



Te Arahi Ellis Bryers: The Power of Indigenous Karakia (Invocation)



Te Arahi Ellis Bryers is a Social Services Guide working with young men in the New Zealand criminal justice system, a Maori Cultural Awareness Consultant, and a Marriage Celebrant. Te Arahi Ellis Bryers views his work as 'connecting those that are disconnected'. Walk with Te Arahi in conscious connection with the world as he shares his lineage story, the Maori Creation story and embodied practices that connect us to the natural world and its Guardians..

TOP EMBODIMENT TIP: Try to be at peace with yourself, as best you can, no matter what is happening in the world. Walk in conscious connection with the world around you and your ancestors, they are here with you

Karakia: Connection to Ancestors builds Self-Identity

- Exploring and learning your family lineage builds your self-identity, strength and confidence. Te Karahi encourages all of us to trace our ancestry as a gift to ourselves and our descendants.
- The practice of Karakia (invoking the names and origins of our direct ancestors) connects us directly to our lineage, to our own story, from the beginning of our lineage to ourselves in the present day.
- The recovery and practice of language and traditions are key to Maori identity, as they are to all Indigenous peoples across the world who have lost their lands, been colonized, and are disproportionately incarcerated.

Maori Creation Story: Our Connection to the Natural World

- The Creator created the world as we see it as well as separate layers, such as the Stars, the Sky and the Earth.
- Humans live between the Sky (Male element) and the Earth (Female element) layers which are connected through their children, the Seven Guardians of the Natural Elements, e.g. God of Weather, God of the Trees, God of Uncultivated Food etc.
- In any given time we are in one or more of the Natural Element domains. Everything we do is within the domain of the Seven Guardians. Therefore, we are always connected to the World, whether we are aware of it or not.

The Seven Guardians: Embodying the Natural Elements

- Te Karahi provides a powerful demonstration of a traditional Maori movement and invocation practice that tells the Maori Creation Story and connects the teller directly to the Seven Guardian of the Natural Elements
- Living your life connected to the World and its Guardians changes the way you live in the world and honours your ancestors.

Resources

- ❖ **Social:** Facebook: <https://www.facebook.com/ellis.bryers>
- ❖ **References: Ted Talk:** <https://www.youtube.com/watch?v=J9uEiA9YTXM>



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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