



# *Te 'Iti Nei Te Marama*

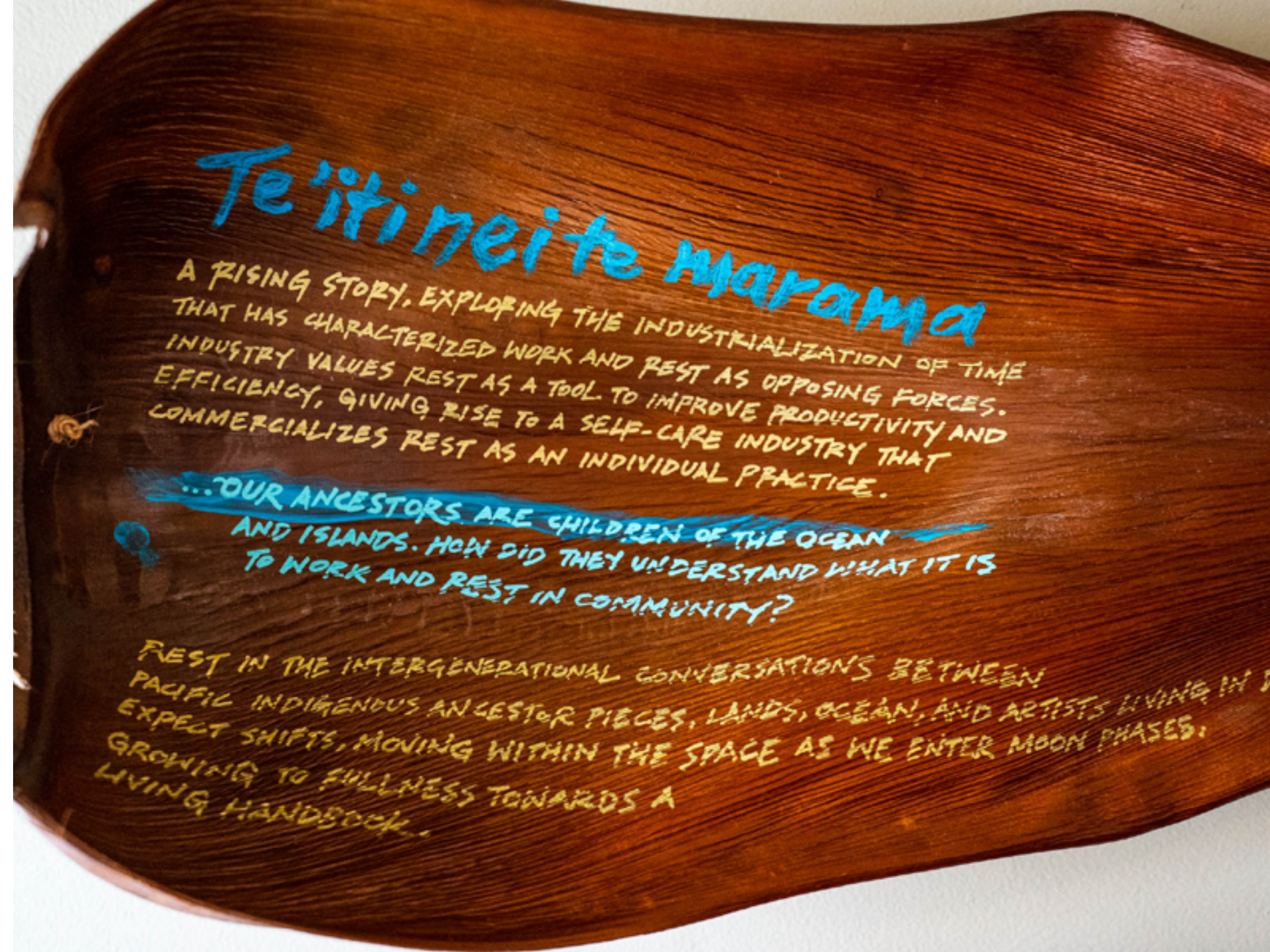
A handbook in response to land-based rhythms of work and rest

*written by our community & carried by the ancestral and unceded lands of the Tongva and Luiseno peoples*



A rising story, exploring the industrialization of time that has characterized work and rest as opposing forces. Industry values rest as a tool to improve productivity and efficiency, giving rise to a self-care industry that commercializes rest as an individual practice. Our ancestors are children of the ocean and islands, how did they understand what it is to work and rest in community?

