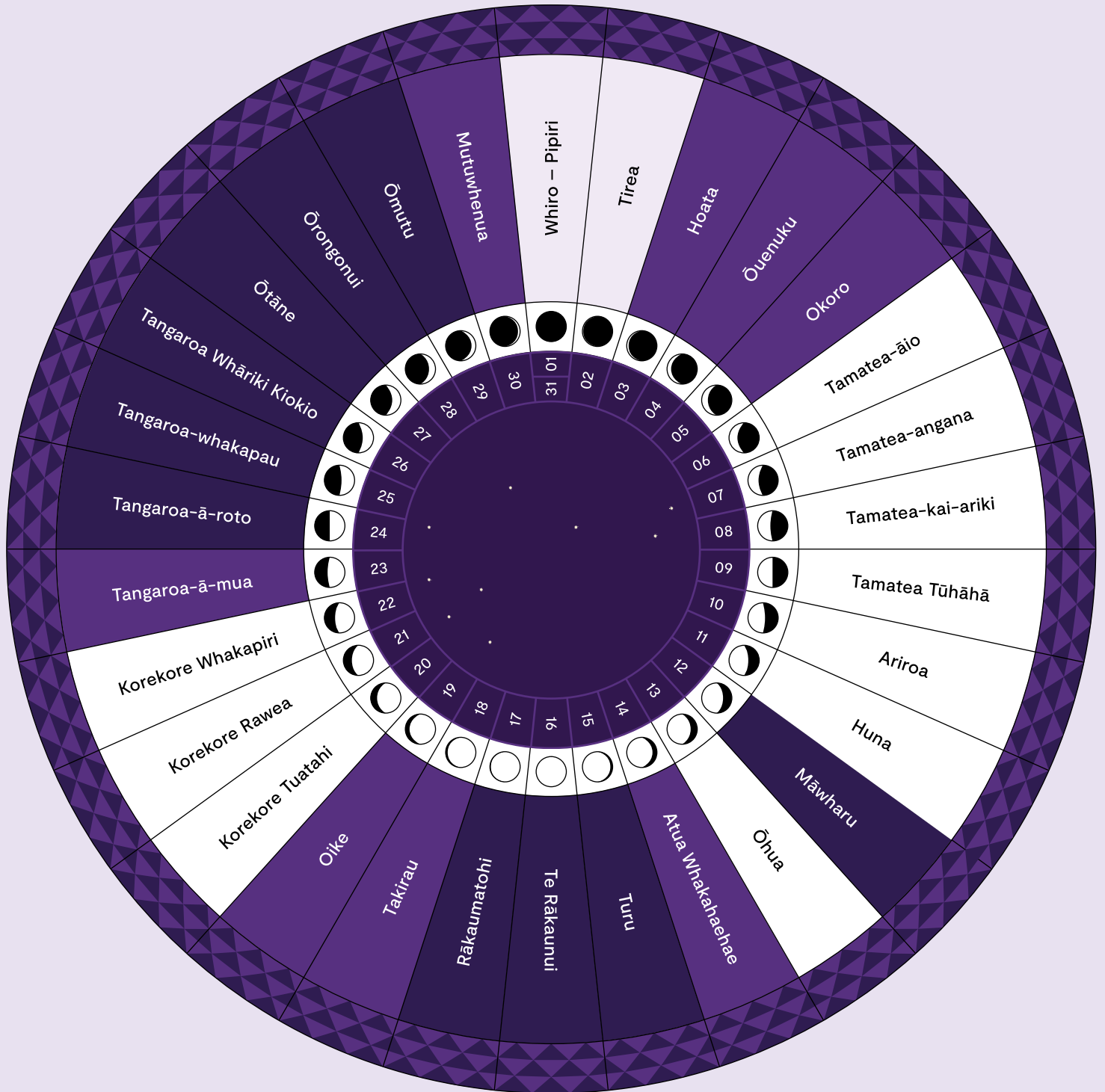
# MARAMATAKA

Tihema | December 2024

## Instructions

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