Traditional Māori health acknowledges the link between the mind, the spirit, the human connection with whānau, and the physical world in a way that is seamless and uncontrived - until the introduction of Western medicine there was no division between them.

continued...
The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.
Hover and click on the Wheke to reveal the model.

Wairuatanga

spirituality

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**Hinengaro**
*the mind*

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Taha Tinana

physical wellbeing
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Waiora
total wellbeing for the individual and family

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Mana ake
*unique identity of individuals and family*

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Hā a koro ma, a kui ma

breath of life from forbearers

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Whatumanawa  
*the open and healthy expression of emotion*

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