

States of Mauri

States of Mauri refers to the different states or conditions that individuals may experience in their overall well-being.

These states reflect various aspects of our mental, emotional, and spiritual states, encompassing different feelings, energies, and levels of awareness.

The six states of Mauri, namely **Mauri Tau**, **Mauri Pouri**, **Mauri Noho**, **Mauri Oho**, **Mauri Moe**, and **Mauri Ora**, provide a framework for understanding and navigating our well-being journeys.

Each state represents a unique aspect of our being and offers insights into how we can cultivate balance, self-care, growth, and fulfillment in our lives.

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How to use

By using the Mauri cards, you can reflect on your well-being, engage in meaningful conversations, and integrate mental health aspects into your learning experience.

Pre-Session Check

Choose a Mauri card that represents your current state of well-being.

If you feel comfortable doing so share your chosen Mauri state with the group.

Say why you chose it and how it relates to your current experiences

Post-Session Check

Towards the end of the session, reassess your well-being and choose a different card if needed.

Reflect on the affirmations and internalise them as you prepare to leave the session.

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Mauri Tau

What is it?

Mauri Tau refers to a state of calm and balance, where one is aware of their thoughts and relationships, finding serenity within.

How does it help me?

Mauri Tau allows me to cultivate a deep sense of inner peace and harmony, nurturing my well-being and fostering meaningful connections with others.

Affirm

Embracing Mauri Tau, I
Cultivate calmness and balance in my life,
Nurture awareness of my thoughts and relationships,
Prioritise relaxation and self-compassion,
enhancing my well-being.

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Mauri Pouri

What is it?

Mauri Pouri is about acknowledging and navigating feelings of sadness or sorrow while seeking support for wellbeing.

How does it help me?

Mauri Pouri encourages me to embrace and honour the depths of my emotions, fostering resilience and seeking the support I need to navigate through challenging times.

Affirm

Embracing Mauri Pouri, I:
Acknowledge and honour my feelings of sadness or sorrow,
Navigate through challenging emotions with self-compassion,
Prioritise self-care and seek support for my well-being.

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Mauri Noho

What is it?

Mauri Noho is about finding comfort in rest, reflection, and meaningful engagement.

How does it help me?

Mauri Noho invites me to create space for quiet introspection, allowing for deep reflection and meaningful connection with myself and others.

Affirm

Embracing Mauri Noho, I:
Allow myself to rest and recharge both physically and mentally.
Find solace in quiet activities and moments of solitude.
Prioritise balance and take care of myself in all aspects of life.

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Mauri Oho

What is it?

Mauri Oho represents awakening creative energy and responding quickly to challenges.

How does it help me?

Mauri Oho empowers me to embrace new ideas and innovative solutions and to adapt and navigate through obstacles with agility and resourcefulness.

Affirm

Embracing Mauri Oho, I:
Embrace sparks of interest and motivation for action,
Approach challenges with alertness and attentiveness,
Tap into my creative potential and explore new possibilities with enthusiasm.

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Mauri Moe

What is it?

Mauri Moe acknowledges the untapped potential within, waiting to be realised.

How does it help me?

Mauri Moe invites me to embrace periods of rest and reflection as opportunities for personal growth and self-discovery.

Affirm

Embracing Mauri Moe, I:
Recognise the dormant possibilities within me,
Create space for rest and rejuvenation to unlock my potential,
Embrace a state of readiness and openness for personal growth.

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Mauri Ora

What is it?

Mauri Ora is the active state of striving towards full potential and well-being.

How does it help me?

Mauri Ora empowers me to take intentional actions, nurture my physical, mental, and spiritual health, and live a life of purpose and fulfilment.

Affirm

Embracing Mauri Ora, I:
Will take action to nurture my physical, mental, and spiritual well-being.
Pursue my goals with determination and resilience.
Live with purpose, embracing a life of vitality and fulfilment.

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