



MANA WAHINE

WRITTEN BY HĀWANE RIOS MUSIC BY HĀWANE RIOS



OBJECTIVE/GLOBAL CONNECTION

To provide cultural learning opportunities for students to identify with the term Mana Wahine and to inspire and strengthen themselves and others through the lyrics, music and vibration of the song.



GUIDING QUESTIONS

- In what ways does music inspire?
- Do lyrics affect feelings and experiences? If so, in what ways?
- How is culture expressed through music?



ACTIVITIES

Gather participants in a circle. Distribute one sheet of words of the song, Mana Wahine to one participant in the circle. First participant reads line one of song and passes to the next person to read line two. The lyrics are passed around the circle with each participant reading a line of the song until all lines have been spoken out loud.

The song Mana Wahine is played for the group to hear the lyrics and feel the music and vibration of the song.

MANA WAHINE

WRITTEN BY HĀWANE RIOS MUSIC BY HĀWANE RIOS



(CONTINUED)

ACTIVITIES CONT.

Each participant will select the one line in the song that best describes their experience or to which they identify in the lyrics.

The group participants will share with the group, the line they selected and the reason for selecting that line. Example: One may select “chanter of constant justice” and then proceed to explain why that line resonates with their experience and self identification.

Conclusion of lesson: The song is played and all participants sing along as a culminating prayer, commitment and intention to uplift and inspire another.

MANA WAHINE

WRITTEN BY HĀWANE RIOS MUSIC BY HĀWANE RIOS



About the musician, artist:

Na Hāwane Rios
Written by Hāwane

Mana Wahine is an offering of aloha in honor of the divine feminine, of the Grandmothers throughout time that lived and loved so that we could manifest in this realm in this time. I wrote this song after my dear Maori sister Ngahuia Murphy spoke of the sacred reclamation of power these words Mana Wahine hold. These two words exist in both of our languages reminding all of us that we are connected by our oceanic genealogy, by our words, and lifeways of our people. In a world where women constantly need to work for equality, basic human respect, and to be honored as the life carriers of the generations with dignity and love - I wanted to offer up a mele (song) to serve as a safe place to turn to remember that we are the physical manifestations of the Creatress and we deserve to be treated with respect and reverence. This song is a dedication to the mothers, sisters, beloveds, and dear friends who guide and walk with us on our journeys - to all mana wahine who show up and speak up to protect the rights of mother earth and all of the divine Goddesses of this land. I lift this song from the depths of my womb and heart with love and deep reverence.

Contributed by: Hāwane Rios

MANA WAHINE

WRITTEN BY HĀWANE RIOS MUSIC BY HĀWANE RIOS

Artist: Hāwane Rios

Album: [Together We Rise](#)

Released: 2019 RELIGION-RECORDS A&C