Ki te Ao Mārama

Had enough? Then make a change

health promotion agency

He Mihi

E ngā rau rangatira, tēnā koutou katoa.

Tuatahi, he mihi ki te runga rawa, nāna nei ngā mea katoa.

Tuarua ngā mihi ki te iwi whānui.

Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa.

To all the people, greetings to you all.

Firstly let us greet that which is above all else, for all things come from that source.

Secondly, let us greet the people.

Greetings, greetings, greetings to us all.

Tēnā koe

Hello and welcome to the book of the DVD documentary – Ki te Ao Mārama. Congratulations on making the effort to get hold of this pack. It can be difficult to take this first step towards change.

Solving alcohol and drug problems is all about change and you will see the word 'change' many times in the following pages.

You may well have got the Ki te Ao Mārama pack by calling the Alcohol Drug Helpline. Please feel free to call the Helpline whenever you need to talk to someone about the changes you are trying to make.

The title of the DVD is Ki te Ao Mārama, which means "towards the world of light". The title is about change (there's that word again). From darkness to light. From whakamā to whakamana. It's all about movement, growth and ultimately living a well and happy life.

On the DVD you meet Te Ohomauri, Marewa, Harry and Colin and hear about their journeys and the things that helped them along their path. We hope this book will help you on your journey and give you some ideas about things you can do to make changes in your life.

There is no right or wrong way to do this. You can write, read, draw or talk it out. The key thing is to do something. Just do it.

Let's get started.

Kia Kaha.

He manga-a-wai koia, kia kore e whitikia

It is a big river indeed that cannot be crossed

"You know, I lived to drink and I drank to live."

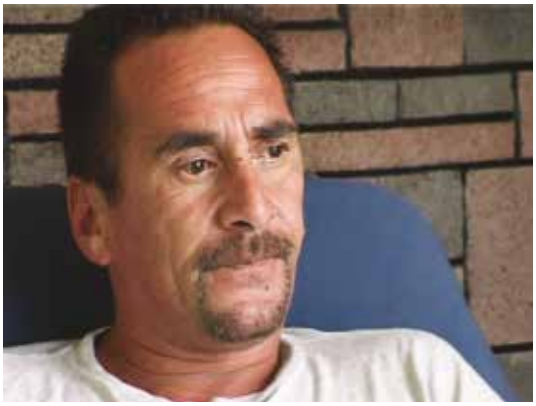
– Colin

"What I did was, I smoked, drank and dropped speed, all at the same time. Yeah, it was lovely!"

– Te Ohomauri

"My mind started to wander and unbeknown to me so did my wairua after a while."

– Marewa



"I told everyone I was going to AA (Alcoholics Anonymous) and I'm not drinking any more, but I was. I was hiding it though."

– Harry

What came to mind as you watched the DVD?

Take a moment and think about the DVD – how did you feel about each story?

How is your story like those in the DVD?

How is it different?

Did you feel uncomfortable at any time?

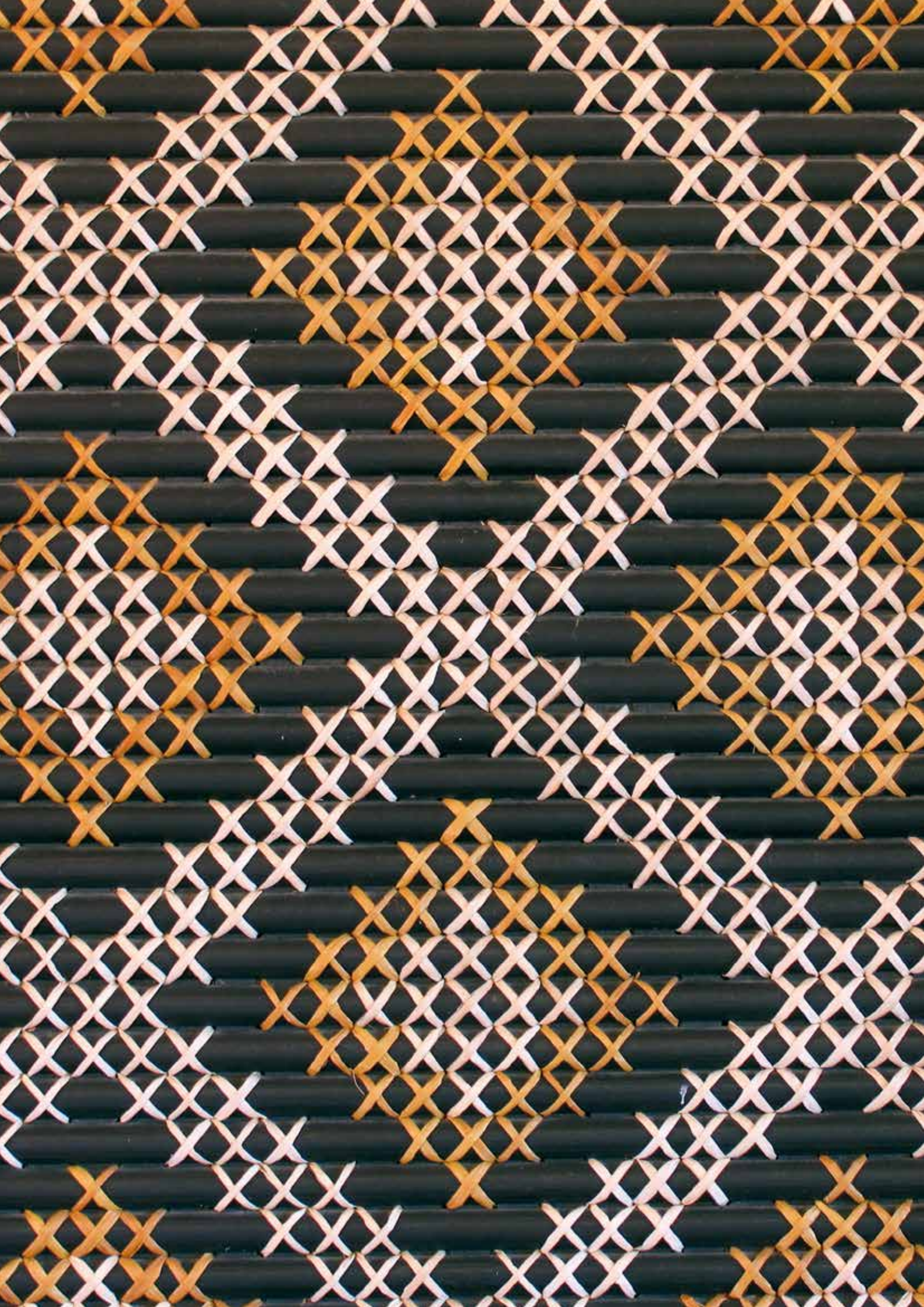
What were you uncomfortable about?