- Medium energy
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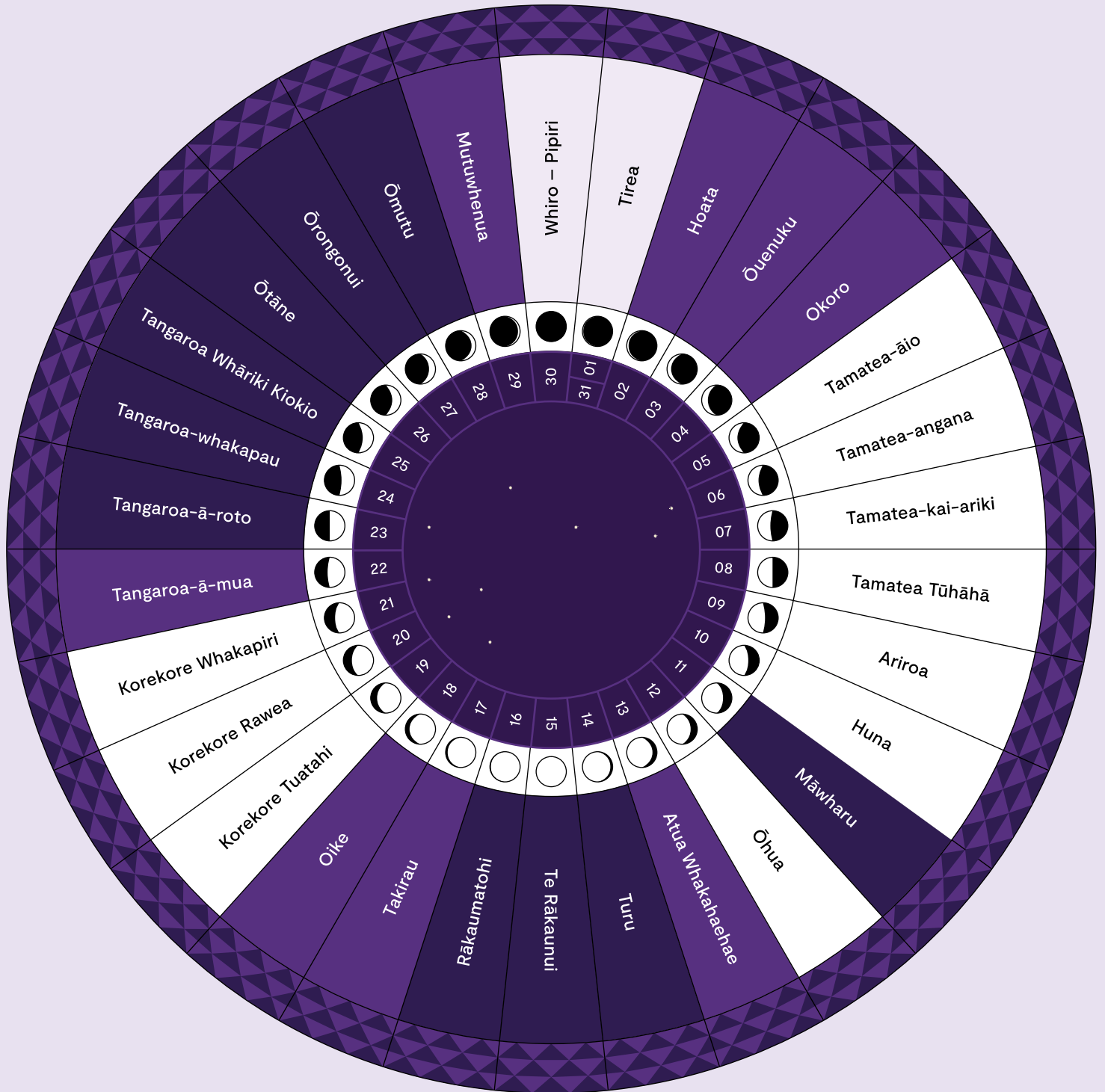
# MARAMATAKA

