



## HOW TO USE YOUR MARAMATAKA

Here's a simplified example of a 30-day maramataka cycle, created by Ayla Hoeta (Tainui, Ngāti Tahinga), based on knowledge from Matua Rereata Mākiha (Ngāti Whakaheke, Te Aupōuri, Te Arawa) from the Hokianga. There are a multitude of regionalised versions, each shaped by the local environment. For example, coastal iwi who rely on fishing have more nights related to Tangaroa, atua of the sea. There's variation in the names and kōrero behind each night as well.

Start learning about the maramataka by using this calendar to explore new ways of structuring your month: planning trips to the bush or sea, getting into the garden and scheduling days to give back to your local environment. See what happens if you think about your month as a rhythm of higher and lower energy periods (marked green and red respectively), and plan work and activities to match.

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