Rest in the intergenerational conversations between Pacific Indigenous ancestor pieces, lands, ocean, and artists living in the diaspora. This Living Handbook was birthed out of the shifts that took place as the community moved through the moon phases from September 2022 to April 2023.







## *TK Community Use Only (TK CO)*

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# Navigating this handbook

\* QR codes may be clicked *or* scanned and will take you to another platform for video or audio pieces.

\* The story told here rises to fullness if you proceed through the pages from start to finish. *However*, there are no page numbers. We invite you find your own path through, trust the story you need is the one you'll find.

\* You might see an “empty” page. These pages are the relational space between. An invitation to pause, observe, reflect, respond.

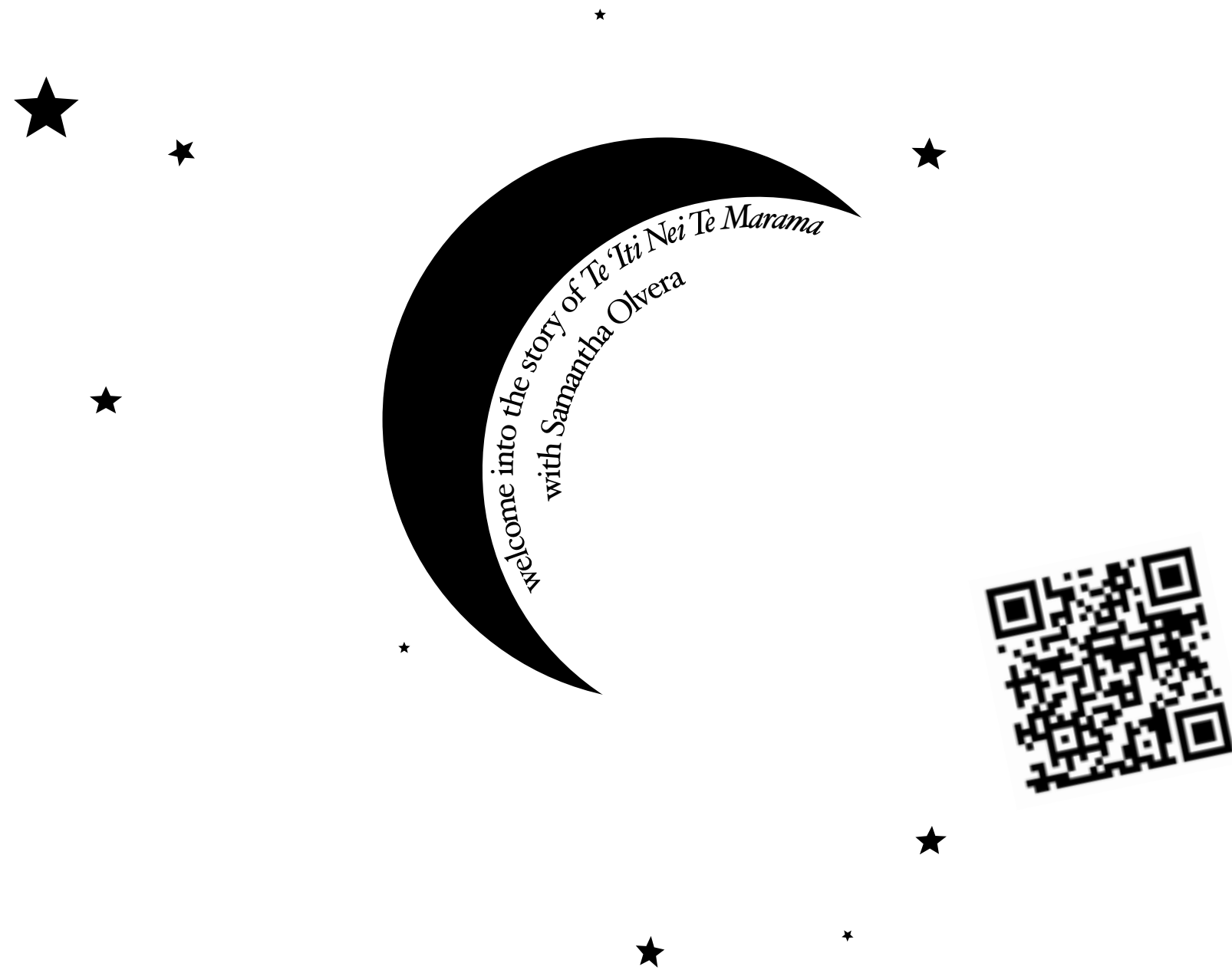


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[http://tiny.cc/CACGrantees\\_2022CycleA#ArtsCA](http://tiny.cc/CACGrantees_2022CycleA#ArtsCA)







Welcome to the digital handbook edition of *Te 'Iti Nei Te Marama: The Moon Is Rising!*

One of things we wanted to do as part of this community project is reimagine the corporate handbook.

