



Karakia information sheet

Mauri oho
karakia timatanga
(for beginning, starting, opening)

Mauri oho

Mauri tū

Mauri ora

ki a tātou

Haumi e, Hui e

Tāiki e!

Life force awaken

Life force stand tall

Life force all wellness, good health for all

Join together, unite, the group is ready to progress for the purpose of
coming together

Whiti ora

karakia timatanga

(for beginning, starting, opening)

**Whiti ora ki te whai ao
ki te ao mārama.**

Whiti ki runga, whiti ki raro.

E ngungu ki te pōhatu

E ngungu ki te rākau

tītaha ki tēnei taha

tītaha ki tērā taha

Tihei mauriora

Cross over to life in the changing world
in the world of light and understanding

Cross upwards, cross downwards.

Turn to the rock

turn to the tree

leaning to this side

leaning to that side

(Te Whare Wānanga o Awanuiarangi)

Whakataka te Hau

karakia timatanga

(for beginning, starting, opening)

**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 atakura
He tio, he huka, he hau hū
Tīhei mauri ora!**

Cease the winds from the west
Cease the winds from the south
Let the breeze blow over the land
Let the breeze blow over the ocean
Let the red-tipped dawn come with a sharpened air.
A touch of frost, a promise of a glorious day

Tukua te wairua kia rere

karakia timatanga

(for beginning, starting, opening)

**Tukua te wairua kia rere ki ngā taumata
Hai ārahi i ā tātou mahi
Me tā tātou whai i ngā tikanga a rātou mā
Kia mau kia ita
Kia kore ai e ngaro
Kia pupuri
Kia whakamaua
Kia tina! TINA! Hui e! TĀIKI E!**

Allow one's spirit to exercise its potential

To guide us in our work as well as in our pursuit of our ancestral traditions

Take hold and preserve it

Ensure it is never lost

Hold fast

Secure it

Draw together! Affirm!

Kia tau ngā manaakitanga

karakia timatanga or whakamutunga

(for beginning, starting, opening or closing)

Kia tau ngā manaakitanga a te mea ngaro

ki runga ki tēnā, ki tēnā o tātou

Kia mahea te hua mākihikihi

kia toi te kupu, toi te mana, toi te aroha, toi te Reo Māori

kia tūturu, ka whakamaua kia tīna! Tīna!

Hui e, Tāiki e!

Let the strength and life force of our ancestors

Be with each and every one of us

Freeing our path from obstruction

So that our words, spiritual power, love, and language are upheld;

Permanently fixed, established and understood!

Forward together!

Unuhia

karakia whakamutunga

(for closing)

Unuhia, unuhia

Unuhia ki te uru tapu nui

**Kia wātea, kia māmā, te ngākau, te tinana, te wairua i te ara
takatā**

Koia rā e Rongo, whakairia ake ki runga

Kia tina! TINA! Hui e! TĀIKI E!

Draw on, draw on,

Draw on the supreme sacredness

To clear, to free the heart, the body and the spirit of mankind

Rongo, suspended high above us

Draw together! Affirm!

Kia tau

karakia whakamutunga

(for closing)

Kia tau kia tātou katoa

Te āio, te aroha me te marutau

Tihei Mauri Ora

May peace, love, and safety

Be upon us all

Tihei Mauri Ora

Whakapaingia ēnei kai

karakia mō te kai

(for food)

Whakapaingia ēnei kai

Hei oranga mō o mātou tinana

Whangaia hoki o mātou wairua

Amine

Bless this food

For our physical well being

Also feed our spirits

Amen

Kua horahia te kai

karakia mō te kai

(for food)

**Kua horahia te kai
Nā ngā atua i homai
Tane Mahuta
Haumiatiketike
Rongomatane
Tangaroa
Kia ora**

This food has been laid out before us
Given to us by the atua
Tane god of forest
Haumia god of cultivated kai
Rongo god of kumara and peace
Tangaroa god of the sea
Thank you all

Nau mai e ngā hua

karakia mō te kai

(for food)

Nau mai e ngā hua

o te wao

o te ngakina

o te wai tai

o te wai Māori

Nā Tane

Nā Rongo

Nā Tangaroa

Nā Maru

Ko Ranginui e tū iho nei

Ko Papatūānuku e takoto nei

Tuturu whakamaua

Kia tina! TINA! Hui e! TĀIKI E!

Welcome the gifts of food

from the sacred forests

from the cultivated gardens

from the sea

from the fresh waters

The food of Tane, of Rongo,

of Tangaroa, of Maru

I acknowledge Ranginui who is above me, Papatuanuku who lies
beneath me

Let this be my commitment to all!

Draw together! Affirm!



We'd like to thank **The Brothers and Sisters Collective** who put together this set of resources for us. The Brothers & Sisters Collective are an enterprise that crafts and harvests experiences for growth through art, education and community.

<https://www.brothersandsisterscollective.com/>

ABOUT



Inspiring Communities catalyses locally-led change, to achieve sustainable, effective outcomes.

We are the reference point for community-led development in New Zealand, building on international and local practice-based evidence to grow and share expertise.

Inspiring Communities operates across many sectors at multiple levels.



RESOURCES

Harakeke/Flax - from the root to the flower the harakeke shares its properties.



ADVICE

Korimako/Bell Bird - fluent, graceful speaker.



EVENTS

Whakaatu/Presenting - the peak of the mountain as a stage to present from

Talk to us about your CLD training, workshop needs, coaching, support and opportunities in your community or region. We understand diversity! We can tailor packages to your specific requirements.

Email us exchange@inspiringcommunities.org.nz