What is it that you like about that person?

Is there one person or story that you like more than the others? Which one?

Did anybody say anything that you didn't like?

What was that about?



Take your time

We thank Marewa, Te Ohomauri, Colin and Harry for sharing their stories with us.

Just like them, this book will give you a chance to look at your drinking and drug taking from many different angles.

It will give you a chance to think about how your drinking and drug taking has affected you, your friends and your whānau, hapū, iwi.

Along the way we suggest that you look at who you are, your taha Māori, and your whakapapa.

At times this may seem hard. Take it easy. Keep at it. This is a journey, not a race!

It's all about the journey and all journeys start by taking the first step.

Aroha mai, aroha atu

Love towards us, love going out from us

Kōrero mai, kōrero atu

We are going to make a suggestion that might help you in this whole process of change.

We know from the experience of others that it is helpful to talk about what you are doing with someone you trust.

We mean really talk about things that have happened in your life, the things you have done to other people and the things that other people have done to you. It's not easy.

So what you need is a special someone. Maybe someone not too close, someone who you trust and can talk to about your joy and your pain.

Do you have someone you can talk to?

This is a really big step. Reaching out and asking for help. It's not easy to do. As always, go slow.

You can call the Helpline (0800 787 797) but, sadly, they can't do it all for you.

Now let's spend a moment or two thinking about your story. We hope this will let you see the part alcohol and drugs have played in your life.

He kai a te rangatira he kōrero

The food of a chief is talk

"I'm the eldest of seven children and she wouldn't stop hitting us until we cried. When I reached the age of 10 I stopped crying."

– Colin

"I was always the haututū. A haututū child was the one that frigs, you know, frigs around and very mischief."

– Te Ohomauri

"I was told that I was apart from the rest of my whānau. That I was different. So, basically, to myself even, I became an alien – someone that even I didn't know. And, the more that I was told to be myself the less I knew who that was."

– Marewa

Very, very low self-esteem when I was young. Really hated myself. Just drank. Oh I was just naughty, a naughty girl."

– Te Ohomauri

How did you feel about yourself growing up?

Thinking back, what was going on for you when you were growing up?

Was there lots of alcohol and drugs around?

What did you think about that?

What was your place in your whānau?

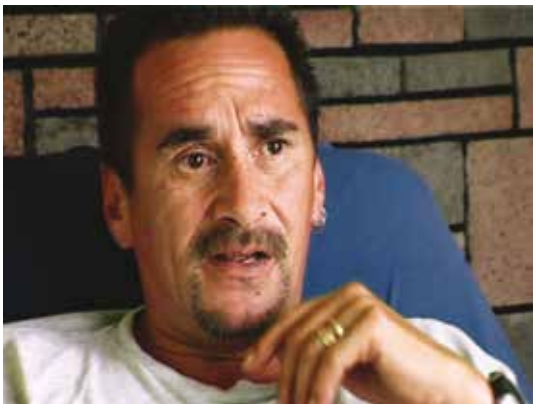
How did you get on with your friends?

