

'THE WISDOM TRAILS OF MA-URI HEALING ARTS'
PRESENTATION OF THE NEW PROGRAM

INTRODUCTION TO MY VISION &
PRESENTATION OF FOCUSES AND CONTENT

INTRODUCTION

Waiotira, March 2019

Looking at the bigger picture and the wider reality we live in these years, it is 'transition time'; a time when important opportunities are made available! Many things are coming to an end, and we are given this special 'window' of time before the next big *World Cycle* begins, to make wise decisions and conscious choices from a place of the Heart.

Furthermore, we are living at a time when a new *energy flow* has been activated – an energy flow that follows the patterns of the **eternity symbol**/the figure 8 movement. This flow of energy serves the purpose of *connecting* and *activating* the wisdom traditions of 'the Ancient Ones' and bring their truth and wisdom into the 'Quantum field' *to be fully understood and acknowledged*. From here, the *energy flow* then takes the discoveries of spiritual scientists, like Gregg Braden and Joe Dispenza, e.g. into the ancient wisdom traditions where they *provide a new language* that successfully explains the details, principles and approaches of these traditions.

What is exciting is that we are becoming aware of *CONNECTIONS* that are being established between what Kahuna and Tohunga practised in the *past*, and what spiritual scientists are discovering in our *present* times. Because the Kahuna and Tohunga did not teach or share their knowledge and skills with others outside of temple or wānanga grounds, we just *know of* or *SEE* the outcome of their skills and practices, yet do not always have access to the full explanations! So, what Gregg Braden and Joe Dispenza, e.g. are doing, is explain *what* the Kahuna and Tohunga achieved through *mastery* of the powers of their mind and spirit and *HOW* they did it!

This means that through the latest research into *quantum* realities, we can now make the ancient knowledge that MA-URI has access to, available and understandable to students in a new way so they can benefit more profoundly from the full range of MA-URI's special gifts and all its self-healing practices! Furthermore, we are now given access to tools and understandings that have the potential *and* the capacity to enable the whole family of humanity to raise their awareness/calibration levels, improve health, restore peace and achieve *Mastery of Self!* Can you *SEE* the connection: These are the very focuses that *are* and have always been at the core of MA-URI and its Healing Arts!

Conclusion: We live at a special moment in time; a time when endless challenges face us and we are *urged* and constantly reminded to MAKE A CHANGE, i.e. in our habits, our limited perceptions and our attitudes; and we are urged to raise our awareness level! At the same time, important *opportunities* are made available! So, these *CONNECTIONS* that we are becoming aware of, are important to us at this special time of 'Transition', because they seem to be established *for the purpose of opening gateways to greater insight; insight that persuades us to redefine our perception of the world*

we live in and expand our perception of who and what we are! THIS is significant, because when we **do** that, then, *realistically* speaking, we stand a chance to **HAVE** a future to celebrate and hand over to our children and grandchildren!

From an esoteric perspective, this is exciting news, and in terms of our students and the development of MA-URI, it means we can now explore and *show* them ***how the wisdom of the past and present can merge and become ONE empowering expression and manifestation of Divine wisdom.*** This is a vision that totally fascinates me and uplifts my soul and spirit, and this is what I really wish and hope to share with others through the [Part 2](#) of the New Program!

Through MA-URI and this New Program, we certainly have an important opportunity now to not only *celebrate* the wisdom of the Past, but also to face the challenges and celebrate the *opportunities* we have right Now to make profound CHANGES in our lives. This way we'll be able to contribute to the creation of a Future that sees the rise of a New Humanity and a World we can be proud of passing on to the next generations.

Let's join together to make the necessary changes and commit ourselves to raise our level of consciousness, so we can BE there to celebrate a truly awesome Future with our descendants! Kia Ora, Kia Ora to such commitment!!



