

Karakia - Whakataka te hau

Whakataka te hau

Ki te Uru

Whakataka te hau

Ki te Tonga

Kia mākinakina ki uta

Kia mātaratara ki tai

E hī ake ana

Te ata kura

He Tio, he huka, he hauhunga

Tīhei mauri ora!

Prepare the wind

Prepare the wind

In the North, West

Prepare the wind

In the South

In the rough contribution

In the bitterly cold sea

Lift upwards

The red morning

In the cold, in the snow, in the frost

Breath life!

Karakia - Ki Tau te Mauri

Hā ki roto, ha ki waho x3

Kia tau te mauri

E kōkiri nei

I ngā piki, me ngā heke

Ko te rangimarie

Tāku nei e rapu

Tīhei mauri ora!

Prayer - To settle the spirit

Breath in, breath out x3

Settle the spirit

That stirs inside me

Through ups and downs

I seek peace

Breath of life!

Karakia - Tātai whakapapa (karakia timātanga hui)
prayer hui)

Ko Rangi, Ko Papa ka puta
mother) put
Ko Rongo
Ko Tāne Mahuta
Ko Tangaroa
Ko Tūmatauenga
Ko Haumietiketike
Ko Tawhirimātea
Tokona ko Rangi ki runga
Ko Papa ki raro
Ka puta te ira tangata
Ki te whai Ao
Ki te Ao marama
E rongo whakairihia ake
Ki runga
Kia tīna
TINA! Haumi ē, hui ē **Taiki ē!**

Prayer - Family Tree (starting

Rangi(sky father), Papa(earth
Rongo (god of health)
Tāne-mahuta (god of the forest)
Tangaroa (god of the sea)
Tūmatauenga (god of war)
Haumietiketike (god of uncultivated foods)
Tāwhirimatea (god of all weathers)
Together Rangi above
Papa below
Put the principle of life in man
Ready for the world
To be clear
To elevate, perceive forever more
Above
Afirm
Afirm! United together. **Agree!**

Nau mai e ngā hua (Karakia mo te kai)

Nau mai e ngā hua

O te wao, o te ngakina

gardens from

O te wai tai, o te wai māori

Na Tane, na Rongo, na Haumia

above me, Na Tangaroa, na Maru

who lies beneath me

Ko Ranginui e ta iho nei

Ko Papatūānuku e takoto ake nei

Tūturu whakamaua kia tina, **tina!**,

Haumi ē, hui ē, **Taiki ē!**

Giving thanks for food (grace for food)

I welcome the gifts of food

From the sacred forest, from the cultivated

wild plants, from the sea, from the fresh waters.

I acknowledge Ranginui (sky father) who is

and Papatūānuku (earth mother)

Let this be my commitment to them all

Karakia

Tenei te whakamoemiti

Mō ngā ringawera

I whakarite i enei kai

Mai te rangi

Mai te whenua

Mai te taiao

Mauri ora

Grace

We give thanks

To the hands

Who prepared this food

From the sky

From the land

From the environment

Good health

Karakia - whakamutunga

Unuhia, unuhia, unuhia

Ki te uru tapu nui a Tane

Kia wātea, kia māmā

Te ngakau, te tinana, te wairua

I te ara takatū

Koia rā e rongō

Whakairihia ake ki runga

Kia watea, kia watea

Āe rā, kua watea!

Whano, whano!

Haramai te toki

Haumie ē!, Hui ē! Taiki ē!

Prayer to conclude a a gathering

Withdraw, extract

From the sacredness of man

To be free, to be light (not heavy)

The heart, the body, and soul

The pathway is ready

It is that perceived

To hang it up

Be free, be free

Yes, I have been freed!

Proceed, proceed

Bring the Adze

Let this be my commitment to all