How did you get on with them? Did you have a favourite?

What sort of things did you get up to?

What impact did that have on you?

Overall, think about the good and bad stuff you remember about your childhood.



"I left school when I was 15. I bought a half-gallon jar of Blackberry Nip and I got into that. I remember that was my very first drunk and I was sick for days."

– Harry

"I must have been about 10. Yeah, I got wasted on some rum, off my face, spewed everywhere. Yes, and other not-nice things happened."

– Te Ohomauri

"I think after 12, that's when I started to drink. Even drink to a stage of having blackouts, although not really realising it. I thought that was just social drinking."

– Marewa

"So it was probably about 13/14 when I actually started getting drunk on a regular basis."

– Colin

Those first drinks (or were they smokes, sniffs?)

Now that you have someone to talk to, you can talk about some of this stuff – let a little out at a time, or write it down and keep it safe.

When did you start to get into it?

What happened to you when you first used alcohol or drugs?

What were the good times?

What was not so fun?

Can you remember what was going on for you at home or school or work?

How were you dealing with your boyfriends or girlfriends or lack of?

Being Māori

Everyone had a different experience of growing up.

Some found school hard and spent heaps of time wagging and, like Harry, just couldn't wait to leave.

Others felt that they were different, not just from their whānau, but from the whole world. As Marewa said, like an alien.

Of course many had to cope with being different just by being Māori – and not in a good way.

Your experiences may well have given you feelings of shame, guilt, embarrassment and anger.

It is important to change how we feel and move on from the past.

"I mean I loved to go out and play sports but I even felt whakamā going out to mow my own lawns for fear of other people seeing me. I started to withdraw."

– Marewa

How was it for you growing up Māori?

Kia mau ki to Māoritanga

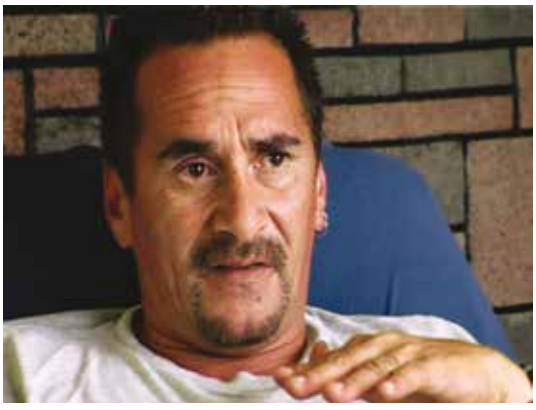
Hold fast to your Māori Culture

"I felt beautiful, I really did. It's that false sense of beauty that the speed gave me."

– Te Ohomauri

"I drank to have fun but if you call spewing up and being arrested having fun, I guess that's what it was."

– Colin



"Those whole weekends were drunk all the time. Drunk."

– Harry

I’m just going to have a couple

What was your favourite drink or drug?

What happened to you when you overdid it?

How did it make you feel?

Did anybody ever say anything to you like, 'Gee you were so out of it last night you threw up in auntie's car?'

How do you reckon your drinking or drugging has affected your friends, work or school?

Were there things you did or saw that made you feel a bit uncomfortable?

What were they?

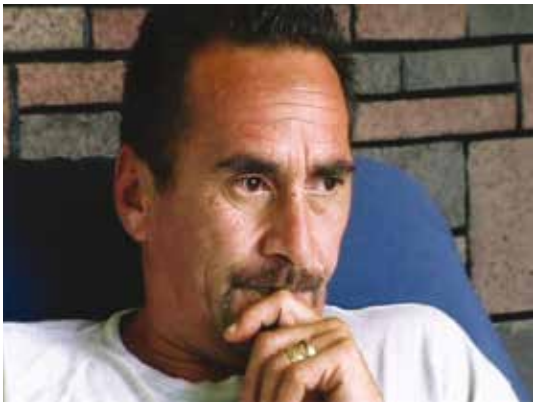
By now you may be beginning to feel a bit jumpy. That's cool. Keep at it, you probably will get bloody uncomfortable before you can change.

"I got arrested... I got done for driving while disqualified, possession of cannabis, possession of offensive weapon... I told the cops to piss off."

– Colin

"I've got a big scar from being bottled over the head. There's a big brawl going on, I'm standing there, mouthing off, bleeding to death, you know, couldn't feel it."

– Te Ohomauri



"My parents went as far as to get a Māori tohunga to fix me up. She had to turn around and tell them 'I can't fix him, the only one that can fix him is himself.'"

– Harry

"I used that to escape, to escape out of the situation I was in. I used it to have fun because I didn't know how to have fun any more."

– Marewa

I seem to have a couple of problems

Let's think about some of the not so good stuff you got up to when you were drunk or out of it.

Have you been hurt when you were drunk or stoned?

What happened?

Have you ever hurt someone else?