THE OVERALL AIMS AND PURPOSES OF THE NEW PROGRAM

Here is what a closer look at the *bigger* picture, the deeper connections and the higher purpose of MA-URI and its Training Program reveals and encourages us to define as the overall aims and purposes of the New Program! The New Program will serve the purpose:

- A) Of taking the training in MA-URI to the forefront of what today's insight and wisdom have brought to our attention. The New Program will therefore seek to join together *Polynesian* wisdom traditions of the *Past* with discoveries made in *Present* times by spiritual scientists (like Gregg Braden, Joe Dispenza, Bruce Lipton and others) conc. the '***Quantum Field***', so our *Future* may benefit!
NB! *This means that every Trainer needs to get knowledgeable in this new area of research and discoveries. Also, it'll be important to gain personal experience in the application of the main principles and certain self-healing approaches they share, so each Trainer KNOWS what is required and what the effect and value of these approaches are.*
- B) The program will seek to develop effective self-healing methods that can guide students towards **mastery** of their emotional, mental and spiritual realities and facilitate experiences of profound self-healing;
- C) The program will be designed to take all of us beyond familiar approaches based on techniques and understandings that reflect past training realities and everything we have become comfortable with – or chosen to put up with and live with! Time has come to take our understandings and approaches 'up a notch or two' and to expand our perceptions, so we may serve the requirements of this *Transition Period* that we and the rest of humanity are taking part in.

- D) Furthermore, the program will serve the purpose of shaking us all out of our comfort zones and challenge us to learn NEW methods and gain new understandings that'll *create a Oneness which brings together the wisdom of the Past and the discoveries of the Present*, so we may *serve the Future* in new and empowering ways! *THIS* is important!
- E) And last but not least, it is high time to implement a New Program which will resolve the problems that the Present Training Program has revealed exist in each country, like e.g. the *persistent enrolment of non-English speaking students by Trainers*. Because of their limited English, these students are not able to gain the full benefit of the training and often give up before they have completed their education! This has been a source of constant concern and frustrations. With the New Program, we can finally put an end to the constantly appearing problems with drop-out students who never complete their training, *yet* go straight into clinic practice that they are not qualified for!

Okay! NOW, let's look at the vision and proposal for Part 1 of the New Program that I've spent days and sleepless nights ... getting very *excited* over! Here comes the overview I've put together for you!

'THE WISDOM TRAILS OF MA-URI HEALING ARTS'

Until all details have been worked out together with the 2019 Group of Trainers and Trainer Candidates, this '**work title**' could be tested out for the New Program. The main idea is that the Part 1 of this program will replace the present Module 1 and parts of the Module 2 program. It will offer a series of workshops taught in *Polish, Lithuanian, Hungarian* and maybe *Danish/Norwegian* one day; most resource material will therefore have to be created by Trainers in each their national language. It will be the privilege of the present Trainer Group to be in charge of the Part 1 workshops and to introduce students to the special gifts of MA-URI, its Philosophy of Life, its Principles and Dances! And, it will be the privilege of Trainers to explore its connections to modern discoveries conc. the 'Quantum Field' and a new approach to belief-changing and self-healing. From this platform, Trainers will then be able to guide their students through the initial challenges and blessings of self-discovery, self-healing and self-transformation!

PART 1: 'THE DANCING TRAILS OF MA-URI BIRD TRIBES'

This Part 1 training, I envisage, could be explored as 'The Dancing Trails of MA-URI Bird Tribes' and created to help students *grow their 'wings'* and teach them to '*take flight*', physically, mentally, emotionally and spiritually, namely through the teachings and the training that will be offered on these special Trails:

- 'The Trail of the Putangi Tangi' (Workshop 1);
- 'The Trail of the Albatross' (Workshop 2);
- 'The Trail of Nga Hau E Wha', c: the Trail of the 4 Winds (Workshop 3);
- 'The Trail of the Kotuku'(Workshop 4) and
- 'The Trail of the Dragonfly' (Workshop 5)

The teachings that'll be conveyed on these Trails will provide tools for students to get actively involved in the fundamental aspects of MA-URI. The special nature and symbolic significance of the *BIRDS* and the *Posture Dances*, they give name to in MA-URI, will provide important clues to the teachings and focuses that will be explored in each particular workshop: the Putangi Tangi (Paradise Duck), the Albatross and the Kotuku (White Heron) Dances! And also, important clues will be carried by the '4 Winds' of *Change* together with the teachings of *transformation* as conveyed by the Dragonfly! Their 'presence' in the training will inspire new connections to be established with Nature, with MA-URI spirituality and create a deeper understanding of our Oneness with all of Creation.