Hānuere | January 2025

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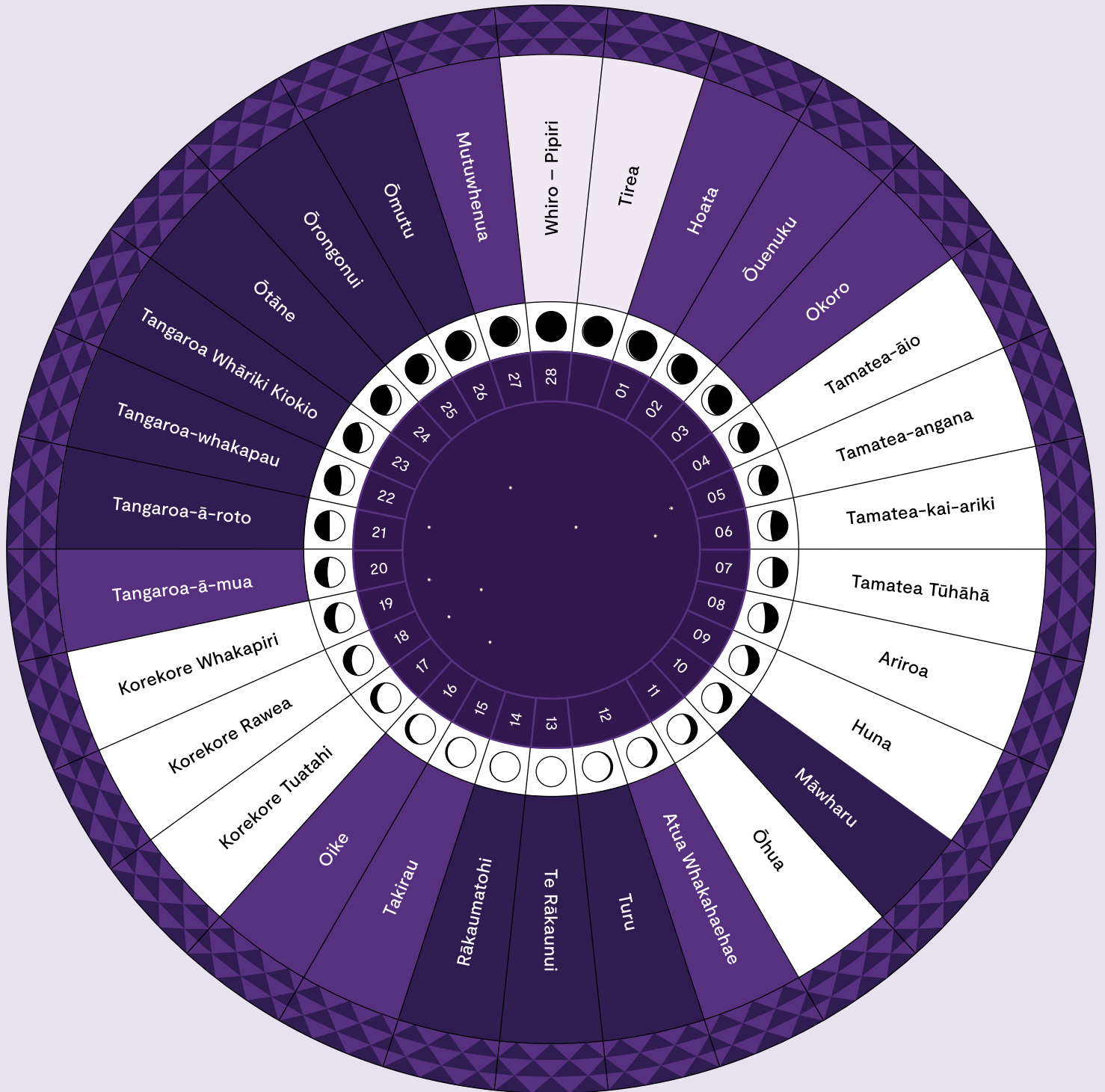
# MARAMATAKA