Instead of rules for behavior and success in the workplace, we offer reflection and insight from our artists, storytellers, and community members on how to move through phases of work and rest in ways that are connected to land, supporting our individual and collective wellbeing.

We invite you to continue sharing story or images on the [virtual reflection wall](#).



*breathe*





*Our creation stories  
share how much is  
born from nothingness.*

*How can we  
participate in that pō,  
nothingness?*

KIKI RIVERA



*I am worthy  
of rest.*

“I need to be in my body, not in  
my responsibilities.”

*“What does rest mean to me?”*



How will I create intentional  
rest for myself day to day?



When a time system is based on the cycles of the landscape, we are required to move slower, observing changes and becoming aware of how time flows in and around us. This is not time measured by minutiae, or time commodified.

## *This is relational time.*

Relational time is an invitation to explore and respond to the questions that float to the surface as we deepen our relationships within the community of creation.









*fabric reflects  
how we are  
moving in the  
world*

MELODIE TURORI







*What question(s)  
are you carrying today?*





## *flowing with relational time*

In the planning phase of Te 'Iti Nei Te Marama, we set the intention of being flexible, moving with the needs of our human and non-human community. To do as our ancestors did: listen and observe our environment and respond.

We didn't anticipate how much work that would be!

An unusually rainy winter, *slow down*.

Unexpected opportunities for connection, *rise*.

Sickness and injury, *pause*.

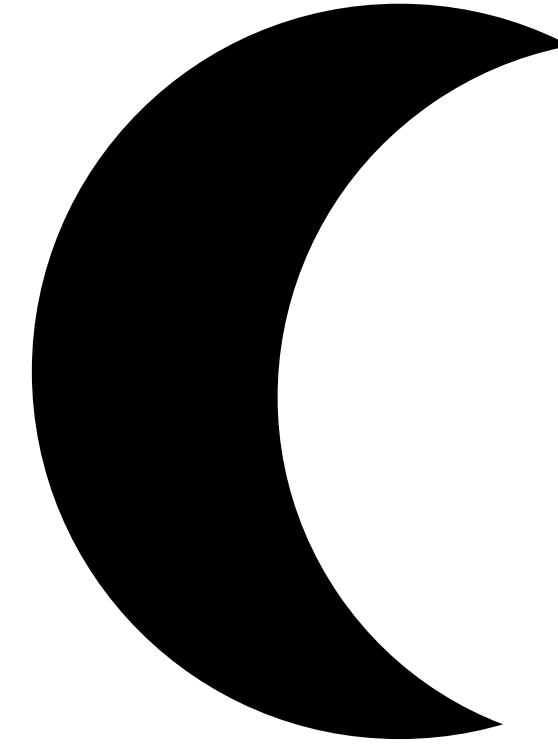
The house asks to be refreshed, *let go*.

Encounter joy and hope, *expand*.



**“Oike – our Māori moon  
connected to Ūkaipō,  
our mother’s milk,  
our land, our place  
of nourishment.**

**Oike is a time  
for coming  
home to who  
we are, for  
wānanga  
learning and  
exchange of  
knowledge,  
and for  
looking after  
Papatūānuku.”**







*what story are we telling with our clothes?*







*How are you caring  
for the sacredness around you?*





photos by Sam Olvera



What  
does it  
mean to you,  
knowing that the placenta of  
your relatives is buried in your  
ancestral homeland?