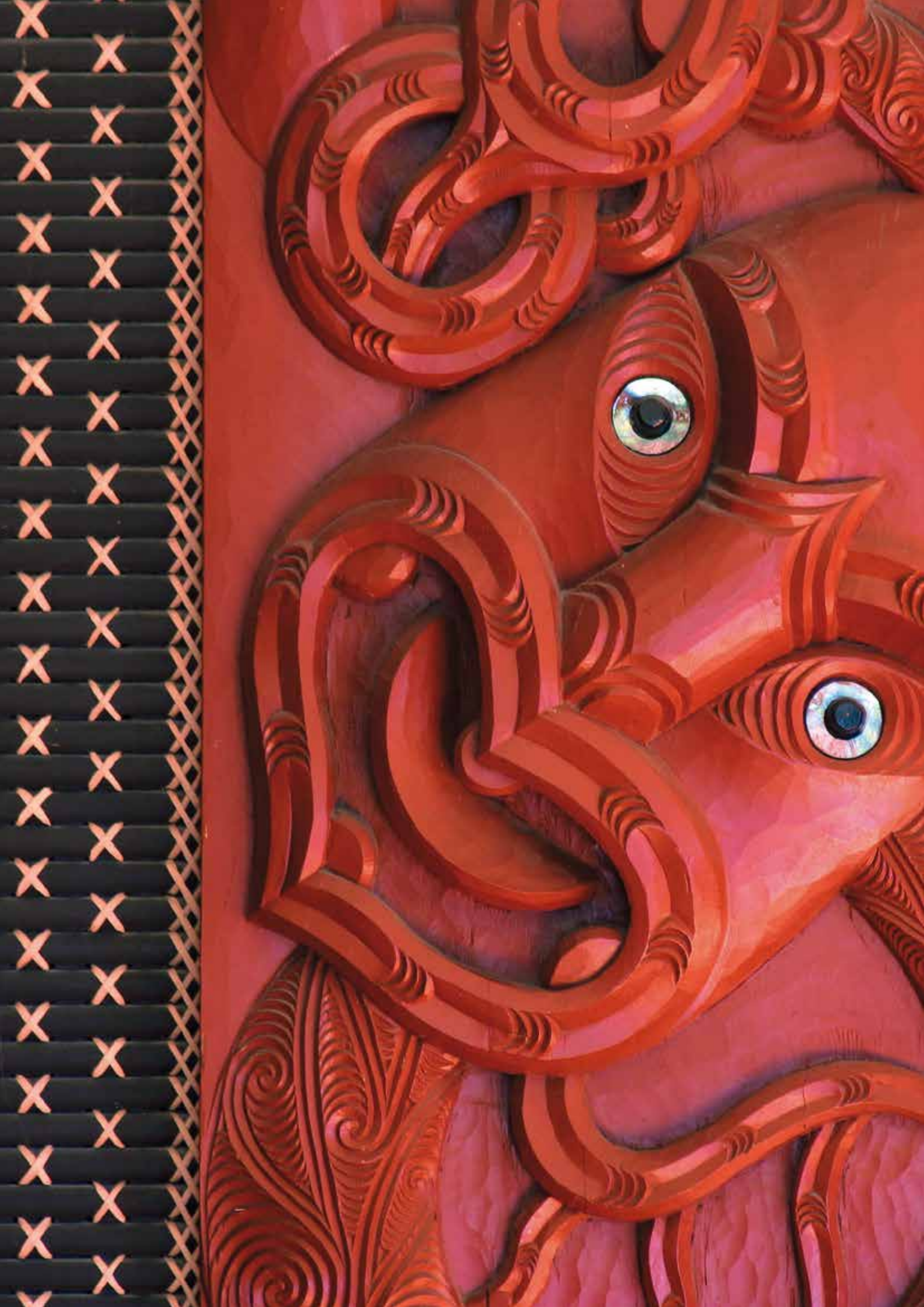
Black outs – ever had any blackouts? (A blackout is when your drink or drug so much that you can't remember what happened or what you did)

What have you been told you've done in blackout that you would prefer not to think about?

Have you been in trouble with the law? What happened?

Do you drink and drive? If so, when?

What regrets do you have about the stuff you got up to when you were out of it?



Ko wai au?

These sections are quite heavy. You need to think about who you are and what you did. And there's more to come.

Remember, who you are is so much more important than what you have done.

As tangata whenua you have a sense of history, community and place – your whakapapa.

If you don't know about your whakapapa, learning about it will help you to begin to connect with who you are through your ancestors and your history. Whakapapa forms a strong supportive nest from which you can safely search out your true self, your hā.

Finding out who you are can be scary, but it is a way to help you to deal with where you have been.

