TŌU AKE MANA

MANA ATUA

MANA MOTUHAKE

MANA MĀORI

MANA TAIAO

MANA TANGATA

“KEI ROTO I A KOE TŌU AKE MANA”

WITHIN EACH OF US LIES THE SEED OF POTENTIAL

RELATIONAL RESOURCES FOR CHANGE

KARAKIA AND WAIATA

RELEVANCE TO TŌU AKE MANA AND RELATIONAL PRACTICE

Karakia are Māori incantations to invoke spiritual guidance and protection.

The words are often chanted and are used as a vehicle to clear space and focus on the kaupapa ahead.

Karakia prepares one to move from a particular space and task into another.

It also provides a pathway to exit a space or activity and direct attention to the task ahead.

Simply, in practice, karakia are practical tools to help guide kaimahi engagement by directing attention toward the people involved and the task at hand.

Waiata Māori are a form of communication. Often written to mark special events. Its purpose is to enhance storytelling, to teach, to support, to warn and guide.

Each card identifies an appropriate use for the specific karakia.

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Webster, J. (2025). *A compilation of karakia and waiata for Tōu Ake Mana.*
Practice Research and Professional Development Hub,
School of Social Work, Massey University. Palmerston North, New Zealand.

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TĒNEI AU, TĒNEI AU

Tēnei au, tēnei au
Ko te hokai nei o taku tapuwae,
Ko te hokai nuku, ko te hokai rangi,
Ko te hokai nei o tō tūpuna a Tane-nui-a-rangi
I pikitia ai te Rangi-Tuhaha, ki Tihi o Manono
I rokohina atu rā ko lo te Matua Kore anake
I riro iho ai ko ngā Kete o te Wānanga:
Ko te Kete Tuauri
Ko te Kete Tuatea
Ko te Kete Aronui,
Ka tiritiria, ka poupoua
Ki Papatūānuku
Ka puta te ira tangata
ki te whaiao, ki te ao marama!
Haumi e! Hui e! TĀIKI E!

Tauparapara

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TŪTAWA MAI

Tūtawa mai i runga
Tūtawa mai i raro
Tūtawa mai i roto
Tūtawa mai i waho
Kia tau ai
Te mauri tū, te mauri ora
Ki te katoa
Haumi e! Hui e! TĀIKI E!

Nā Scotty Morrison

Come forth from above
Come forth from below
Come forth from within
Come forth from the environment
Vitality and wellbeing
for all
Strengthened, in unity, AFFIRM!

Karakia timatanga

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KIA HORA TE MARINO

Kia hora te marino
Kia whakapapa pounamu te moana
Hei huarahi mā tātou i te rangi nei
Aroha atu, aroha mai
Tātou i a tātou kātoa
Haumi e! Hui e! TĀIKI E!

May peace be widespread
May the sea be like greenstone
A pathway for us all this day
Let us show respect for each other
For one together
Bind us all together

Karakia whakamutunga

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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 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!

Karakia timatanga

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A-I-O PEACE TO THE UNIVERSE

A-i-o ki te Aorangi
Aroha ki te Aorangi
Koa, koa, koa ki te Aorangi
Pono ki te Aorangi
A-i-o ki te Aorangi

Nā Dr Rangimarie Rose Pere

Peace to the Universe
Love to the Universe
Joy to the Universe
Truth to the Universe
Peace to the Universe.

Karakia whakamutunga

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TUKUA TE WAIRUA

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!

Karakia timatanga

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KIA AU TE MOE

Āio ana te rangi	*May there be peace and serenity above*
Āio ana te whenua	*May there be peace and serenity below*
Āio ana te ao katoa	*May there be peace and serenity to everywhere*
Āio ana te moe a te whānau	*May the sleep of the family be under the coat*
I roto i te māī	*Of all that is good*
Te matihere	*All that is kind*
Me te māoriori e	*All that is generous*
Kia au, kia au, kia au te moe	*May your sleep be sound*
Haumi e! Hui e! TĀIKI E!	*Strengthened, in unity, Affirm!*

Kaitito: Scotty Morrison

Composed by Scotty Morrison

Karakia moe

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UNUHIA, UNUHIA

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!

Karakia whakamutunga

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PINEPINE TE KURA

Pinepine te kura, hau te kura,
Whanake te kura i raro i Awarua:
Ko te kura nui, ko te kura roa,
Ko te kura o tawhiti nā Tu-hae-po!

Tēnei te tira hōu, tēnei haramai nei;
Ko Te Umu-rangi, nā Te Whatu-i-apiti.
Nau mai, e tama, ki te taiao nei,
Kia whakangungua koe ki te kahikātoa,
Ki te tūmatakuru, ki te taraongaonga;
Ngā tairo rā nāhau, e Kupe,
I waiho i te ao nei.

Piki ake, kake ake i te toi huarewa,
Te ara o Tawhaki i piki ai ki runga;
I rokohina atu rā Maikuku-makaka,
Hapai o Maui, he waha i pā mai,
'Taku wahine purotu!' 'Taku tāne purotu!'
Kōrua ko te tau, ē.

Oriori

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NAU MAI E NGĀ HUA

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
I acknowledge Papatūānuku who lies beneath me
Let this be my commitment to all!
Draw together! Affirm!

Karakia kai

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PUREA NEI

Purea nei e te hau	*Scattered by the wind*
Horoia e te ua	*Washed by the rain*
Whitiwhitia e te rā	*Transformed by the sun*
Mahea ake ngā pōraruraru	*All doubts are swept away*
Mākere ana ngā here	*And all restraints are cast down*
E rere wairua, e rere	*Fly o free spirit, fly*
Ki ngā ao o te rangi	*To the clouds in the heavens*
Whitiwhitia e te rā	*Transformed by the sun*
Mahea ake ngā pōraruraru	*All doubts are swept away*
Mākere ana ngā here x 2	*And all restraints are cast down x 2*
Purea nei e te hau	*Scattered by the wind*

Kaitito: Henare Mahanga

Adapted by
Hirini Melbourne

Waiata

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