

Preparing a Hangi is a traditional Māori method of cooking food, it is a process that also reflects the principles of Te Whare Tapa Whā this piece will look to explore the connection between Te Whare Tapa Whā and the video clip about Rewi Spraggon-Hangi Master.

Taha Wairua (spiritual wellbeing) is the dimension that focuses on an individual's spiritual health. It involves a person's relationship with their inner self and the external world, including their connection to their culture, traditions, and environment. Preparing a Hangi is a spiritual experience that involves honouring the land, ancestors, and the environment. It is a way of connecting with the past and passing down traditions and knowledge to future generations. This was represented in the clip through Rewi use of karakia, acknowledgement/thanks given to the tools he used and his strong belief of the birds as guardians-kaitiaki.

Taha Hinengaro (mental wellbeing) is the dimension that focuses on an individual's mental health. It includes a person's ability to think, reason, and make decisions, as well as their emotional wellbeing. I think examples of this were shown by the organisation needed to successfully prepare and put down the hāngī. Rewi business was mobile; he catered at a lot of events that would require excellent organisation and decision-making skills.

Taha Tinana (physical wellbeing) is the dimension that focuses on an individual's physical health. As seen in the video, preparing a Hāngī includes sourcing and cutting down the wood, digging the pit, carrying stones, carrying, and lifting trays of kai, all forms of physical exercise. The food cooked in a Hāngī is also cooked in a healthier way as it is cooked without oil or fat.

Taha Whanau (family wellbeing) is the dimension that focuses on the health and wellbeing of the family and the wider community. Preparing a Hāngī is a group activity that brings people together. It is a way of sharing food, knowledge, and traditions with others. An example in the video was Rewi's trip to Canada sharing traditional knowledge with the indigenous people who had lost the practice of underground cooking.

Neglecting one area of your Te Whare Tapa Whā could have consequences on one of the other dimensions, if Rewi is stressed or too busy it could lead to him being unorganised and putting down the hāngī late, if the stones are not hot enough this would result in an undercooked meal, leading to the belief he has not upheld the mana of his people-taha wairua, he hasn't feed the people-taha whānau. Another example would be if he wasn't Physically able, if Rewi had some sort of injury or sickness he wouldn't be able to lay the Hangi down, meaning there would be no kai for that day. This would not be upholding his Taha Tinana. And lastly putting down and making the Hangi is a huge part of Māori culture, and having a strong Taha Wairua is important. Giving thanks to your surroundings and the tools used to help make this meal is a great way to show your gratitude, if Rewi had been lacking this he wouldn't have felt as connected to his ancestors or even culture and he could get a sense that he doesn't belong, and in the future could affect his Taha Hinengaro. You see that even lacking one area could put a negative impact on your overall wellbeing.

Through both practises of Hāngī and Carving Rewi hauora has certainly been positively impacted in both the short term and long term. All of the walls of Rewi whareniui are being nurtured as well as the foundations it sits upon. In the short term the land is giving sustenance to feed the people, he has developed a sense of belonging to not only the people but also something bigger-taha wairua. "Being able to walk on the land that your ancestors walked on helps strengthen the connection to who you are." In the long term it not only benefits himself but his people through the sharing of indigenous knowledge with others, his deep respect for the whenua could be compared to someone who is deeply passionate about the environment making it better for those that come after him.

In conclusion, Rewi is a great example of demonstrating Te whare tapa whā, he needed to uphold all four walls of his wharenuī, otherwise if all walls weren't interconnected this could affect his business and Hauora. You see in the video that when everything is equal it creates balance and stability in his life and those around him.