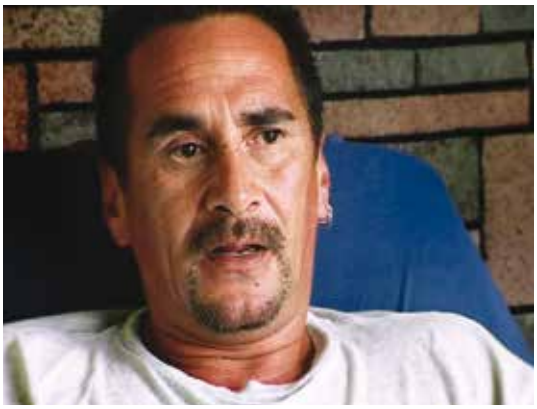
It helps you connect and when we connect we come out of isolation... into the light... Ki te Ao Mārama.

Our whakapapa gives us a starting point from which we can move forward.

If you're not sure about your whakapapa you can start to learn about it by going to

whakapapa.maori.org.nz

or by talking to a friend or your whānau.



"The marriage was nothing really. When I think back, it was only three years of less bloody drinking!"

– Harry

"I was very hard on my kids. I had huge expectations. I was very violent."

– Marewa

How did others feel?

Has your drinking messed with your relationships with your children, partner, whānau or friends? If so, how exactly?

Has anybody ever said anything to you about your drinking? Who and what have they said to you or others? How did you feel about what they said?

Tōku reo tōku ohooho

My Language, my awakening

"You know for all the jail I did... never once did I ever lie on my bed and think: shit, if I hadn't been drunk I wouldn't be here. Never – not once did I think it... because that's the way I lived."

– Colin

"I ended up in Kingseat Hospital. That was a bloody wake-up call... they diagnosed me with manic depression, bipolar disorder, drug-induced psychosis – that was just a horrific experience."

– Te Ohomauri

Awakening

Have you ever tried to change your drinking or drug taking? There's that tricky word again – change.

What did you do?

Why did you try?

Right now what is it you would like to change?

Did you make a go of it?

Why now?

Why did you get hold of this pack?

Me he manu motu i te māhanga

Like a bird escaped from the snare

Is this a spiritual journey?

This is your journey of discovery. Part of the journey is about identity. Asking, as everyone does, "Who am I?"

It usually means changing the way you deal with substances which may seem to be your best friends.

Above all, it is a spiritual journey. Getting in touch with the element we all possess, yet can't see or touch – our wairua, our spirit, our soul. Whatever we care to call it, our wairua needs to be taken care of if we are to get well.

How do we care for our wairua?

Karakia, waiata, kapa haka, writing, singing, treating others well, and healthy kai and regular exercise are all food for the soul. Connection to our tikanga, our ancestors, and our whakapapa all help us heal and strengthen our wairua.

And finally, karakia:

Serenity Prayer

E Te Atua
Whakaaetia mai te Rangimārie
Kia rata au ki ngā mea e kore nei e taea au
I te huri te kaha
Hei huri i ngā mea
E taea ana e au
Me te mātauranga kia mōhio au
I te rerekētanga

God grant me the serenity
To accept the things I cannot change
Courage to change the things I can
And the wisdom to know the difference

This simple prayer, used in many different places, can help us stay present to the needs of our wairua and the trials of the day.

"My whole life has been repeats, scratched record, just over and over, that same vicious cycle and I'd just had enough. It was either kill myself or get some fuckin' help."

– Te Ohomauri

"He said to me "Have you ever had any DICs?" I said, "Yeah. Thirteen." He said "Are you an alcoholic?" I said, "I don't know." He said: "Well you're either an alcoholic or a bloody moron. Take your pick." I thought about that. I chose to be an alcoholic, not a moron."

– Colin

Had enough

Where do you think you might go to get help to make changes?

One thing you could do is call the Alcohol Drug Helpline and find out who to go to in your area for some help. Then you could call the service and make an appointment.

That's a good start.

Now with your buddy you can do a couple of things that will help you make changes.

- First, talk about what would be good about changing your drinking or drug taking.
- Now think about what might keep you stuck in the old ways.
- Who else might help you along the way?
- Now think about those who might not want you to change – who are they and why would they want you to stay the same?

Whaia e koe te iti kahurangi; ki te tuohu koe, me maunga teitei

Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain

Kia kaha

Write a list of the things you would like to achieve over the next 12 months.

How are you going to go about getting these done?

"Change has been very, very difficult, but absolutely necessary."

– Colin

"Well, first thing, I had to get rid of all that crap that was inside. To get rid of all those secrets. To be able to get them out. The group therapy, working in a whānau situation – that was really awesome. Through that, and taking me back to my roots, whakapapa, from the beginning of creation – through that, I gained back my wairua".

– Marewa

What part might your alcohol or drug use play in messing this up for you?

Knowing who you are and where you come from helps you to create your identity as a person, as a Māori, as an individual who is part of your community.

While it is important to do the mahi around your individual identity, it is also about your place within your community, your whānau, your hapū and your iwi.

Alcohol and drug use can influence who we become and how others see us.

By talking to your special friend and others in your immediate community, you will find plenty of people who want to help you find out who you are.