*multigenerational  
memories*





*when the moon is full*

*energies shift*





*weaving*



*wind*





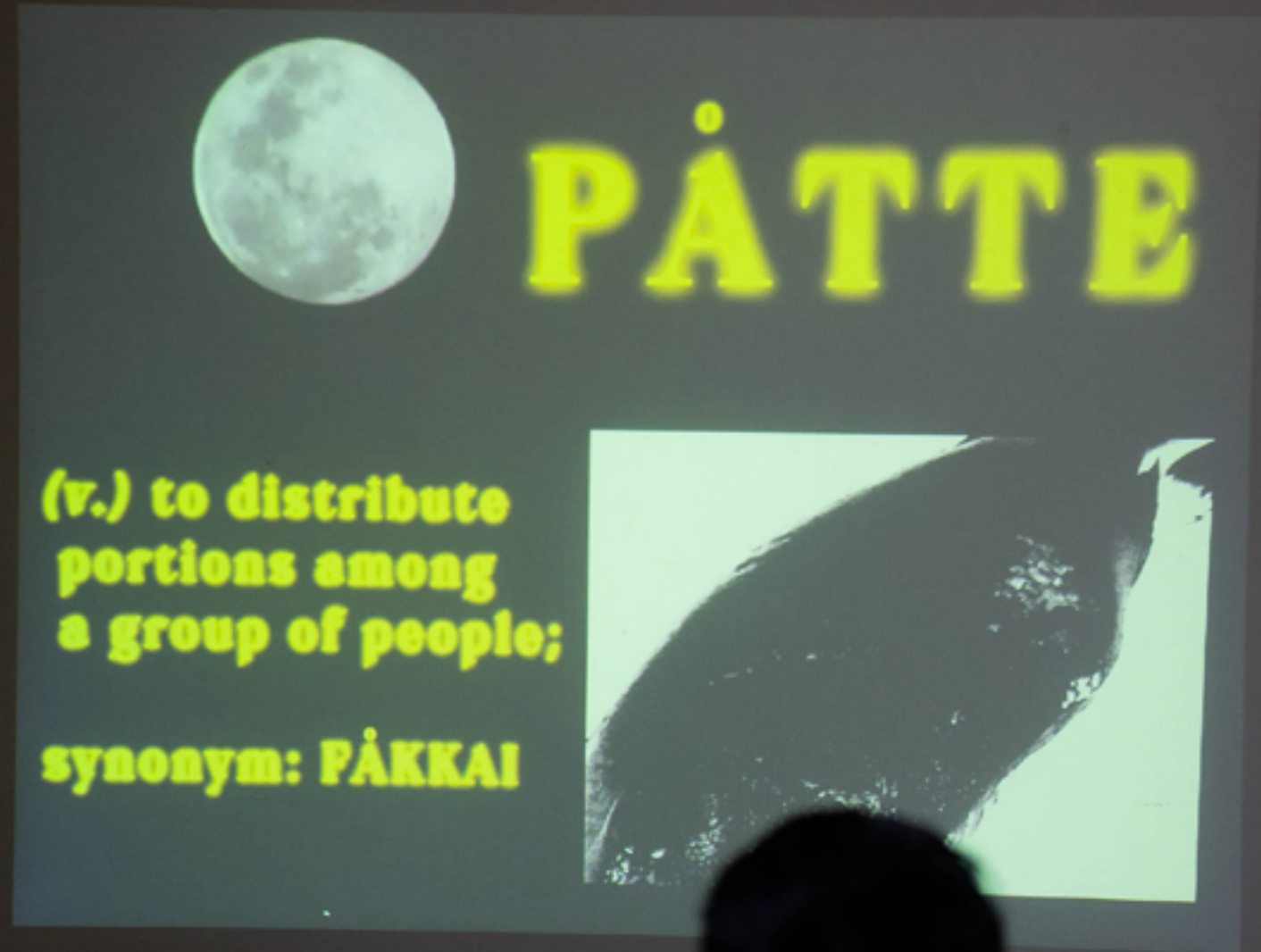
*what color do you feel like today?*





Belonging can  
be found in  
unexpected  
places. Engage  
yourself in  
rest.

I. STAY  
TO SA  
PRES  
COOK  
-SHI  
-IT



**PÁTTE**

**(v.) to distribute portions among a group of people;**  
**synonym: FÁKKAI**



This short documentary by ALF bordallo was made in celebration of mes CHamoru.

FÁKKAI explores indigenous interpretations of time and its relationship to labor in the 21st century.

# FÁKKAI



Fákkai is a CHamoru word which can mean “to distribute” especially regarding the distribution of freshly caught fish. Other pejorative uses of the word are not related to this film.



*what practices are nourishing the wellbeing  
of yourself and your community?*













Celebration led by Mistress of Ceremony Roldy Agüero Abiao





photos by Kirby Penafiel











GIVE YOURSELF  
PERMISSION  
TO REST.







*How is time flowing around you right now?*

*Are you moving with or against the flow?*

