



**Personal growth &
strengthen your inner flame with
Māori Wisdom Carrier Hato & Gudrun Ingrid**

**Thursdays on Juli 3rd, 10th, 24th and 31th 2025
7 PM - 9:30 PM CET (Berlin time)
- online event - with German translation**

***„Hoki ki to maunga kia purea e nga hau a Tawhirimatea-
Return to your mountain to be cleansed by the winds of
Tawhirimatea”***

*Like the winds of Tawhirimatea may our spirits soar, connecting us to the heavens
and to each other. Let's harness the breath of life with our Pepeha, weaving our
stories, strengths, and passions together, and celebrating the beauty of our
interconnectedness as we ride on the winds of change.*

*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!*

Personal Growth & and Development

This workshop is about you, about fostering personal growth, about strengthening your inner flame, about connection and exchange, about your path to self-empowerment - consciously accepting your own power, wisdom, responsibility, it is the process of freeing yourself from external expectations, old patterns and inner limitations in order to act connected and alive again in a self-determined way and the decision to trust yourself.

1. Finding clarity for your path: When you connect with your inner flame, you recognize more clearly what is really important to you. Your passions, your priorities - all of this begins to emerge. This gives you direction and purpose. We have different pillars that support and strengthen us.

Which pillar needs attention? How are you maintaining your inner flame?

2. Gain more confidence in yourself: The better you feel yourself, the more your self-confidence grows. You will notice: You can trust your intuition - and yourself.

Which pillar needs attention? How are you grounding yourself?

3. Living genuinely and from the heart: Your inner flame invites you to shape your life according to your true values. Authentic, clear, in harmony with what is valuable to you.

Which pillar needs attention? Describe it in storytelling, song, or prayer!

4. Make deeper, truer connections: When you arrive at your true self, the space for genuine encounters opens up. You will meet people who touch you on a soul level - because you share similar values and visions.

Which pillar needs attention? What needs cleansing?

„Hoki ki tō Maunga, kia purea e ngā hau a Tāwhirimātea Return to your mountain to be purified by the winds of Tāwhirimātea.”

Like the winds of Tāwhirimātea, we too want to move - free, alive, carried by the breath of life. Let us share our stories, our sources of strength and our dreams during these four weeks. Let us weave the web of our connectedness - in mindfulness, in togetherness, in trust.

Grandmother Hato will show us how we can use the elements and the four winds for this. You are invited to let yourself be touched and moved by them - on your way back to yourself

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 fulfillment, self-empowerment, vitality and joie de vivre. Personal growth and development begins within ourselves.

Registration and information

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Workshop fee (including audio Recordings): 240 €

Workshop part one of four can be booked individually: 60€

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 Tuhoë, 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 travels, my work abroad and getting to know other cultures, I have always been able to broaden my view of life and people. My path led me through various training and further education courses, including Prana Healing according to Master Choa Cok Sui, TouchLife Massage bodywork and holistic counseling. But the true teachers are the cycles of my life - the crises, the maturing, the rising again, the joy.

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.