Pēpuere | February 2025

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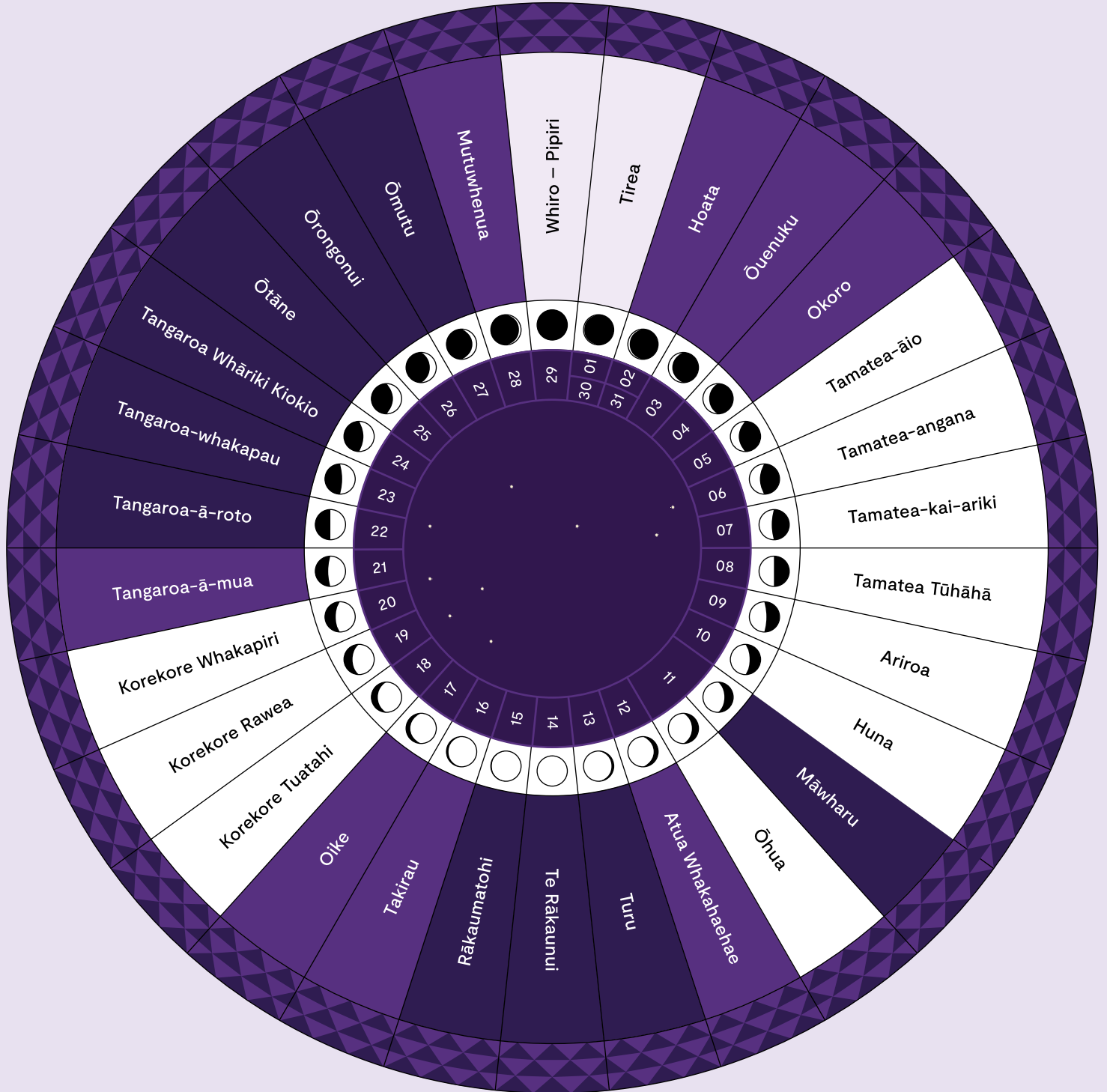
# MARAMATAKA