Kia ū, kia mau ki tō Māoritanga

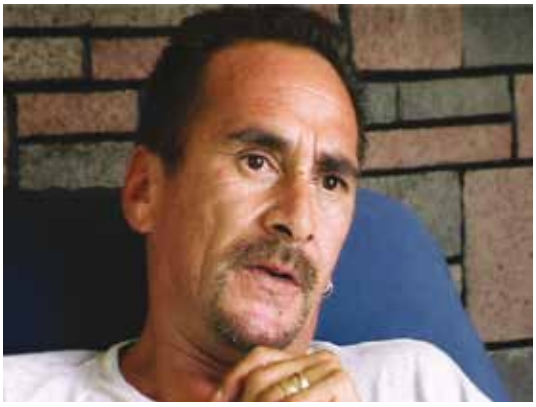
Cling and hold on to the essence of being Māori

"You know when you start getting 'poor me's'... poor me, poor me, pour me another drink, you write down a gratitude list and that's so powerful."

– Te Ohomauri

"Yesterday's history, tomorrow's a mystery, today's a gift, that's why it's called the present. I understand that."

– Colin



"I remember learning that resentment is a ngārara. A ngārara is like a monster and it eats your spirit, your wairua inside. It just eats it up. You've got no spirit left. And the key to that resentment is forgiveness, you know? Beautiful eh? So powerful just to forgive."

– Harry

Tools to help the mahi

Resentments

As you work on making a plan for change, it would be good to have a look at the resentments in your life. Begin to come to grips with that ngārara and think about how they are eating away at you and your wairua.

Then the hardest part of all – to forgive. If you let your resentments go then they lose their power over you and you can move on to important things.

Can you forgive and move on or are you going to be controlled by a resentment you have? (Often you find that the other person doesn't even know you hold the grudge!)

One way to handle this is to write in three columns:

I'm resentful at	What is the resentment about?	What was my part in it?

It's a process

In the process of changing our drinking and drugging, and our lives, it is common to find that your keenness to change comes and goes. There will be times when you may think 'None of this is worth it, I can't do it, this is a waste of time'.

When you learn to do things differently, you will have to deal with a roller coaster of feelings.

These 'feelings' can make you feel like a drink or drug. Don't! Think about where that will lead! Hang on in there. Things will get better.

So what are you going to do?

When you are	What are you going to do?
Feeling down	Call your special buddy
Having a tough day at work	Go for a walk
Having an argument with your partner	Take some time out. Cool down. Come back to the discussion later

Ko te kairapu, ko ia te kite

He who seeks will find

Whakamā

"Well whakamā, the word, actually means cleansing and preparation. Yeah, that's my understanding of whakamā. But whakamā, the shy thing, yeah, that's the taniwha for me. It stopped me from doing a lot of things that I loved to do. Ummm... it turned into shame and guilt. It stopped me from seeking help; stopped me from speaking. For three years I lost my voice."

– Marewa

"You see 'whaka' by itself means to bring about. 'Mā' means clarity. Mā on its own means clarity. So what it means is to bring about clarity; not shame or guilt, you know? So that's what it actually means."

– Colin

Do you feel whakamā?

The true meaning of whakamā is sometimes misunderstood. Colin and Marewa talk of their ideas about whakamā as they relate to their alcohol and drug problems.

Think about whether you feel whakamā.

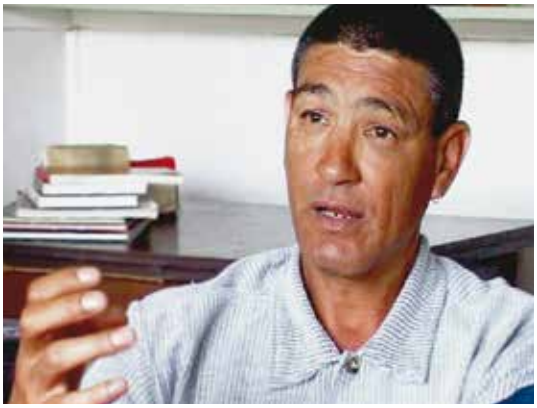
Do you have feelings of guilt, shame and shyness?

What does whakamā and cleansing mean for you?

Do you have other meanings or concepts of whakamā?

Don't forget that whakamā has an opposite – whakamana. Whakamana is all about empowering, enabling, gaining back your mana.

The 'mana' that has been taken away by alcohol and drugs.



We need the support of the whānau because in terms of dynamics of whānaungatanga we're looking at is a whānau concept. Everybody having a role within the whānau and for the whānau to work effectively, everybody has to play his or her role."

– Colin

I've had awesome whānau support all the way through and I know that if anything happens the whānau are the first ones to be there to pick up the pieces."

