

Kia ora koutou,

Tuhi Stationery has two maramataka journals, Te Rākaunui & Whiro. These journals are intended to be used over the 30 day lunar period to capture your activities & observations of the maramataka. At the back you can also review your energy within the Poutama charts to see if any patterns emerge and how they are aligned. We recommend tracking daily for a minimum of 3 months to see the patterns.

We have created a “cheat sheet” as a snapshot overview of the maramataka that we hope will assist you.

Key to cheat sheet

#	This is the number of lunar nights & corresponding names for the commonly known maramataka of Te Whānau ā Apanui iwi. It is recorded in detail in the book Living by the Moon by Wiremu Tawhai. The lunar “count” begins from Te Rākaunui, the Full Moon, hence the first column in the cheat sheet attached starts at 1. If you have purchased our Te Rākaunui Journal – then this is the sequence of the days in this journal in the first column
#	Many other hapu/ iwi start their maramataka from Whiro, the New Moon. The lunar “count” begins from Whiro as 1 – so the second column, find your way down to Whiro, and then start from there. If you have purchased our Whiro Journal – then this is the sequence of the days in this journal in the second column.
Phase	Name of moon nights/ phases followed by Te Whānau ā Apanui.
Energy	The energy/ productivity levels commonly associated with these phases
Activities & Observations	Some general activities you may want to pursue during these phases, some observations to make. This list is NOT exhaustive, but is a starter for you to explore further.

Other ways you can find out more about the maramataka

- Follow our blog on our website – www.tuhi.co.nz & our social media for regular updates
- Purchase the book “Living by the Moon” by Wiremu Tawhai which is available online from Huia Publishers, or available in most public libraries
- Download the app “Hina” which tracks the maramataka, and also one of the generic moon apps you can download to help you identify when the New Moon & Full Moon is for each month and the times of the moon rising and setting
- Find resources & information within your area so you can learn more about the “tohu” signs of different seasonal changes and other helpful information for you to start recording “observations” within your journal.

Any queries, please contact us – info@tuhi.co.nz we hope you enjoy this resource

TUHI

MARAMATAKA CHEATSHEET

#	#	Phase	Energy	Activities & Observations
1	16	Te Rākaunui	High	Great day, everything in the open, get to it, on the water, planting root crops, short term goals, collective energy to achieve collective results, karakia, 'pure' ceremonies, time with whanau outside, being active, maybe little sleep due to busy mind, be purposeful
2	17	Rākaumatohi	High	
3	18	Takirau	Descending low	Time to rest, renew and reset as we move from one high energy into a low period. Be ready
4	19	Oike	Descending low	Resting, time out, whanau time. Take time to organize wananga, tend to Papatuanuku/ Gardens. Be curious
5	20	Korekore Tuatahi	Low	Unproductive time. Spend time with whanau who may need support, use collective resources to tautoko (support) others, manaaki (look after) each other, write, compose, think, hold wananga that feed the mind. Be creative, check all your 'tools' are working and ready to go so you can maximize the productive days coming.
6	21	Korekore Rawea	Low	
7	22	Korekore Whakapiri	Rising high	
8	23	Tangaroa ā mua	High	High energy productive active days, move collectively to benefit whanau, hapu, iwi, community. Get physical, get stronger, faster, the things that need to be done, do them.
9	24	Tangaroa ā roto	High	
10	25	Tangaroa Whakapau	High	A period of abundance take what is needed, give thanks, may do pure ceremonies also during this time, karakia, spend time with whanau outside. Swim, fish, plant – anything connected to the water will be productive. Replenish what is needed for the low periods ahead, be productive these days, don't waste this period
11	26	Tangaroa Whāriki Kiokio	High	
12	27	Ōtane	High	
13	28	Orongonui	High	Things are closing down, karakia, learn whakapapa, pepeha, complete any outstanding work. Contemplate, review what was achieved and what was not during the high energy period, strengthen relationships, rest & relax as low period approaches. Be mindful of what you do and where you are. Sometimes more can be seen in the darkness
14	29	Ōmutu	High, Approaching low	
15	30	Mutu whenua	Descending low	A time of Whiro. Be careful not to invite trouble. Stay close to home if you can, wananga with whanau, talk, settle your puku- good time to fast/ noho puku. An average time in the moana and whenua. A time to gather insights to plan forward. Be insightful, its a new period
16	1	Whiro	Low Energy	
17	2	Tirea	Low Energy	An average time, average results.
18	3	Hoata	Average	Similar to Whiro, a time to review and reflect, discuss new learnings, set your intentions and plan for the next month ahead. Look to the early morning moons & seas for beauty. Be creative
19	4	Ōuenuku	Average	
20	5	Okoro	Average	Move with caution. A time of unpredictable behaviours and events. Draw near to whanau, great time for eeling, fishing gather kai moana.
21	6	Tamatea Āio	Low	
22	7	Tamatea a Ngana	Low	Avoid risk, Don't hold hui or have important discussions. Be careful, these are the days when the sea appears calm but churns.
23	8	Tamatea Kai-Ariki	Low	
24	9	Tamatea Tūhāhā	Low	An unproductive time and a time to recover. Be still
25	10	Ariroa	Low	
26	11	Huna	Low	Everything is hidden. Be wary of what is in front of you. Be sure as you move and get about your day as things may be hidden from you.
27	12	Mawharu	High	Everything is available, one of the most productive nights of the maramataka. A time of abundance to share with others. Share your ideas & resources. Be generous, launch programmes / activities
28	13	Ohua	Low rising	Come together as whanau, assess what has been done and what it ahead. Use your knowledge insights. A time of reflection before the high productive period. Be knowing, are you ready to maximise?
29	14	Atua Whakahaehae	Low rising	
30	15	Turu	High Energy	A productive period with a feeling of relief and appreciation. A time to dream and plan big, be ready to move again. Be optimistic