Māhe | March 2025

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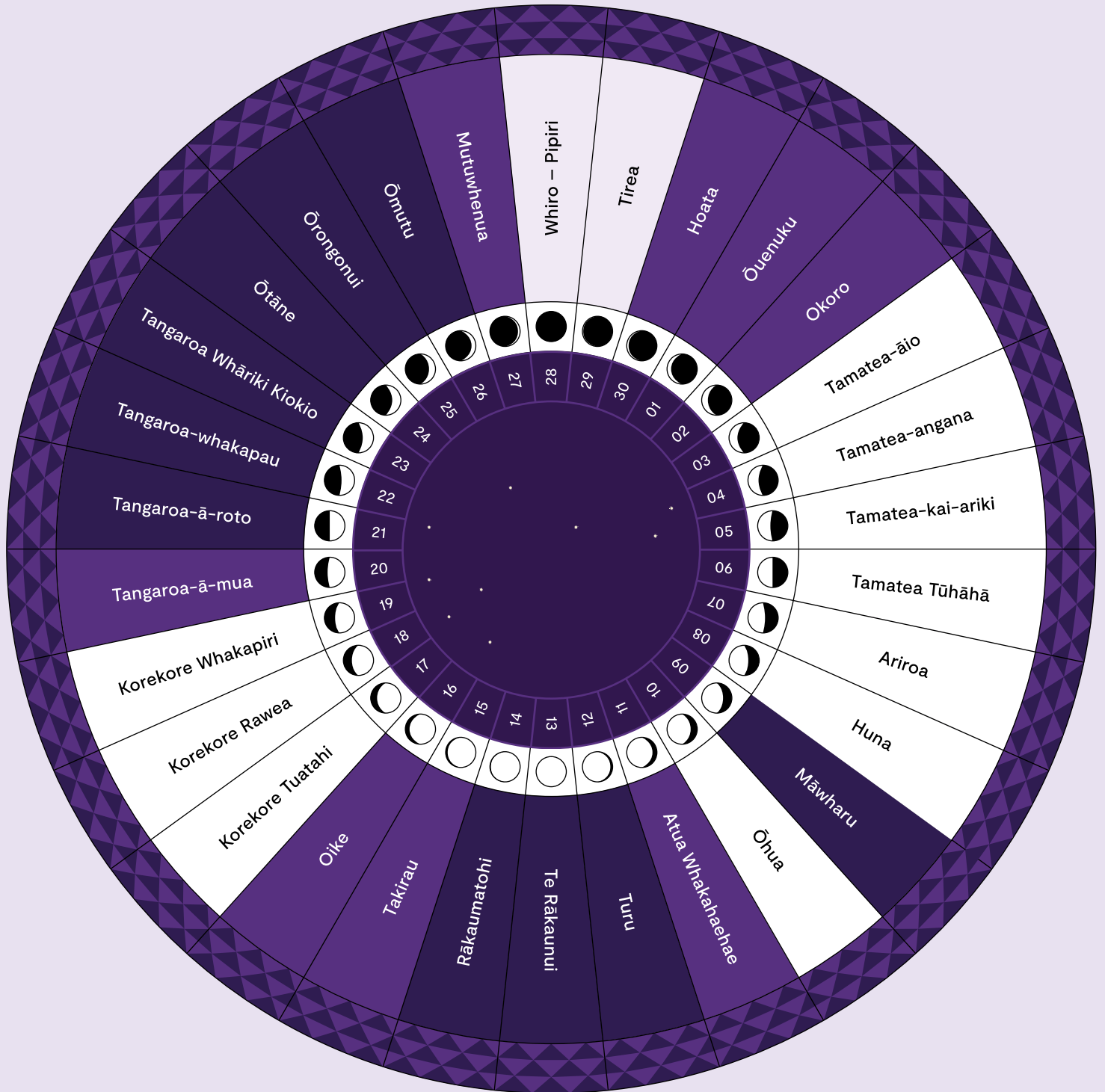
