



# He Paparahi

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Te ORA Karakia & Waiata Resource



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# He Kupu Takamua

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E ngā rau ringa whakaora tangata, whakaora reo, tēnā koutou.  
Tēnā koutou i tonono mai ki tēnei rauemi hei whakawhanake i tō reo me  
tō āheinga ki te tuku karakia

This booklet is meant as a baseline tool providing you with karakia that you can call upon when needed. These karakia in our Te ORA resource have been recommended by a number of our senior Māori doctors. The karakia are simple and some have been written specifically for use in this book.

There are of course many other karakia including those drawn from local knowledge and/or particular faiths. Do not confuse those tikanga being practiced by local experts with what this book is about. Know who your local kaumātua and mātanga are and use them as much as you can. But when time doesn't permit and you sense a need - then we encourage you to feel OK to use a karakia for an occasion where it may be appropriate.

Karakia hold a special place in te ao Māori and we encourage you to commit these karakia to memory and of course, pronounce them correctly and deliver them with a sincere and humble heart.

# Inoi Karaitiana

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## Christian prayer

This first example is a Christian inoi. It follows a different style than the more traditional karakia. In some rohe, inoi are much more common than karakia, so do not feel ingenuine that a traditional karakia is necessarily better. In some Māori faiths (Ringatū, Pai Mārire) the prayers are again different.

Settings for this karakia are very broad and are for you to decide.

E te Atua  
Homai ki a mātou  
Tōu māramatanga,  
Tōu rangimārie  
Tōu kaha, me tōu aroha  
Whakaorangia mātou i ngā tini  
māuiuitanga  
Āke, ake, ake  
Āmine

Dear Lord  
Grant us  
Your enlightenment, your peace  
Your strength and your love  
Save us from all ailments  
Forever and ever  
Amen



# Karakia whakatuwhera

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## Opening karakia

This is karakia uses a whakataukī to bestow well to those present. It is suitable for any level of reo proficiency and is a great starting point to learn a karakia by heart. The phrase "haumi ē, hui ē, tāiki ē!" is a traditional ending to a karakia and can be interpreted and translated in a number of ways.

Kia hora te marino  
Kia whakapapa pounamu te moana  
Hei huarahi mō tātou i te rangi nei  
Haumi ē, hui ē, tāiki ē!

May peace be widespread  
May the seas be as flat as pounamu  
To provide a path for us today  
Join, group, and affirm

# Karakia whakatuwhera

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## Opening karakia

This karakia was written by reo professor Scotty Morrison (Ngati Whakaue) and can be used to open many types of encounters. The word tūtawa is an old and spiritual word that means to come forth. It comes from the karakia of Ngātoro-i-rangi, the high priest of Te Arawa waka.

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 ē, hui ē, tāiki ē!

Come forth from above  
From below  
From within  
From the environment  
Vitality and well-being for all  
Join, group, and affirm

# Karakia whakakapi

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## Closing karakia

This is another karakia that uses traditional concepts to lift the tapu of a hui and clear a way forward in a similar fashion to a karakia whakawātea.

This karakia can be used as a simple whakawātea and is also perfect to close your hui.

Ka whakairia te tapu  
Kia wātea ai te ara  
Kia tūruki whakataha ai  
Kia tūruki whakataha ai  
Haumi ē, hui ē, tāiki ē!

Restrictions are moved aside  
So that the pathway is clear  
So we may move forward  
Join, group, and affirm

# Karakia whakakapi

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## Closing karakia

This is a traditional karakia that is widely used throughout the country to both open and close hui/events. There are different variations throughout the country, and this is one of them. The word 'unuhia' has many meanings. It can mean to draw on or pull out. When used in this karakia it implies taking off and removing the tapu of the meetings that have taken place. This karakia speaks to Rongo, the atua of peace.

Unuhia, unuhia  
Unuhia ki te uru tapu nui  
Kia wātea, kia māmā te ngākau, te  
tinana, te wairua i te ara tangata  
Koia e Rongo whakairia ake ki runga  
kia tina  
Tina!  
Haumi ē, hui ē, tāiki ē!

Take off, withdraw,  
Take off the supreme sacredness  
To clear, to free the heart, the body  
and the spirit of mankind  
O Rongo suspend it on high,  
Bind it and make it so  
Join, group, and affirm



# Karakia whakawātea

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## Cleansing karakia

This karakia uses different metaphors relating to the taiao to cleanse the negative and to free up a path for those present. It uses traditional references to Ranginui and Papatūānuku to refer to the earth and the sky. The gloomy clouds refer to ailments and negativity, and the bountiful land represents opportunity and a way forward.

This is a karakia for those looking to expand their capability.

