

# PŪ: SOURCE.

## MAURI

*Dear Māmā,  
Your cries fill my  
ears,  
I hear you calling,  
it is all so clear.  
I see you longing,  
longing for a place  
to call home.  
A home, where you  
feel connected,  
A safe place where  
you can freely  
roam.  
Māmā,  
Have no fear,  
Your Ūkaipō is  
near.*



# RĀ: ENLIGHTENMENT.

## HĪNĀTORE

*I see the violence cover my skin like a tattoo.*

*Not always visible, yet become evident when I drag my fingers across my skin.*

*Māmā is trying,*

*but māmā is hurting.*

*Her heart weeps, her shoulders are heavy.*

*Burdensome from carrying the weight of tūkino.*

*As my child-age sister plays, laughter fills our ears, for a moment there.*

*Māmā's eyes clear.*

*A small smile crosses her face.*

*The fire in her eyes are alight.*

*They will guide us, as we journey to a place,*

*where our bruises do fade.*



# KA: PAST, PRESENT, FUTURE.

## AHAU

*I once was a child who lost their innocence to soon.*

*Shown the cruel path of life.*

*A dark, rough and vicious journey was ahead of me.*

*I reached a cross-road, where I was met with a face-less frightening entity.*

*They wanted to play a game, a game I did not know.*

*I lost, and with that I was to give up my voice, and the very essence of my being.*

*I was to continue this path alone,*

*No voice, and no idea of who I was.*

*I am now a māmā,*

*Unable to speak, speak of the fears of my past reflecting back at me, through my tamariki.*

*I seek to be unseen, not to draw unwanted attention to protect my babies.*

*Yet how am I to protect my babies, when I cannot provide a safe place for them,*

*to have freedom to express themselves without bounds.*

*I make do with what I have, my embrace.*

*I shield them with my body,*

*that is being battered and bruised.*

*The fresh marks from faces known,*

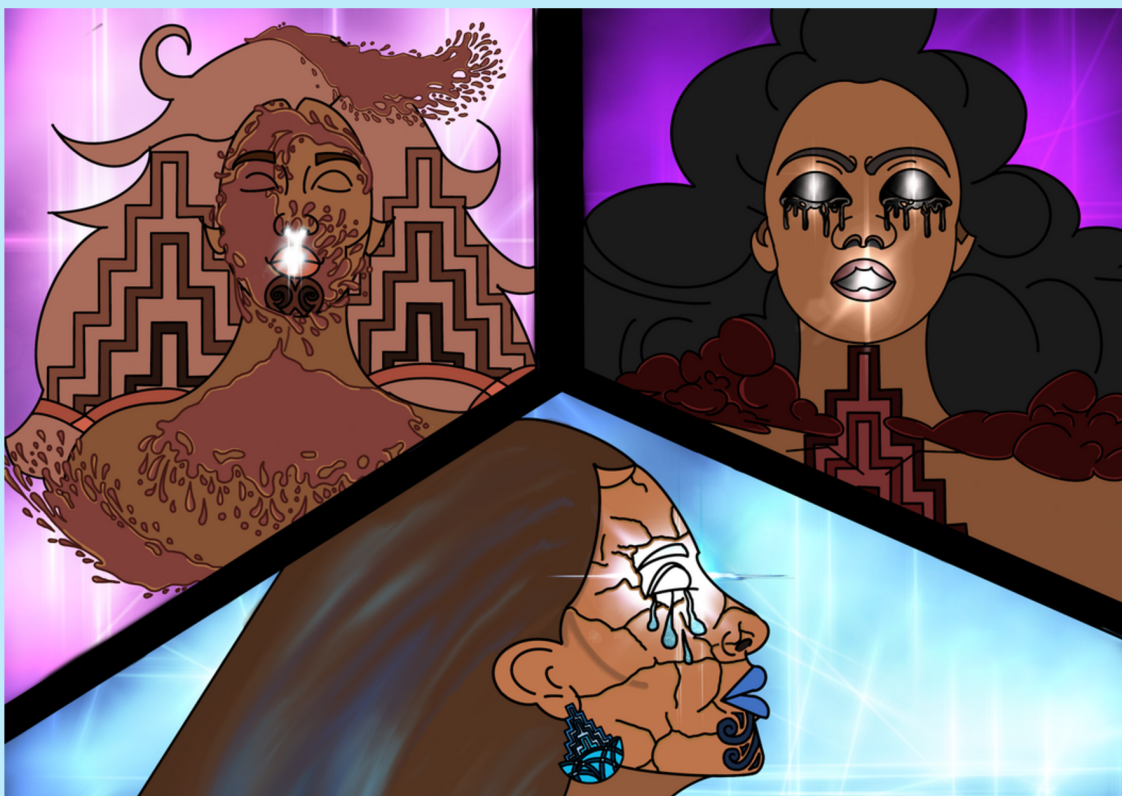
*and the scars from faces unknown,*

*They are a reminder of the burden of violence I must wear.*

*I will endure this, until my voice is again found.*

*I will finally have the power to break this cycle,*

*For my babies, so they will have a home.*



# Ū: FROM WITHIN.

## NĀHAU

*Dear moko,  
As you plant your feet on  
this whenua.  
Feel the heartbeat of  
papatūānuku,  
Like she is calling you to  
be near.  
Remember, my precious  
moko,  
You are safe.  
Free from the outside  
world.  
Safe from familiar faces  
with cruel intentions.  
I watch as the sun glints  
across your face,  
and a happy smile, a safe  
smile hits your lips.  
A sweet melodic laugh  
bubbles and slips from  
within me.  
Why? you may ask.  
Because sweet moko, my  
voice has been found.  
My dreams have been  
heard,  
and my tipuna have gifted  
me something special,  
You my dear moko.  
To guide me to this place.  
My own, I am free.  
I am home.*

