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.
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This Label is being used to indicate that this material is traditionally and usually not publicly available. The Label is correcting a misunderstanding about the circulation options for this material and letting any users know that this material has specific conditions for circulation within the community. It is not, and never was, free, public, or available for everyone at anytime. This Label asks you to think about how you are going to use this material and to respect different cultural values and expectations about circulation and use.
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 to 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
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.
I rest by sitting in silence. No music, just the sound of birds, trees, and the wind.
fabric reflects how we are moving in the world

MELODIE TURORI
What question are you carrying today?
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?
“Mending is shaping change, making time, community based, a lifestyle, a practice for the in(between), a nurturing of imperfection, an honoring of our brokenness.”

ALYX PARKINS-NGAWA
How are you caring for the sacredness around you?
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 belonging to yourself to begin rest.
Fåkkai 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.

This short documentary by ALF bordallo was made in celebration of mes CHamoru. FÅKKAI explores indigenous interpretations of time and its relationship to labor in the 21st century.
what practices are nourishing the wellbeing of yourself and your community?
Celebration led by Mistress of Ceremony Roldy Aguero Ablao
Give yourself permission to rest.
How is time flowing around you right now?

Are you moving with or against the flow?