These connections could be explored, especially in combination with MA-URI principles, its philosophy and the deeper meaning and purpose of *MOVEMENT* – as part of 'the 12 Elements' we practice in MA-URI. And it could be explored through the physical, emotional and spiritual *energy alignment* that the Posture Dances provide.

Most of the topics and focuses will to *some* extent be similar to the Module 1 and parts of the Module 2 of the Present Training Program. However, certain topics will be expanded to give greater depth and new insight into the wisdom of MA-URI's cultural and spiritual heritage.

So, how will this be done? It will be done by joining together the wisdom of MA-URI-Polynesian traditions and the latest insight we are gaining conc. the 'QUANTUM Field', the 'Divine Field of infinite possibilities'. As I explained in the Introduction, it is through the research shared by modern spiritual scientists that we can now begin to deepen our understanding and **explain** some of the tohunga/kahuna practices we have been in contact with. *They provide vital clues to how it is possible to change subconscious programming, heal and learn to master every aspect of our lives and call in the realities we wish to manifest in our lives.* This combination of ancient wisdom traditions and the discoveries made by modern science keeps expanding our perceptions of who and what we are as co-creators of the World and of Life within and around us! It is totally fascinating, I can assure you, to realise how important connections are established this way!

So, what I envisage is that each workshop of the 'Dancing Trails of the Putangi Tangi, the Albatross and the Kotuku etc.' will have:

- 1) Daily lectures on what **MA-URI** is, **its cultural background and whakapapa**, and what the training in MA-URI Healing Arts *offers* and *requires* of each student. Each workshop would need to cover certain aspects hereof, so participants gradually get a deeper understanding of MA-URI, its special nature and purpose, its core focuses and approaches. And so participants gradually gain a full understanding of the *Training* they have enrolled in.
- 2) Daily lectures on **D. Hawkins' Calibration system**, so students learn to identify their calibration levels. The purpose hereof is that they can then start to monitor themselves and make changes to old programming that shape their present beliefs, attitudes and behaviour. Also, a lecture needs to be created to explain what it requires to '**take FLIGHT**' and rise above the past and above present limitations. The concept here is, that when we raise our frequencies and rise to higher levels of consciousness, **THAT** is when we start to 'flap our wings', ready and eager to *take flight .. and to evolve!*
- 3) Daily focuses on issues conc. **HEALTH**, relationships and purpose in life etc. will be explored and include efforts to resolve emotional and mental dis-harmonies and/or blockages. Furthermore, as a way to raise students' awareness of their vast inner resources and how to **activate** them, exercises will be created in how to apply MA-URI principles for the following purposes:

To build *discipline* of body, mind and emotions – to train the mind to hold visualisations of *INTENT* - establish *communication* with the body and with Spirit to activate untapped inner resources and abilities.

GUIDED Meditations by Trainers and Audio ‘TAKES’ that Hemi is creating will be included for different purposes: a) as a way to expand perceptions about self-healing, b) give ideas to how make dreams come true and c) to start students thinking about their role and purpose in life, i.e. their Destiny.

