



Richard Kerr-Bell (Aotearoa New Zealand)

"This is a story of Aotearoa and a compassionate heart.

Purea nei e te hau Scattered by the wind
Horoia e te ua washed by the rain
Whiti whitia e te ra and transformed by the sun,
Mahea ake ngā pō raruraru all doubts are swept away
Makere ana ngā here and all restraints are cast down.

E rere wairua rere
Ki ngā ao o te rangi
Whiti whitia e te ra
Mahea ake ngā pō raruraru
Makere ana ngā here
Makere ana ngā here
Fly o free spirit
to the clouds in the heavens
transformed by the sun
with all doubts are swept away
and all restraints are cast down
and all restraints are cast down

Aroha is another word" I'll bring into the picture around compassionate heart..... "

"Pa Henare Tate, Fr Henare Tate mihi atu koe e pa – who has since passed, Spoke of aroha, or love and compassion as being in the presence of the breath of God. A compassionate heart, and in Māori belief, aroha, happens in the presence of people with the presence of the spirit."

"God is love, and through knowing that through him, I can basically do anything to help people feel safer and comforted and know that he is there for them,"

"Like even if you have bad times, you have to think of everyone else and what they need to happen and what we need to do to help them as well".

"it's just sharing that love with one another, being more compassionate towards others, cos you don't know what everyone is going through, especially during these rough economic times, unemployment is happening, and families are struggling, so it is just being more kind, sharing your lunch or you know helping others with their homework cos they didn't have time to."

You cannot delegate love.

You cannot delegate compassion; the generous, forgiving and supporting, the meeting of eyes, the embrace of arms, and the feeling of the presence of another person or people, draw you up, draw you in and bring you together is aroha.

Ko te timatanga o te whakaaronui, ko te wehi ki te Atua. It is taken from scripture.

The beginning of all wisdom is to acknowledge and be in awe of creation. The original translation is "The beginning of all wisdom is fear of the Lord", but in Māori Wehi, which is the word used in the translation, wehi is the experience you have that puts hairs up on the back of your neck.

It's being receptive, if you like, or having that experience of being taken beyond yourself, of to something bigger, something that is, you are in awe of.

And so, in a Māori understanding, the beginning of all wisdom translates to not fear of the Lord, but an experience of being in awe, in awe of creation, in awe and in awareness of the presence of God.

And this is how we develop a compassionate heart.

This is holding ourselves with a compassionate heart.

This is opening up ourselves to our own compassionate heart, which gives us access of course, to the heart of God.