

## Kotahi Mano Kāika

### **Karakia (ata) Morning karakia**

Ka haea te ata *Appear the sunrise*  
Ka hāpara te ata *Appear the dawn*  
Ka korokī te manu *The birds are chattering*  
Ka wairori te kutu *The beaks moving*  
Ko te ata nui *The important early morning*  
Ka horaina *Spreading over the surface of the earth*  
Ka taki te umere *The dawn chorus*  
He pō, he pō, *It is night, it is dark*  
He ao, he ao, ka awatea *It is daylight*

### **Karakia (tīmataka) Opening karakia**

Tukua te wairua kia rere ki kā taumata *Allow one's spirit to exercise*  
Hai ārahi i ā tātou mahi *its potential to guide us in our work*  
Me tā tātou whai i kā tikaka a rātou mā *as well as our pursuit of our ancestral traditions.*  
Kia mau kia ita *Take hold and preserve it,*  
Kia kore ai e karo *Ensure it is never lost*  
Kia pupuri *Hold fast,*  
Kia whakamaua *Secure it*  
Kia tina! TINA! Hui e! Tāiki e! *Draw together! Affirm!*

### **Karakia (whakamutuka) Closing karakia**

Unuhia, Unuhia *Draw upon, draw upon*  
Unuhia ki te uru tapu nui *Draw upon the supreme sacredness*  
Kia wātea, kia māmā te kākau, te tinana *To clear, to free the heart, the body*  
te wairua i te ara takata *and the spirit of mankind*  
Koia rā e Roko, whakairia ake ki ruka *Roko, suspended high above*  
Tūturu whakamaua, kia tina! *Secure it*  
TINA! Hui e! Tāiki e! *Draw together! Affirm!*

### **Karakia (whakamutuka) Closing karakia**

Kia tau kā manaakitaka a te mea karo *Let the strength and life force of our ancestors*  
ki ruka ki tēnā, ki tēnā o tātou. *Be with each and every one of us*  
Kia mahea te hua mākihikihi, *Freeing our path from obstruction*  
Kia toi te kupu, toi te mana, *So that our words, spiritual power,*  
Toi te aroha, toi te reo Māori, *love, and language are upheld;*  
Tūturu whakamaua, kia tina! *Permanently fixed, established, and understood!*  
TINA! Hui e! Tāiki e! *Forward together!*

**Karakia (kai) Karakia for food**

Nau mai e kā hua e hora nei    *We acknowledge these fruits laid before us*  
o te wao    *from the forests*  
o te kakina    *from the cultivated gardens*  
o te wai tai    *from the sea*  
o te wai Māori    *from the fresh waters*  
Nā Roko, nā Tāne, nā Takaroa, nā Maru    *The food of Roko, of Tāne, of Takaroa, of Maru*  
Ko Rakinui e tū iho nei    *Rakinui above*  
Ko Papatūānuku e takoto ake nei    *Papatūānuku below*  
Tūturu, whakamaua, kia tina!    *Preserved and maintained*  
TINA! Hui e! Tāiki e!    *Bind it, Fix it, it is done!*