

Karakia to open (whakatīmata):

Whakataka te hau:

Whakataka te hau ki te uru	Cease the winds to the east
Whakataka te hau ki te tonga	Cease the winds to the south
Kia mākinakina ki uta	Let the breeze blow over the land
Kia mātaratara ki tai	Let the breeze blow over the sea
E hī ake ana te ata kura	Let the red tipped dawn come with a sharpened air
He tio, he huka, he hau hū	A touch of frost, a promise of a glorious day
Tīhei mauri ora	The breath of life (coming into being)

I personally prefer to use this karakia only in the morning, only because of it's reference to the beginning of the day.

Tukua te wairua:

Tukua te wairua	Release/allow one's spirit
Kia rere ki ngā taumata	To exercise/reach it's potential
Hei ārahi i ā tātou mahi	To guide us in our work
Me tā tātou whai i ngā tikanga a rātou mā	and in our pursuit of our ancestral traditions
Kia mau kia ita	Take hold and preserve it
Kia kore ai e ngaro	Ensure it is never lost
Kia pupiri	Hold fast
Kia whakamaua	Secure it
Kia tīna!	Draw together
Tīna!	Together
Hui e, tāiki e!	Affirm – bind us all together

Manawa mai te mauri Nuku	May the essence of Mother Earth sit here in the heart
Manawa mai te mauri Rangi	May the essence of the Sky father sit here in the heart
Ko te mauri kei au te hea mauri tipua	We ask for this essence of Mother Earth and Sky Father that is godly
Ka pakaru mai te pō	To break the darkness
Tau mai te mauri	Let that essence settle upon us
Haumi e hui e tāiki e!	That this gathering is in peace

Karakia to close (whakamutunga):

Kia hora te marino:

Kia hora te marino	May peace be widespread
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Kia whakapapa pounamu te moana
Hei huarahi mā tātou i te rangi (pō nei)
Aroha atu, aroha mai
Tātou i a tātou katoa
Hui e! Tāiki e!

May the sea be like greenstone
A pathway for us all this day (night)
Let us show respect/love for each other
For all of us
Bind us all together

Ka whairia te tapu:

Ka whairia te tapu
Kia wātea ai te ara
Kia tūruki whakataha ai
Kia tūruki whakataha ai
Hui e! Tāiki e!

Restrictions are moved aside/cleared
So that the pathway is clear
To return to everyday activities
To return to everyday activities
Enriched, unified and blessed

Unihia, Unihia:

Unihia, unihia
Unihia 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 tīna!
Tīna!
Hui e! Tāiki e!

Draw on draw on
Draw on the supreme sacredness
To clear the heart
The body and the spirit of mankind
To Rongo
Suspended high above us
Draw together!
Together!
Bind us! Affirm!

E ō mai te tī
E ō mai te tā
Herea ki runga
Herea ki raro
Whiria kia mau
Whiria kia ita
Huakina te pō
Nau mai te ao
Ka ao, ka ao, ka awatea
Tihei mauri ora!

We call upon one another
From the highest
To the lowest point
To work tirelessly
And devotedly together
Welcoming a new way of being
To bring light to all
Let there be light!

Karakia to open or close:

Kia tau ngā manaakitanga a te mea ngaro
Ki runga ki tēnā, ki tēnā o tātou
Kia mahea te hua mākihikihi

Let the strength and life force of our ancestors
Be with each and every one of us
Freeing our path from obstruction

Kia toi te kupu, toi te mana
Toi te aroha, toi te reo Māori
Kia tūturu, kia whakamaua
Kia tīna, tīna!
Hui e! Taiki e!

So that our words, spiritual power
Love and language, are upheld
Permanently fixed, established and understood
Forward together

Karakia for kai:

Mai i uta, mai i tai
I te umu nui o Rongo
Rongo tiaki
Rongo Manaaki
Whakarewa te kai
Hei ora, hui te ora
Hui e, tāiki e

From the land, from the sea
Is the vastness of the oven of Rongo
Rongo who cares for us
Rongo who supports us
With the sweetness of his food
To give us health and vitality,
Bind us! Affirm!

E tō mātou matua i te rangi
E whakamoemiti ana mātou
Ki a koe mō ēnei kai e takoto nei
Whakapainga ēnei kai
Hei oranga mō ō mātou tinana
Whangaia hoki ō mātou wairua
Mauri ora!

To our sacred sky father
We give thanks/praise
To you, for the food that is laid out before us
Bless this food
For the health of our body
And to nourish our spirit
Good health!

Nau mai e ngā hua e hora nei
I haere mai nā
I whakatupua a Nuku
I whakatupua a Rangi
Tāwhia ki a Rēhua
Ki a tama ki te Ao mārama
Tūturu, whakamaua, kia tina
Tina!
Hui e! Tāiki e!

Welcome the fruits that are before us
That have come from
The bounty of earth
The bounty of heaven
Instilled from Rēhua
Presented to mankind within the world of life and light
Bind together, fix and affirm
Affirm
Bound together in unity