


He aha

te Wairua Tuakoi

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He mate whiwhi te wairua tuakoi e pā ana ki te roro. I ētahi wā, ka huri rawa te whakaaroaro, te mahi me te rongo a tētahi tangata, ā, ka wehe i tēnei ao. He mate āhotea tēnei. I ētahi atu wā, ka pouri rawa te tangata, ka unu i aia anō i te koiora. Mā te tuku haumanu me te tautoko, ka whakahaere pai ētahi i tō rātau mate me o rātau koiora. Ehara i te mea, kua wāwāhi te tuakiri o te tangata. Ka huri ā rātau whanonga i runga i te mate nei, kāore i runga i te 'huri hei tuakiri kē'.


 *Rapua ētahi tikanga e tika ana māhau. He tangata kē, he tikanga kē, engari he hikoinga nui i runga i te ara ki te oranga.*

He aha ngā tohumate?

Ko ngā kōrero e whai ake nei, he tohu kua pāngia pea te tangata ki te wairua tuakoi (he tohu hoki ēnei o ētahi atu mate, nā reira me matua kōrero ki te hunga ngaio):

- Te Pōhēhētanga – kua tīni, kua rerekē ngā whakapono, ahakoa e tino mau ana tērā tangata, kāore ngā tāngata e pātata ana i te whakaae, hei tauira, ka pōhēhē pea ia kei te whakapāoho te pouaka whakaata i ētahi pānui pū māna ake, ā, he rongonui rānei ia
- Te Raweke Whakaaro – ka pōhēhē pea te tangata, kei te raweketia ōna whakaaro, hei tauira, kei te whakatōkia, kei te tangohia rānei ētahi whakaaro i roto i tōna hinengaro, kei te whakapāohotia kia mōhio ai ētahi atu ki tōna whakaaro
- Te Kāewaewa – ka rongo, ka kite, ka pā, ka hongiri rānei i tētahi āhua kāore i reira, arā te rongo i ētahi reo, e kore e taea e ētahi atu te rongo
- Te Kitenga Rerekē – ka tere, ka āta haere rānei te kitenga o te tangata i te ao; ka mumura ngā tae, ka hoihoi rawa ngā tangi ki a ia
- Te Reo Whakapiki – he uaua te whai i ngā kōrero ā tētahi tangata, nā te mea kua kōtiti ōna whakaaro
- Te Aronganui kua tīni – ka pōhēhē te tangata kua ngaro ōna aronganui, ka kore rānei e taea ōna aronganui te pupuri pērā me te puku kata, tangi rānei
- Te Whanonga kua tīni – nā ngā tohumate i kōrerohia ai i runga me te mate anō, ka tuini te whanonga a te tangata. Ka papipapi āna whanonga, i ētahi wā ka kakama rawa, i ētahi atu wā ka noho puku. Ka kore pea e tiaki i a ia anō. Ka kore pea e mōhio i taketake katoa mai ēnei āhuatanga i tōna mate.

Ko ētahi atu tohumate, kāore e tino puta mai pērā i ērā kei runga ka tae atu ki: te manawa kore, te unu i a ia mai i ōna hoa, te iti o te aronganui, te kōrero hoki me te kore o te hiahia me te manawareka. Ka whakatauhia te wairua tuakoi, mēnā ka hia kē ēnei tohumate, whanonga hoki i runga i te tangata mō tētahi wā neke atu i te ono marama.

 *RAPUA TE ĀWHINA! Ki te tautuhi wawe me te tuku haumanu, ka taea ngā tohumate wairua tuakoi te whakahaere pai.*

He aha te pūtake o te wairua tuakoi?

Kāore i te tino mōhiotia, i taketake mai te wairua tuakoi i whea. Ko te ia o te whakaaro o ēnei rā, he kanorau ngā āhuatanga o te mate nei, e whakaata mai ana i ētahi take kē. Nā te kore e ōrite o ētahi matū pū o te roro, te rerekē o te hanganga o te roro, te whakapokenga i te wā e hapū ana, e whakawhānau ana rānei, te pōauautanga whakawhānau rānei. E whakaarohia ana, ka taketake mai te wairua tuakoi i te putanga mai o ēnei tohumate me ētahi atu āhua pērā me te ngaukino, te koremahi, te rawakore, te pāmamae, te raruraru me te hoa rangatira rānei.

Me pēhea te tuku haumanu?

Pai kē atu kia noho tonu te tangata i waenganui i tōna hapori. Ko te tiaki tūroro noho hohipere e pupuritia ana mō te hunga kua eke āna tohumate ki te taumata ka whakamōrea ia i a ia anō, i ētahi atu tāngata rānei, ā e kore e taea te tuku haumanu ki a ia. Ko te tuku haumanu me te whakahaere i te wairua tuakoi e tae atu ana ki:

- te rongoa patu mate āhotea, ā i ētahi wā te rongoa whakaū i te haumaruru
- te tohutohu tautoko hei āwhina i te tangata ki te whakatau i ōna aronganui, ki te whakahaere i te kōhukihuki me te ako i ētahi tikanga whakamatara raruraru
- te tautoko haere tonu ki te tiro tiro me te tuku haumanu mōte hunga ka matahoki; tautoko ki te rapu whare, mahi hoki
- te tuku pārongo me te tautoko mō te tangata me tōna whānau me ōna hoa hoki

Haumanu āwhina e whakarei ake i te koiora hei tauira, te romiromi, ka whakamahia i te taha o te rongoa me te tohutohu.

Ko wai ka pāngia ki te wairua tuakoi?

Āhua kotahi ōrau o ngā tāngata katoa ka pāngia ki te wairua tuakoi. I te nuinga o te wā, ka tīmata te mate nei i waenga i te pakeke 15 – 30 tau, ka pā ki ngā tāne i ngā tau tōmua ake. He ōrite te pāpātanga ki ngā iwi katoa huri noa.

Kei whea ētahi atu pārongo?

Te Tūāpapa Hauora Hinengaro o Aotearoa Mental Health Foundation of New Zealand

mō ngā rauemi, ripene whakaata, pukapuka me ētahi atu kōrero.

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(Tirohia 'information' mō te roanga atu o te whakaaturanga o te wairua tuakoi)

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Tirohia te pukapuka waea mō te nama o te pekanga kei tō rohe