- 4) Lectures that include a focus on **nutrition** and how to make empowering choices in terms of **diet, exercise and awareness** of what our bodies require as presented by Barbara O’Neill and/or by nutritionists/naturopaths in your country. Also, awareness needs to be raised about **environmental issues** that affect our lives, Nature and every species on a global scale; it is high time we all look more closely into what we CAN do to limit the devastating effects of climate change! Each Trainer could choose a particular focus to develop as a ‘group project’ – so awareness is followed up by ACTION.
- 5) In terms of creating changes within our body and mind, an *added* focus will be to teach students to establish ongoing **communication** with their body and its trillions of cells. When mind and body work closely together, and the mind acknowledges the body as the self-healing organism it truly is, then they can achieve their common goals: a) To build perfect and strong health; and b) create a vibrant, radiant and pure environment, a ‘temple’, for the Soul - and a sacred dwelling place for the Divine.
- 6) And in order to bring **FLOW, movement and Action** into the teaching of MA-URI principles as well as into the practice of modern principles rooted in *quantum theory*, all teaching in this New Program will alternate between **Lectures, exercises** of mind and body and **practice of MA-URI Dances**. This means it will give participants practice in alternating between mental focuses and the transformation of personality patterns in *one session*; and physical, emotional and spiritual expression of inner realities, in the *following session*.
- 7) Focus will be given to developing students’ **emotional awareness**. For a *start*, this means they need to learn to identify which emotions empower them and which emotions limit and disempower them ...in some cases to the degree that their state of being, their health, their relationships and their choices in general, are affected by it.

Students will be given daily practice in resolving issues and patterns of the past by applying *conscious intent* and using *movement* to facilitate change. **Free Dance** and **guided mediations** will serve the purpose of releasing negative and disempowering emotions, so new conscious choices can be made.

In order to achieve an awakening of the Heart and establish **coherence** between Heart and Brain, the training will seek to bring together the wisdom of Polynesian traditions and the latest research and insight shared by Joe Dispenza and Gregg Braden, e.g. conc. **Belief changing** (i.e. **not** all the other interesting topics they present! ☺).

- 8) In addition to these core focuses, we would like to add topics that members of the Group of Trainers and T. Candidates have special knowledge or skills in, to provide extra ‘spices and nutrients’ to the Time Table, i.e. special topics that are compatible, relevant & appropriate for this particular Program.
- 9) The ‘Dancing Trails’ of **Part 1** will have **no bodywork** training in it. However, during the last workshop (or the last 2 workshops, perhaps), we could introduce this possibility: That students

will be offered **MA-URI bodywork sessions** in the evenings! Such sessions could be provided by Kaitinana graduates who are eager to get involved and share their skills and experiences with the student group. This will provide the Practitioners with valuable feedback and give them a chance to establish new connections. If no Kaitinana graduates are available, then the alternative could be that the B. Trainer and the ‘apprentice’ (new Trainer Candidate/s) provide such sessions. In terms of the students, it will introduce them to the magic and profound value of MA-URI bodywork and prepare them well for the ‘Wisdom Trails’ of **Part 2** – to be explored in New Zealand by those who are fully competent in English.

Most importantly so: The evening sessions will be designed to give students these 3 important experiences:

- 1) They’ll get a chance to first **observe** and ‘bathe’ in the energy field created by the bodywork sessions and a chance to ‘breathe in’ the magic of the healing powers that are generated - simply by watching and attuning themselves to the energy flow and frequencies of such sessions. This is the ‘*Polynesian way*’ of learning: *To sit, watch and observe in silence* with full attention and awareness directed towards everything that is happening with the ‘horizontal’ person and to observe what is done by the ‘vertical’ person. This will raise awareness also of what is happening within themselves!
 - 2) Then in their own session, they’ll be able to **experience** MA-URI bodywork and what its effect and benefits can be when done by a fully trained practitioner. And
 - 3) based on these 2 experiences – of first *observing*, then *experiencing* this special form of bodywork – students will then have a fairly good idea of what awaits them and *OPENS UP* to them of opportunities when they continue their Training in New Zealand.
- 10) **LASTLY:** To make the following 3 Principles physically tangible, *REAL* and meaningful, we might consider introducing students to the **JOINT WORK** in the last workshop of **Part 1**: The principles I’m referring to are these: ‘Everything is connected to everything; therefore there can be no separation’ and ‘Everything in MA-URI is about relationships!’ – ‘Everything within us and around us is ‘family’ - like Kahu taught this. It adds profound meaning to what Trainers will be teaching students in the **Part 1**: Not only is *joint work* used as a way to raise students’ awareness of ‘relationships’, i.e. their physical, emotional and spiritual relationships! From the perspective of ‘family’, each joint provides a link to ‘family connections’ that exist throughout the body! And when we start to apply *sacred TOUCH* to each joint, we create a *celebration* of the relationship that every joint establishes between ‘family members’ of our body at all levels of our existence! This is a fascinating revelation, isn’t it??!

