



**Hawaiiki  
with  
Hato & Gudrun Ingrid**

**Thursdays on Jan 15th, 22nd, 29th,  
Feb 12th, 19th, 26th  
Mar 12th, 19th, 26th  
Apr. 2nd, 9th, 16th 2026  
7 PM - 8:30 PM CET (Berlin time)  
12-week online event - with German translation**

**Hawaiiki**  
Trust instead of fear,  
Courage for new ways instead of doubt,  
**Wairua** -Spirituality /Consciousness over worry.

**Introduction**

**Hawaiiki** introduction- „**Nau mai, piki mai, kake mai**“ Welcome, join us on our 12x Zoom journey, inspired by Hawaiiki. Hawaii, the ancestral homeland of the Māori. Our ancestors embarked on a sacred journey from Hawaiiki to Aotearoa/New

*Zealand driven by the pursuit of a brighter future. Guided only by Karakia prayer, the stars, the winds, and the whispers of the Loved Ones. From Hawaiiiki to the present, we navigated the ocean of challenges and emerged stronger. Join us as we dive deeper into ancestral wisdom and resilience, guiding us to overcome today's challenges by reclaiming threads of your own ancestral wisdom.*

### **The power of prayer**

- 1. Exploring the role of prayer in building resilience*
- 2. Different types of prayer and their benefits*
- 3. Personal experiences or stories of overcoming challenges*
- 4. Learn a prayer in te reo Māori (the language of the Māori people of Aotearoa/ New Zealand) through song- via Zoom and Video*

### **The significance of Tradition**

- 1. Importance of cultural and traditional practices*
- 2. How traditions provide strength and guidance*
- 3. Examples of traditional practices that promote resilience*
- 4. Learn a Haka, both feminine and masculine energies, and it's significance- via Video*

### **Overcoming Challenges**

- 1. Strategies for incorporating prayer, tradition and wairua into daily life.*
  - 2. Examples of overcoming specific challenges through prayer, tradition and wairua*
  - 3. Testimonies/ stories of resilience and triumph*
  - 4. Hato's sharing about her Moko kauae /Chin tattoo and its significance*
- Participation in the first workshop is free of charge, so that you can get to know us.*

*Wairua - Sprituality, Haka - tradional Māori ceremonial dance/War dance, Aotearoa - New Zealand*

**Participation in the first workshop is free of charge, so that you can get to know us.**

#### **Registration and further information**

*gudrun.propp@web.de*

*Mobil: +49 1733250805.*

**Workshop fee:** 720 €

*including audio recordings*

## **About Hato**

*Te ihi o te wahine me te Ahi Kaa roa*

*My story begins in a small community living amongst the tribe of Te Aitanga a Mahaki. Born to Pomare and Rarauhe Heemi, both from Ngai Tuhoë, and the youngest of eight children, I was blessed with a strong foundation and grounding. My parents instilled in me a deep sense of pride and connection to my cultural heritage and the spiritual realm. I grew up in a time where tohunga/ shaman, kaitiaki/ guardians, matakite/ clairvoyants, were normality for me.*

*My parents were both very spiritual and healers. I spent much of my time in the elements with my mother, learning how to gather food from the land, sea and rivers 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 time which involved associating and engaging in unhealthy lifestyle choices (sex, alcohol and drug abuse, a victim of sexual abuse and domestic violence, a drug dealer, I was also an abusive, cruel, and violent person). I had totally lost myself in life.*

*It was during my first marriage and at a very low time in my life, I heard my mother's whisper, "Karakia/Prayer". My mother's words were the catalyst for a profound transformation within me. My inner flame was reignited, the flame that had almost gone out. I've since remembered who I once was, embracing all my past experiences of shame, guilt, etc, alongside my Māori identity with love, pride, and confidence.*

*As I continued my journey, I had the privilege of connecting with women from diverse backgrounds and cultures around the world. I've come to realise that despite our differences, we are all connected by shared experiences, struggles or aspirations. By sharing my lived personal experiences of overcoming everything that was meant to destroy me, I live to inspire hope and positive change by living in alignment with ancestral wisdom.*

## **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 counselling. 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 inspiring 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 and develop them with ease, creativity and love. That we remember our cultural heritage, the wisdom of our roots and the beauty of our country.*

*My vision is a world in which we walk our path strengthened and connected, creating a brighter, more loving and colourful place for ourselves and future generations. A world in which peace, joy and love are alive.*

*Everything begins within us *