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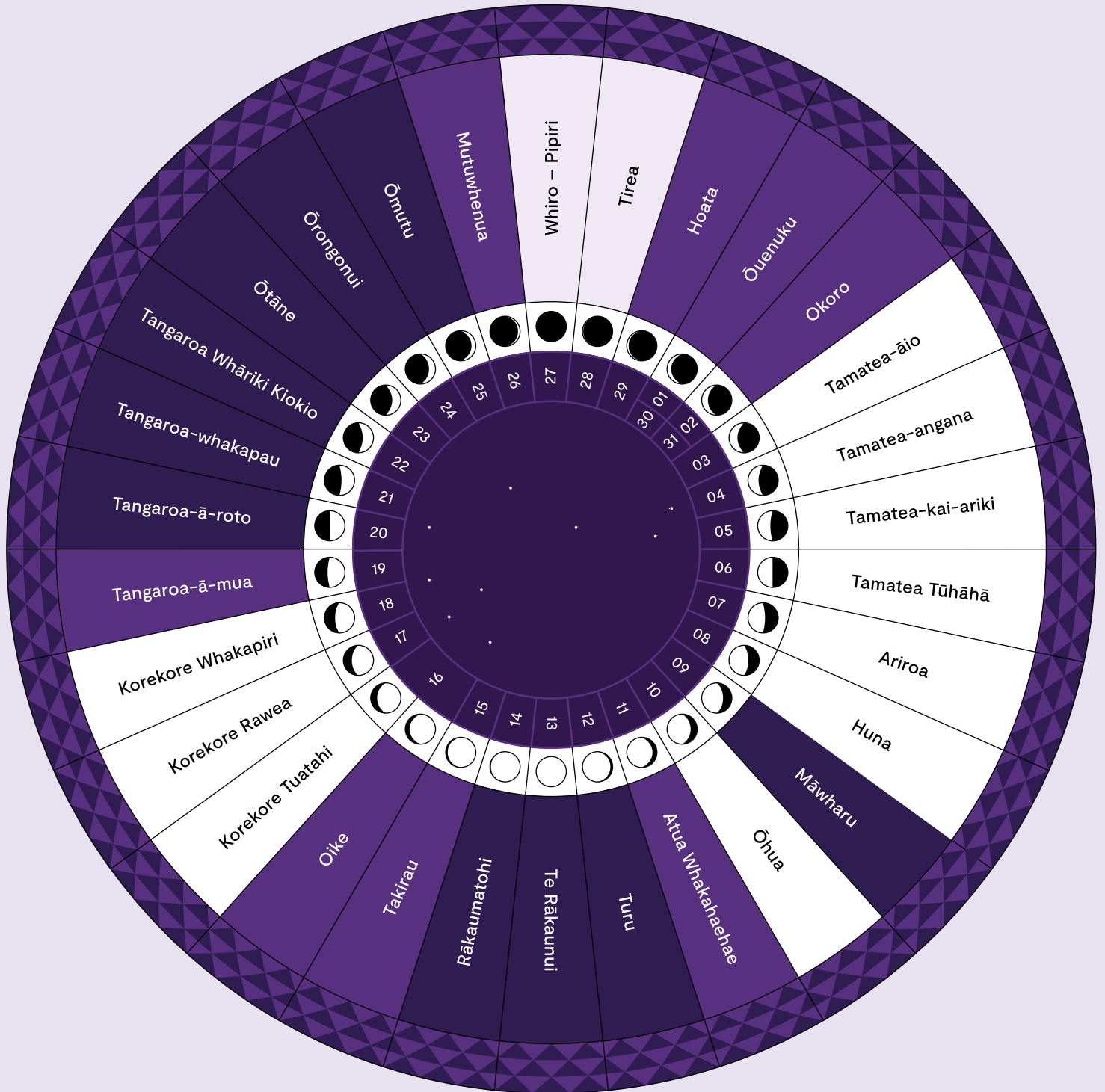
# MARAMATAKA