NOW: WHAT HAPPENS AFTER THE **Part 1** TRAINING

At the end of Part 1, there will be 2 groups now, I imagine! 2 groups that’ll be ready to go in each their direction:

- A) **Group 1** brings together the students who have *no English* or *limited* skills in English: They will now have completed their training. As they return to their families and community, they are ready to contribute with inspiration, example and experiences that can make a positive difference to the lives of those around them. The principle here is: ‘As *WE* change, so do those

around us! We are all connected!’ Their *presence* and contributions will be different from when they first started this training, because: They now have access to their many resources, they have learnt to *master* many aspects of their lives and radiate the confidence and they are empowered by the feeling of freedom they have gained! Through their efforts and growth, they now become a source of inspiration to others. In terms of their personal situation, they are now well equipped to set new, achievable goals and pursue their personal visions for the future.

B) Group 2 brings together the students who are *fully competent in English* and ready to explore the ‘Wisdom Trails of MA-URI’ in New Zealand. Through the New Zealand training of **Part 2**, we’ll be able to expand and deepen the students’ knowledge and abilities in MA-URI, especially its *bodywork* approach. And, because of our stay at Maori Marae, further insight can be added to their understanding of the cultural and spiritual traditions that run through the ‘veins’ of MA-URI. Based on our amazing experiences in the 2019 Kaitinana, we’ll be looking forward to providing them with further aspects of MA-URI’s self-healing approaches and taking them on a journey of exploration and discovery ... with Spirit and the Ancestors as our guides. We’ll be able to do this, BECAUSE:

- Students will be ready mentally, emotionally and spiritually for this training, because they have learnt to change their beliefs and attitudes; learnt to overcome fear and resistance;
- they have learnt to deal with emotional issues and learnt to raise their emotional awareness;
- they have developed the understanding, the discipline and purpose of MA-URI Dances. And
- they have been introduced to basic concepts of self-transformation/belief-changing as conveyed by modern spiritual scientists conc. the Quantum Field, the ‘Divine Field of Infinite Possibilities.’

THIS is what the **Part 1** of the New Program will be designed to achieve. All details conc. *how, what, when, why* etc. will be worked out together with the 2019 Trainer Group in the months to come. From then on, it will be the finest task and responsibility of Trainers to ensure that students learn to *master* these skills through the training they’ll be offering them. Exciting and deeply meaningful, isn’t it?!!!!

PART 2: ‘THE WISDOM TRAILS OF MA-URI’

An overview of the Program for **Part 2** will be outlined in a separate paper and presented later. However, let me introduce you to the ‘Wisdom Trails’ we’ll be exploring in New Zealand:

- ‘The Wisdom of Sacred Touch’
- ‘The Wisdom of Surrender’
- ‘The Wisdom of Gratitude, Awe and Love’
- ‘The Healing Powers of the Bush’
- ‘The Wisdom of the Stars and the Ancient Ones’ and
- ‘The Wisdom of the Navigators’

If I haven’t exhausted you already (I *do* realise that there is a lot to take in here!), it is important for me to share what I have in mind in terms of the *teaching approach* for **Part 2**! Let me briefly explain:

TEACHING APPROACH: What excites me is that the New Program will give us an opportunity to change the usual approach to teaching! HOW? By making every teaching session an adventure in *EXPLORATION* and *DISCOVERY* – an adventure that *everyone* gets involved in and contributes to! The purpose hereof is to test out new ways of *perceiving* things, *doing* things, *learning* things! To give you some examples: It could be to trust in sudden ideas that present themselves through an unexpected situation; or it could be a sudden opportunity to take the dances into the energy field where Spirit takes over the guidance and grants us profound revelations!! Or it could simply be the need of some to spend a whole day in *Silence* and explore what it takes and *gives* us to remain in a state of *SILENCE* and *BEING!* Revelations are always close by, waiting for us to be *open* to receiving them! Magical, I tell you!

