

Book review



Wawata Moon Dreaming: Daily wisdom guided by Hina, the Māori moon

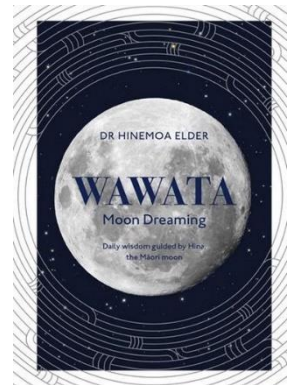
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Author: Dr Hinemoa Elder

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Using the natural environment to tell stories is not an unfamiliar art for Māori. *Wawata* explores the nature of storytelling and navigating life by way of Hina (moon). It encourages the reader to reflect and understand the importance of relationships and connection to all things living. The relationship that Hina and the Moana (ocean) have is special. The gravitational pull of the ocean tides are affected by Hina and her phases - we too as humans have emotional tides that are affected by Hina. *Wawata* is a great read for those who are searching for a deeper connection to Te Taiao (environment), Maramataka (Māori Lunar Calendar) and exploring their relation to our everyday lives, using ancient teachings to understand our present and future.

Review by Christina Looker, Kaiwhakarite Māori Engagement Specialist, MHF

To learn more about the background of the book, read about Hinemoa's journey in [Stuff here](#).

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