

# Ētahi karakia

## KARAKIA I TE ATA / TĪMATAKA

Haea te ata  
Ka hāpara te ata  
Ka korokī te manu  
Ka wairori te kutu  
Ko te ata nui  
Ka horaina  
Ka taki te umere  
He pō, he pō,  
He ao, he ao, ka awatea!

## KARAKIA TĪMATATAKA

Tukua te wairua kia rere ki kā taumata  
Hai ārahi i ā tātau mahi  
Me tā tātau whai i kā tikaka a rātou mā  
Kia mau kia ita  
Kia kore ai e karo  
Kia pupuri  
Kia whakamaua  
Kia tina! TINA! Hui e! TĀIKI E!

## KARAKIA WHAKAMUTUKA

Unuhia, Unuhia  
Unuhia te uru tapu nui  
Kia wātea, kia māmā te kākau, te tinana  
te wairua i te ara takatū  
Koia rā e Roko, whakairia ake ki ruka  
Tūturu whakamaua, kia tina!  
TINA! Hui e!  
TĀIKI E!

## KARAKIA KAI

Nau mai e kā hua e hora nei  
O te ao  
O te wai tai  
O te wai Māori  
Nā Roko, nā Tāne, nā Takaroa nā Maru  
Ko Rakinui e tū atu nei  
Ko Papatūānuku e takoto iho nei  
Tūturu, whakamaua kia tina  
Tina! Haumi e, Hui e, Tāiki e!

## MORNING KARAKIA

*Appear the sunrise  
Appear the dawn  
The birds are chattering  
The beaks moving  
The important early morning  
Spreading over the surface of the earth  
The dawn chorus  
It is night, it is dark  
It is daylight*

## OPENING KARAKIA

*Allow one's spirit to exercise its  
potential to guide us in our work  
and our pursuit of our ancestral traditions  
Take hold and preserve it,  
Ensure it is never lost  
Hold fast  
Secure it  
Draw together! Affirm!*

## KARAKIA TO CONCLUDE

*Draw upon, draw upon  
Draw upon the supreme sacredness  
To clear, to free the heart, the body  
and the spirit of mankind  
Roko, suspended high above  
Secure it  
Draw together!  
Affirm!*

## KARAKIA FOR FOOD

*We acknowledge these fruits laid before us  
from the environment  
from the sea  
from the fresh waters  
provided by Roko, Tāne, Maru  
Rakinui above  
Papatūānuku below  
Preserved and maintained  
Bind it, Fix it, it is done*