

# Reclaiming Tapu & Mana

## Te Puna Mahara o ngā Tūpuna

Connecting with the ancient spring of memories of the Ancestors  
and Guardians of the land



A workshop that will directly  
empower participants to reclaim  
their ancestral identity and  
redefine their relationship to the  
land



# RECLAIMING TAPU AND MANA: RESTORING BALANCE AND HARMONY BETWEEN HUMAN BEINGS AND THE LAND

Join us on a transformative journey to explore the Māori indigenous concepts of Tapu, Mana and Mauri and their significance in restoring balance and harmony in our lives and the natural world.

**Workshop Overview:** In this workshop, we will delve into the principles of Tapu (sacred connection), Mana (intrinsic power) and Mauri (intrinsic energy) that relate to the relationship of all living things. We will examine what occurs when Tapu is not taken into account and explore practical ways to restore balance and enhance our connection to the natural world as composed of the 5 elements.

**Key Topics -** Understanding Tapu and its significance in Māori indigenous tradition- The interconnectedness of human beings and the natural world - The importance of restoring Tapu - Practical techniques for restoring balance and enhancing tapu, mana and mauri - Reclaiming ancestral and cultural identity.

**Workshop Structure:**

**1<sup>st</sup> day:**

Introduction, invocation, and teaching of key indigenous concepts

Knowledge sharing

Planning and preparation for ritual ceremonies

**2<sup>nd</sup> day:**

Site visits for hohorongo (restoration)

Energetically transforming sites in need of restoration into sacred sites:

We will identify sites around Dresden where the land, people, and guardians are in need of restoration.

Together, we will work to energetically restore balance, and harmony to these sites.

**Course Leaders:**

Paora Te Oti Takarangi

Māori Film Maker & Teacher – Merging Māori Spirituality, Dzogchen, and Western Psychology. Taught by respected Kaumatua (Māori Elders) and Tibetan Rinpoches. ([www.tohunga.nz](http://www.tohunga.nz))

Ines Backhaus

Osteopath, Re-birthing Therapist, Spiritual Guide, Translator (<https://www.osteopathie-rebirthing-praxis.de>)

**Dates 2025:**

Workshop One: June 28 + 29

Workshop Two: July 12 + 13

Workshop Three: August 9 + 10

**Time:** 9am - 4pm (Shared lunch: 12-1pm)

**Cost:** €300

**Location:** Steinbachstr. 18, 01445 Radebeul, Dresden, Germany

**Language:** Māori, English, German (translation provided)