– Marewa

Whānau

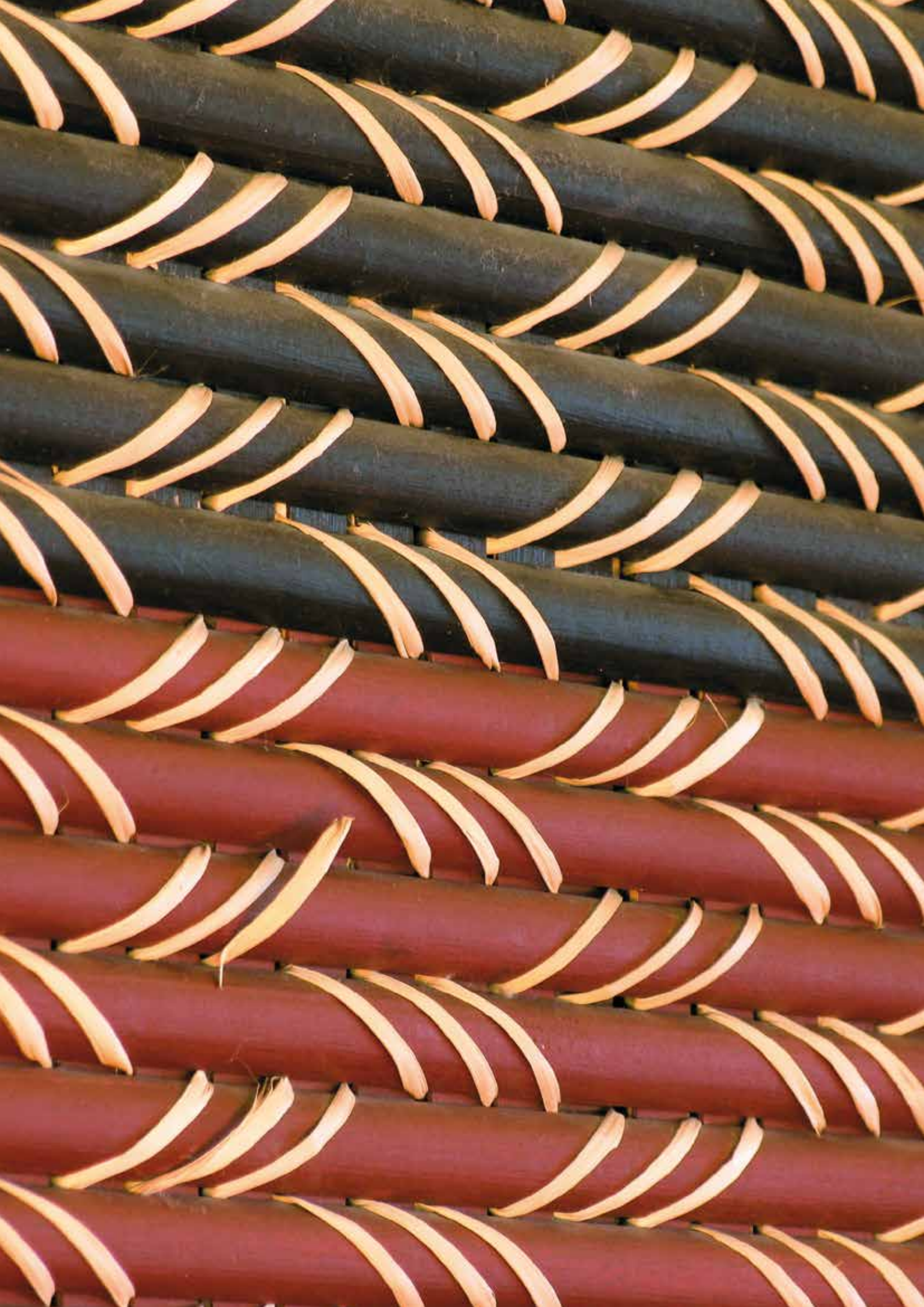
What role do you play in your whānau?

What role would you like to play?

How is your relationship with whānau members?

If there are rifts, what has caused those rifts?

Is there ngārara of resentment involved?



Whanaungatanga

"Whanaungatanga – is a huge word

Right in the middle of it, is this word 'au'.

In Māori, 'au' means 'me'.

Right in the middle of it, and if we take that 'au' out of there, everything else falls to bits; there's nothing else.

Your 'au' must be well. Once we get 'au' well, you see, then 'au' becomes whānau, and then the children (whanaunga) and then the greater picture is the community and a national view. So that's whanaungatanga.

It all starts with myself. If I get well, my family gets well, my friends, their children get well. And so, it's a sort of incremental journey of wellness, if you look at it that way."

– Pāora Sweeney (Thames)

This quote sums up the concept of whanaungatanga and its importance to our journey of change.

“ My life is rich – not in material things but inside here I’m really rich.”

