

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.

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**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

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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

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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

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**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

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**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!

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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!

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**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

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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!

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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!

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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