

Appendix: glossary of te reo Māori used in text

- **Hā a koro ma, a kui ma:** breath of life from forbearers.
- **Hauora:** wellbeing.
- **Hui:** meeting.
- **Kanohi ki te kanohi:** face-to-face.
- **Karakia:** prayer.
- **Kaumatua:** Māori elder.
- **Kaupapa:** Māori approach/ideology.
- **Kaupapa Māori rangahau:** Māori-led research.
- **Kōrero:** conversation.
- **Mana ake:** unique identity of individuals and family.
- **Māori kaimahi:** worker.
- **Mauri:** life essence.
- **Mirimiri:** massage.
- **Pūtea:** money.
- **Papatūānuku:** earth mother.
- **Rangahau:** research.
- **Rongoā Māori:** Māori medicine.
- **Taha hinengaro:** mental/emotional.
- **Taha tinana:** physical.
- **Taha wairua:** spiritual.
- **Taha whānau:** family/social.
- **Tangata whai ora:** person/s seeking wellness.
- **Tangata whenua:** people of the land.
- **Taonga:** treasure.
- **Te Ao Māori:** Māori world view.
- **Te reo Māori kupu:** te reo Māori words.
- **Tikanga Māori:** Māori customs and traditions.
- **Tino rangatiratanga:** self-determination.
- **Tupuna:** ancestors.
- **Tohunga:** expert/traditional healer.
- **Waka:** canoe.
- **Whakawhanaungatanga:** establishing relationships.
- **Whānau:** family.
- **Whatumanawa:** open and healthy expression of emotion.
- **Whenua:** land.