



Ignite your Inner Fire & strengthen your Spiritual Connection with Māori Wisdom Carrier Hato & Gudrun Ingrid

Thursday's @ 7 PM - 8:30 PM CET (Berlin time)

Intro: April 10th, 2025

Workshop: April 24th, May 1st, 8th, and 15th, 2025

- online event - including German translation

He Kakano i ruia mai i Rangiatea

Māori proverb "He Kakano I ruia Mai I Rangiatea"

(I am a seed sown from Rangiatea)

This proverb as a whole speaks to the importance of knowing one's whakapapa (genealogy), culture, and heritage, and the enduring connection to one's ancestors and homeland. It also suggests that regardless of where one may be, one's identity and heritage will always remain.

"He Kakano ahau" (I am a seed)

This phrase signifies the potential for growth, development, and self-realisation.

"I ruia Mai I Rangiatea" (Sown from Rangiatea)

Rangiatea is a place in Māori creation

In connection with the Māori culture, which is deeply anchored to its roots, ancestors and spirituality, we invite you on a journey to your roots to explore your cultural heritage with the right tools, the wisdom and experiences of our ancestors are accessible to us too

Content

1. *Fostering personal growth and development begins within ourselves - through inner harmony and the living rhythms of our cultural heritage. Song, dance and timeless traditions are the threads that weave our unique stories together, creating connection, fostering empathy and deepening our understanding of our common humanity.*
2. *Strengthen your coherence and improve your ability to deal with challenges, setbacks and uncertainty.*
3. *Cultivate gratitude and positivity: Focus on the good, practice gratitude and reframe negative thoughts to maintain a positive mindset.*
4. *Promote mindfulness and self-care: mindfulness practices and self-care techniques to improve your overall well-being.*

This connection with our own origins and spirituality gives us the opportunity to ignite our inner fire and strengthen our spiritual connection. At the same time, it is a journey of fulfilment, self-empowerment, vitality and joie de vivre.

Registration and further information

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Cost

Intro: 55 €
Workshop: 240 €
Including Recording

About Wisdom Carrier Hato

Te ihi o te wahine me te Ahi Kaa roa

My story begins in a small community amongst the tribe of Te Aitanga a Mahaki. Born to Pomare and Rarauhe Heemi from Ngai Tuhoe, and the youngest of eight, I was blessed with a strong foundation, my grounding.

My parents instilled in me a deep sense of pride and connection to my cultural heritage and the spiritual realm. My parents were both very spiritual and healers, I remember spending much of my time with my mother, learning how to gather food from the land for both food and medicinal purposes. More importantly, my parents taught me their traditional values and principles that I believe saved me, gifts I still value and hold dear to this day.

During my teenage years and early adulthood, I began to explore and i went through a phase which involved associating with gangs and engaging in unhealthy lifestyle choices (alcohol and drug abuse, gangs, pregnancy, drug dealing, a victim of sexual

abuse and domestic violence). Mental and physical abuse started in my adulthood with my first marriage for many years. It was during my first marriage and at a very dark time in my life I remembered my parent's words. My parents teachings were the catalyst for a profound transformation within me, I've since shed the doubts and uncertainties of my past, embracing my past experiences alongside my Māori identity with pride, confidence and purpose.

My past experiences have given me a unique perspective and understanding of the challenges many people face. As I've continued on my life's journey, I've had the privilege of connecting with women from diverse backgrounds and cultures around the world. These experiences have broadened my perspective and deepened my understanding of our shared humanity. I've come to realise that despite our differences, we are all connected by our shared experiences, struggles and aspirations. This realisation has fuelled my commitment to building bridges between communities and supporting women's empowerment globally.

I'm committed to using my story to inspire hope and positive change discover and unfold the essence of being Wahine and the keeper of your spiritual flame.

Te ihi o te Wahine me te Ahi Kaa roa.

About Gudrun Ingrid

I was born and grew up in Frankfurt am Main, influenced by my West German socialisation, with roots in Freyburg /Unstrut. I grew up with my brother in a small family, sheltered and with freedom. My mother shaped my awareness of the environment and Mother Earth from an early age. She allowed me to experience time and again that there is far more between Heaven and Earth than what we can grasp with our senses.

Love brought me to Rostock, my adopted home, in 1994. Through my many journeys, my work abroad, and getting to know other cultures, I have always been able to broaden my view of life and people.

I have always found deep joy in accompanying people, especially women. My own life experiences and my inner journey have fuelled my passion for accompanying women on their journey. I am passionate about encouraging women to live their divine feminine being, to balance their masculine and feminine aspects, and to walk their heart's path. My wish, my vision, is that we bring our gifts to life with ease, creativity and love to make the world a brighter, heartier and more colourful place for us and our descendants.