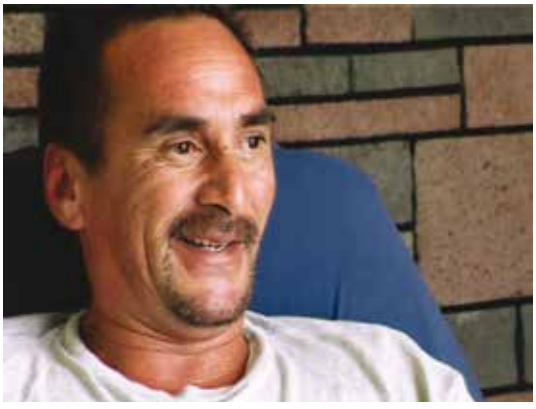
– Marewa

“I’ve been clean 11 years. I’ve got a double diploma in counselling. But that’s nothing special, like I say, because I’ve got a conviction for armed robbery as well.”

– Colin

“I’m really grateful, you know?”

– Te Ohomauri



“The thing was getting back into life again. Sitting here talking, I couldn’t have done that – I’d have to have that bloody alcohol. And that’s what its all about... teaching you to relive your bloody life again.”

– Harry

Whakamārama

This is a book for change.
A book that helps you to
move toward the light.

Maybe, even in some small way, toward understanding 'who' you are. Enlightenment, whakamārama.

We have talked a lot about change but don't be put off by the size of the task.

Change is about action, small steps taken often. Whakamārama is about action. It is not about a bolt of lightning or a message carved on tablet.

It is about taking the first step on the journey, and coming back to the path when we wander off – as may happen. It's about persevering and overcoming setbacks.

It's about a willingness to change.

It's about feeling those feelings.

We called the DVD, Ki te Ao Mārama as a way of thinking about the idea of positive movement.

By now you have begun to sense what the journey is for you. A path that will help you overcome some of the crap in your life.

We hope in some small way this book and its documentary have given you the support to start to make those changes you want make. Further copies of this book and DVD are available on request.

We wish you well.

He Mihi

Kia hora te marino,

Kia whakapapa pounamu te moana,

Kia tere te karohirohi.

Ma io koutou e manaaki, e tiaki, i ngā wā katoa.

May the seas be calm,

May the shimmer of summer

Glisten like the greenstone,

Dance across thy pathway

May your God bless you and protect you for all time.

Appendix: Strategies to support lifestyle change

We have listed some simple physical, emotional and spiritual mahi that will help you with the changes you want to make.

Physical Changes

Wai/water

Drink lots of water. Why water? It helps flush out the system, to clean you up, literally. It keeps your mouth busy and your stomach full.

Exercise

Walking is a good place to start – it clears the head allowing oxygen into your lungs and blood stream, helping to detoxify the body.

Walking also gives you time to think (clearly).

Diet

Eat three meals a day, especially breakfast! Let your body detoxify and the cravings will lessen.

Keep an eye on how much coffee you drink and how many cigarettes you smoke as these are powerful 'triggers' to drinking and drugging.

Work

Remember as you go through changes that you need to keep a balance between all aspects of your life. It is easy to hide out in your work!

Emotional Changes

Take Note

Writing about how you are feeling will help you process the changes that are going on for you.

Keep Talking

Talking helps. Talk to your special friend. Find others who you trust and keep up that korero. Find a counsellor as soon as possible.

Sleep

Sleep helps you restore yourself physically and it allows you to maintain emotional balance and perspective. Ever noticed how crap you feel when you are tired?

Loneliness

As you make changes you may find you feel alone and lonely, even (or especially) when you are around lots of people. Watch out for feelings of loneliness and make sure there are people you can call on when you need to talk.

Anger

You will find you also get angry and resentful! These are feelings that you have pushed down with the drinking and drugging. They will now surface with full force. Be prepared and seek help.

HALT (Hungry, Angry, Lonely, Tired)

One thing that may help is to remember that when you either hungry, angry, lonely or tired (sometimes you can be all at once!) your energy will be low and you are more likely to overreact to things that are happening around you. Your defences will be down and little things can get under your skin and become big things.

Remember to watch out and HALT when you are hungry, angry, lonely or tired.

Spiritual Changes

Your spirit or wairua is a really important part of who you are.

You can nurture your wairua by doing things that make you relax and feel good. It might be through singing or listening to music, being by the sea or going for a walk in the bush, through things like learning Te Reo, joining a kapa haka group, or by being with people who you enjoy being around.

What you do and how you do it is up to you. Just remember to do something.

Overall, live well, eat well, and work well. Congratulate yourself on the progress you make and don't beat yourself up too much when you slip back.

Remember to watch out for those resentments and those feelings of frustration, despair and anger.

Finally, don't take it all too seriously. This is a process you have embarked on.

It's a journey not a destination. If you take it over-seriously and are too hard on yourself, you will be setting yourself up to fail. There is no success or failure, only progress.

There is no quick fix, no instant solution, no miracle cure. This is a slow progression toward permanent positive change.

Best wishes for your journey.

Tohea, tohea ko te tohe i te kai

Keep on striving, as one strives for food

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For help contact Whaka-tu-tangata
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