Examples of when you could use whakawātea include:

- Before/after talking about difficult topics
- When there has been a sudden accident/aituā in your workplace
- In a staff debrief

Waerea i runga, waerea i raro  
Waerea kia pure, waerea kia para  
Tiraki ana te kapua mōkinokino  
Manaha ana te whenua taurikura  
Tārake a Nuku, tīhore a Rangi  
Kia mahea te hua mākihihihi  
Tūturu whakamaui kia tina Tina!  
Haumi ē, hui ē, tāiki ē!

Clear it above, clear it below  
Clear so it is purified, and it is free  
The gloomy clouds lift and the  
bountiful land is clear  
The land is cleared and the skies  
have peeled open  
Let the way forward be free  
Clear the path for us to walk upon  
Bind it and make it so!  
Join, group, and affirm

# He hātepe mihi

## INTRODUCTIONS

Here are a few short, generic sentences that can either precede or follow after a karakia. These would not be used in a one on one hui but in group meetings.

### Opening remarks

Kia ora e hoa mā, ko [name] tōku ingoa, nō [place] ahau, he [role] ahau.

~

Hi everyone, my name is [name], I'm from [place], and I'm a [role].

Tēnā koutou katoa kua tae mai ki kōnei ki te tautoko i tā tātou kaupapa (generic hui)

~

Greetings to everyone who has come here to support this topic.

### Closing remarks

Nō reira, tēnā anō koutou i ā koutou awhina i tēnei rā.

~

And so thank you all again for your help today.

Nō reira, ngā mihi nui ki a koutou, tēnā koutou, tēnā tātou katoa.

~

And so a big thank you to all of you, thank you everyone.

A longer and more formal mihi usually consists of a basic structure:

(Mihi ki te/ngā atua - opening regards)

Mihi ki te hunga mate - acknowledgements to the deceased

Mihi ki te hunga ora - acknowledgements of the living

Mihi ki te take - address the reason for the meeting

(waiata - close with a group song)

The longer mihi process is something to consider as you become more proficient in te reo Māori to increase your ability to engage with whānau.

# Waiata

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## Purea nei



This song was composed by Hirini Melbourne (Ngāi Tūhoe) and contains references to known proverbs and sayings. The kupu of the waiata themselves use metaphors of removing restrictions and cleansing and are in effect a whakawātea. But the song can be (and is) used in almost any setting. It's a great one to finish your hui/meeting.

This is a widely known song throughout the country. Use the QR code above to learn the tune.

Purea nei e te hau  
Horoia e te ua  
Whitiwhitia e te rā  
Mahea ake ngā pōraruraru  
Makere ana ngā here.  
E rere wairua, e rere  
Ki ngā ao o te rangi  
Whitiwhitia e te rā  
Mahea ake ngā pōraruraru  
Makere ana ngā here,  
Makere ana ngā here.

Cleansed by the wind  
washed by the rain  
and warmed by the sun,  
all troubles are cleared away  
and all restraints got rid of.  
Fly oh free spirit, fly  
to the clouds in the heavens,  
warmed by the sun,  
with all troubles cleared away  
all restraints got rid of,  
all restrictions cast aside.

# Waiata

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## Tūtira mai

This song was written by Wi Te Tau Huata (Ngāti Kahungunu) in the 1950's. This waiata encourages unity and is a happy upbeat tune. This waiata may become less appropriate in a more sombre setting, but is perfect to conclude more positive hui.

This is another widely known song throughout the country. Use the online resources to learn the tune.



Tūtira mai ngā iwi  
Tātou tātou e  
Tūtira mai ngā iwi  
Tātou tātou e  
Whāia te māramatanga  
me te aroha, e ngā iwi  
kia tapatahi  
kia kotahi rā  
tātou tātou ē

Line up together, people  
All of us, all of us.  
Stand in rows, people  
All of us, all of us.  
Seek after knowledge  
and love of others - everybody!  
Be virtuous  
And stay united.  
All of us, all of us

# Himene

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## Whakaaria mai

Whakaaria mai is a hīmene that uses the tune of the English language hymn 'How Great Thou Art'. It is a short Christian song that is often used at tangi but is not necessarily restricted to these sorts of events.

It is a waiata that most whānau will know and can be used in a wide range of settings. Although it's a Christian song it is not limited to those who follow faith.



Whakaaria mai  
Tōu rīpeka ki a au  
Tiaho mai  
Rā roto i te pō  
Hei konā au  
Titiro atu ai  
Ora, mate,  
Hei au koe noho ai [Repeat]  
Āmine.

Show your cross to me Let it shine  
there in the darkness  
To there, I will be looking In life, in  
death  
Let me rest in Thee