This is what developed towards the end of the recent Kaitinana. It took us onto the fast lane of ‘**monkey**’ navigation .. in a spiritual *jetboat* .. ha...ha... not a *waka* ...! It landed us gently on a far-away ‘island’ and dumped us on the beach! With SO much energy and excitement filling us, we were ready to race up the Wisdom Trails of ‘Tawai Mountain’ (ref. to Hemi’s special story) to experience the Golden Sunrise and be transformed by its light and warmth! That’s how I experienced it – and ***THIS is what I wish to bring into the New Program.*** What we got a taste of in the recent Kaitinana was totally magical and exciting! I can hardly wait to share this with new groups and give us all an opportunity to learn from these unpredictable adventures! However, let’s be realistic: It *does* require students who have gone beyond their fears, resistance and mindsets, beyond 400 (reason) towards a calibration level that stretches into the 540s! *Some* reached that in the 2019 Kaitinana and it was amazing what became possible!!



CONCLUSION AND ENCOURAGEMENT

Now that you have read through the long list of topics, I imagine that it all *may* look and *feel* a bit overwhelming! However, what *WILL* carry us all through, I trust, is to look at everything in this program as *an opportunity to CELEBRATE*, i.e. to celebrate MA-URI and *your* special place and role in this magical world of Movement and Dance; a magical world that invites us to be part of this global movement towards Change and New Beginnings! MA-URI takes us right to the water’s edge to celebrate Life, doesn’t it?? Just think of it this way: When we celebrate Life, we celebrate relationships, connectedness, Unity and Oneness; we celebrate *movement* as the element that runs through every aspect of life. So, when we celebrate, we *MOVE* – we *DANCE* – we *TOUCH*, we *laugh* and are filled with Love, gratitude, trust and faith! By doing so, our calibration levels shoot up and suddenly ... we just *KNOW* of God’s presence!

THIS is what MA-URI is about, isn’t it?! So, what I hope you will realise is that it is this *Celebration of Life* that defines the New Program! It is what flows through every paragraph of this Presentation and Overview! Our Celebration of Life is the ***lifeblood*** of MA-URI! Choosing to look at it from this perspective and with *this* understanding, that will carry everyone involved in this ‘project’ through the coming weeks of *STUDY* and every moment of exploration and discovery! It is what will give us the energy and the eagerness to ‘take flight’!!



Dear MA-URIs,

It is in sacredness and with deep sincerity that I welcome the challenges and blessings that await us. And, it is with Love, Trust and Faith that I welcome this opportunity to work together with the Trainer Group, so together we can create something truly magical for new groups of students! And, indeed, I welcome the wonders of New Beginnings; everything that this development will bring to MA-URI and each one of us!

Please take your time to fully connect with what I've presented to you so far. Let it sink in and start to come together in your mind and heart ... and wait for Spirit to guide you. Much help, support and guidance will be offered once you have opened yourself to this new opportunity! It is what has happened to me, and I am deeply grateful for the inspiration that keeps me fired up with excitement, courage and Trust! This is a life-changing 'exercise' an adventure, indeed!

How does this sound to you?? Please share your feedback and reflections.

One last thing: Even though Hemi has not taken part in the process, let me here assure you: Hemi is granting me his full support and every aspect of my proposal for this New Program has his blessing! When the time comes, he'll be fully involved and contributing in his enjoyable and valuable ways!

With much Love to you and blessings of this unique opportunity to welcome New Beginnings together and inspire each other, I remain

**Yours truly,
Katja
Your Elder in MA-URI®**