Mei | May 2025

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# TE WĀIORATANGA

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# What does each phase mean?

Toitoi  Pouraka   
 Hī ika  Mahi māra 

<p><b>Whiro: New Moon</b> </p> <p>(Low energy) Chillax – a good time to recharge, nurture the wairua, and fast. Stay close to whānau or friends, self reflect, plan ahead.</p>	<p><b>Huna</b></p> <p>(High energy) Giveback day for tangaroa. A good time for self care, nourishing your hinengaro, wairua, and tinana.</p>	<p><b>Korekore Rawea</b></p> <p>(Low energy) Good time to rest, fast, spend time with whānau, support those in need, be creative and practise mindfulness, nohopuku.</p>
<p><b>Tirea</b></p> <p>(Low energy) Make time for loved ones – go out to a movie, do something special or enjoy some downtime. Time to reflect and recharge.</p>	<p><b>Māwharu</b>    </p> <p>(High energy) Use your energy in productive ways that will bring great results for you in the future. Be active. Take notice.</p>	<p><b>Korekore Whakapiri</b> </p> <p>(Low energy) Good time for wānanga, creativity, planning ahead, and being close to Tangaroa. Observe the sea and its healing energy.</p>
<p><b>Hoata</b>   </p> <p>(Medium energy) Good time to plant out seedlings and all areas of planting; seek kai knowledge to sustain whānau. Be active, keep learning.</p>	<p><b>Ōhua</b> </p> <p>(Low energy) Reflect, retract and stay close to whānau. A good time for learning, taking notice, being present and planning for the future.</p>	<p><b>Tangaroa-ā-mua</b>   </p> <p>(Medium energy) An ideal time for team events or for doing things with your whānau, friends and community. Kōrero, connect and share ideas.</p>
<p><b>Ōuenuku</b>  </p> <p>(Medium energy) Make time to explore te taiao or near water. This is also a good time to connect with others, and to learn and share karakia or your pepeha.</p>	<p><b>Atua Whakahaehae</b></p> <p>(Medium energy) A good day for being mindful, taking notice of the world around us and reducing the harm towards our natural environment.</p>	<p><b>Tangaroa-ā-roto</b>  </p> <p>(High energy) A great phase for fishing, water activities and romiromi (massage). Be sure to drink lots of water to stay hydrated.</p>
<p><b>Okoro</b>  </p> <p>(Medium energy) Communication and creativity is flowing. Try something new. A day to appreciate life. Spend time with whānau.</p>	<p><b>Turu</b></p> <p>(High energy) Great time to plan for the times ahead. Make the most of this high productivity time. Be active, support others where you can.</p>	<p><b>Tangaroa-whakapau</b>  </p> <p>(High energy) A great time to get the creative juices flowing, challenge yourself physically, or enjoy your favourite water activities.</p>
<p><b>Tamatea-āio</b> </p> <p>(Low energy) Time to be cautious – the unpredictable can happen. Avoid hui at this time. Stay close to whānau. Take notice.</p>	<p><b>Te Rākaunui: Full Moon</b>  </p> <p>(High energy) A good time to be productive or active, set short term goals, have people over or plan a special occasion.</p>	<p><b>Tangaroa Whāriki Kiokio</b>  </p> <p>(High energy) Surging energy. Make the most of these productive times. Be active, take notice and find ways to give back.</p>
<p><b>Tamatea-angana</b>   </p> <p>(Low energy) Tamatea phase as above. A time to be cautious, avoid hui and offer your support to whānau or those who need your tautoko.</p>	<p><b>Rākaumatohi</b>  </p> <p>(High energy) A productive day for completing mahi, getting things done and starting new projects. Be active or connect with whānau.</p>	<p><b>Ōtāne</b>    </p> <p>(High energy) A time to be productive and ask for help if you need it. Make time to get out in te taiao and give back to Tāne-mahuta.</p>
<p><b>Tamatea-kai-ariki</b>   </p> <p>(Low energy) Tamatea phase as above. A time to be cautious, avoid hui and offer your support to whānau or those who need your tautoko.</p>	<p><b>Takirau</b>   </p> <p>(Medium energy) Slow down, relax, rest, renew. Take notice. A good day for strategic planning. Find time to connect with te taiao (nature).</p>	<p><b>Ōrongonui</b>   </p> <p>(High energy) Productive time physically and emotionally. Personal development and positive vibes are apparent at this time.</p>
<p><b>Tamatea Tūhāhā</b> </p> <p>(Low energy) Be cautious. Unpredictable time. A good time for taking notice, keeping learning and giving back.</p>	<p><b>Oike</b></p> <p>(Medium energy) Rest to maximise time ahead. Be mindful, notice the world around you, and manage your time. Come up with ways to give back.</p>	<p><b>Ōmutu</b></p> <p>(High energy) Energy is slowing. A good time for karakia, whakapapa, resting, fasting or planning for the time ahead. Recharge. Be mindful.</p>
<p><b>Ariroa</b></p> <p>(Low energy) An unproductive time, bringing opportunities to be still, reflect and take notice. Be cautious, and look for ways to keep learning.</p>	<p><b>Korekore Tuatahi</b></p> <p>(Low energy) Good time to rest, fast, spend time with whānau, support those in need, be creative and practise mindfulness, nohopuku.</p>	<p><b>Mutuwhenua</b></p> <p>(Medium energy) Give yourself a treat, mirimiri or hair cut – something you can enjoy. Nurture your wairua, tinana, hinegaro and whānau.</p>