



Kei te rongō koe i te manawa kore?

Ko te rongō i te māuiui o te ngākau he mea noa, engari ki te noho tonu taua taumahatanga, he tohu pea tēnā kāore i te "Pai Katoa". Ko te hāpai i ngā taumahatanga o te oranga ka puta te rongō i te tōmuri, i te tino pouri rānei, e arai atu ana ki tētahi mea e kī ia ana ko te tukuraru hinengaro.

He aha tēnei mea te tukuraru hinengaro?

He nui ake te tukuraru hinengaro i te rongō pouri noa, he hohonu te pouri ka taea te noho tonu mō ngā wiki, ngā marama, ngā tau rānei. Ka taea te pā ki tō whakaaro, tō whanonga, tō urunga, me tō whakatutuki mahi i roto i te oranga o ia rā, o ia rā. He raru hauora hinengaro te tukuraru hinengaro, ehara i te mea he ngoikore koe ki te rongō i ēnei mea, engari he tohu mai kāore i te "Pai Katoa".

He aha ngā tohu o te tukuraru hinengaro ka rongō ahau, ka kite rānei i roto i tētahi hoa?

Kei raro iho nei ētahi tohu ka rongō pea tō tinana mehemea kei te rongō koe, tētahi hoa rānei i te tukuraru hinengaro. Kāore pea koe e rongō i ēnei tohu katoa, engari ka rongō pea koe i ētahi o mōna. Ko ēnei tohu me ngā pīnakitanga ahua nui tonu ka āwhina ki te mōhio ki te ara ka puta mai te tukuraru hinengaro i roto i tō oranga.

- Te rongō i te pouri, te papaku, te māuiui rānei i te nuinga o te wā
- Te ngakorokore ki ngā mea i arohatia e koe i mua
- Te rongō i te ngenge, te kore kaha, te kore hihiri rānei
- Te rongō i te riri, te hoha, te titiro poto rānei
- Te whakamahi nui ake i ngā rongōā riri, i te waipiro rānei
- Te hiahia ki te kai nui ake, te kore hiahia rānei ki te kai
- Te uaua ki te moe, te moe nui rawa rānei
- Te rongō i te huakore, te whai hara, te tumanakokore rānei
- Te rongō i te oho pukurere, te tupeke, te tōmuri rānei
- Te uaua ki te titiro, ki te whakatau whakataunga rānei
- Te whakaaro ki te mate, ki te whakamomori rānei

He tohu raru hauora te tukuraru hinengaro, ā, ka kino rawa atu mehemea ka ngana tātau ki te whakahaere i ngā mea katoa ko tātau anake. Kia mahara, ka taea te kōrero ki tētahi tangata e whakawhirinaki ana koe, te whakapā atu rānei ki ngā waea āwhina mehemea he hiahia mō tētahi hei kōrero māu.