

Te Kete Waiata O Te ORA

TE OHU RATA O
AOTEAROA
MĀORI MEDICAL
PRACTITIONERS

TeORA



HE MIHI

Expression of thanks

Kei ngā kaitito, kei ngā korokoro tui o ēnei
waiata, koutou i whai whakaaro ki tēnei
kohinga waiata, ko te kete waiata o Te ORA, e
kore e mutu ngā mihi ki a koutou.

Dr Selwyn Te Paa

Dr Lincoln Nicholls

Dr Mania Campbell-Seymour

Dr Te Aro Moxon

Dr Ruakere Hond

Dr Maia Melbourne-Wilcox

All composers of our waiata, haka
and mōteatea Māori



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HE KUPU WHAKATAKI

Introduction

Te Kete Māori o Te ORA collates waiata, mōteatea and haka as a learning resource for Te ORA, to encourage revitalisation of our reo Māori. This pukapuka contains two compositions – Kawea e te hau, and, E ara mai rā – proudly created by Te ORA, for Te ORA.

Te Kete Waiata also includes other well-known waiata Māori, which Te ORA has performed at previous Pacific Region Indigenous Doctor's Congress conferences. We encourage you to learn these waiata for yourself, your whānau and Te ORA.

Te ORA acknowledges all kaitito, kaiwaiata, iwi, whānau and tūpuna of these waiata. As each waiata holds various meanings and significance for different iwi and whānau, the summary provided has been prepared with best intentions of capturing the mauri of it's origin.

May you and your whānau be inspired to revitalise our reo Māori with the history and learning that each waiata provides.

Kia ūkaipō anō te reo Māori e te whānau.



Te ope o Te ORA ki Vancouver, BC – PRIDoC 2022



TE ROOPU KAPAHAKA O TE ORA

Te ORA Kapahaka group



Te ope o Te ORA ki Hilo, Hawai'i – PRIDoC 2018

As a proud member of the Pacific Region Indigenous Doctors' Congress (PRIDoC), Te ORA attends our biannual conference, powering connections with iwi taketake o te Ao. The conference encourages weaving of indigenous beauty by standing the traditional, much enjoyed, cultural evening.

Te ORA prepares a kapahaka bracket for each PRIDoC conference. Some of the waiata and haka previously used are included in our kete waiata to further encourage your learning.



Te ope o Te ORA ki Vancouver, BC – PRIDoC 2022



KAWEA E TE HAU

Nā Te ORA i tito Nā Dr Ruakere Hond i āwhina

Composed by Te ORA at Wānanga Reo in 2009, Tāmaki Makaurau under the
tutorship of Dr Ruakere Hond.

Kawea e te hau is a pao, that illustrates our collective aspiration as tākuta Māori, to achieve better health for iwi Māori. As the waka requires unified movement to proceed forth, kawea te hau, incorporates the elements of our taiao (environment) to embody our pursuit towards improving health and wellbeing for our people.

Kawea e te hau

Carried by the wind

Kawea e tai

Carried by the tide

Kawea e te reo

Carried by the call

O te koekoea

Of the shining cuckoo

Ka pao te hua

New life begins

I te wao tapu nui

Where it can be nourished

Ka pi ka rere

To grow, to fly

Whiti, whiti ora e

To shine

You can listen to Kawea e te hau at this YouTube link: [Kawea e te hau](#)



E ARA MAI RĀ

(Mōteatea)

Nā Dr Te Aro Moxon te waita i tito. – Nā Dr Mānia Campbell-Seymour, Prof
Papaarangi Reid, Prof David Tipene Leach, Dr Jade Tamatea Sir Timoti Karetu i
āwhina

Kaea: E ara mai rā ngā mātāwaka
Katoa: Kia matapopore, kei mauri noho

Arise all people
Let us be vigilant, lest we languish

Whāia ngā tapuwae taniwha hikuroa
Ngā whakaihuwaka o Te ORA ē
Mātāmua rā ko Māui Pōmare
Te rata nāna te ara i para
Nō muri mai, ko Te Rangihīroa
Ko Tūtere Wi Repa
Ko Pōhau Erihana ē

Follow the examples of the great leaders,
The champions of Te ORA
First was Māui Pōmare
The Māori physician who paved the way
After him came Te Rangihīroa,
Tūtere Wi Repa
And Pōhau Elison

Tū ake ana rā ko te mana wahine
Ko Rina Rōpiha nei te muanga
Tērā te tokorua, ko Toni Ruakere, ko
Paratene Ngata
He poupou nō te whare
O 'Te Ohu Rata o Aotearoa' e tū atu nei
ē

Subsequently, the noble matriarch stepped forth
Rina Rōpiha the first female Māori doctor
There was the pair, Tony Ruakere and
Paratene Ngata
Both pillars of 'Te Ohu Rata o Aotearoa',
the group which stands here before you
Let us forge ahead, improving health and
supporting wellbeing

Kaea: Mairanga Te ORA*
Katoa: Hāpai Te Oranga**
Teina whakamana
Te Oranga Tangata

We celebrate Te Oranga, our younger sibling,
Who brings prestige to the family,
They too prioritise the wellbeing of the people
In unison we strive toward the attainment of
true understanding,

E toro tahi nei ki te aka matua
Kia whaowhia ai ngā kete o te wānanga
Me ringa rehe, me ringa whiti
Ka puta ki te ora
Ka puta ki te ao mārama ē

And delve into the baskets of knowledge
We must be adept, we must take action
So that we can foster health for all
And emerge into the world of light

*This is a double entendre – referring both to the organisation of Te ORA, and to the health of our people.
You can watch and listen to Drs' Te Aro Moxon and Mania Campbell-Seymour on this link:

[E ara mai rā](#)



TE ORA E

Nā Sean Ellison i tito

Te Ora e, Te Ora e, Te Ora e

Te Ohu Rata o Aotearoa
Ngā tākuta Māori o te motu
Tēnei mātou kua eke mai nei
Ki runga ki tēnei marae
E mihi ana e te iwi e
Tēnā rā koutou katoa

Ko Māui Pōmare, ko Te Rangi Hīroa,
Ko Tūtere Wī Repa, ko Pōhau Erihana,
Ānei rā mātou e koro mā
E whai nei i ō koutou wae
Ki te hāpai i te oranga
O te iwi e

Puritia ngā taonga a koro, a kui mā
Tuia ki ngā akoranga o muri nei
Hei oranga mō tātou katoa
Tinana, Hinengaro,
Whatumanawa, Wairua,
Mauri, Mana, Hā, Tapu

Ko Māui Pōmare, ko Te Rangi Hīroa,
Ko Tūtere Wī Repa, ko Pōhau Erihana,
Ānei rā mātou e koro mā
E whai nei i ō koutou wae
Ki te hāpai i te oranga
O te iwi e

Puritia ngā taonga a koro, a kui mā
Tuia ki ngā akoranga o muri nei
Hei oranga mō tātou katoa
Tinana, Hinengaro,
Whatumanawa, Wairua,
Mauri, Mana, Hā, Tapu
Mauri, Mana, Hā, Tapu

Te Ora e, Te Ora e, Te Ora e

Te Ora, Te Ora, Te Ora

Healers of New Zealand
Māori doctors of the land
We have gathered here
In this sacred space
And we greet you
Salutations to one and all

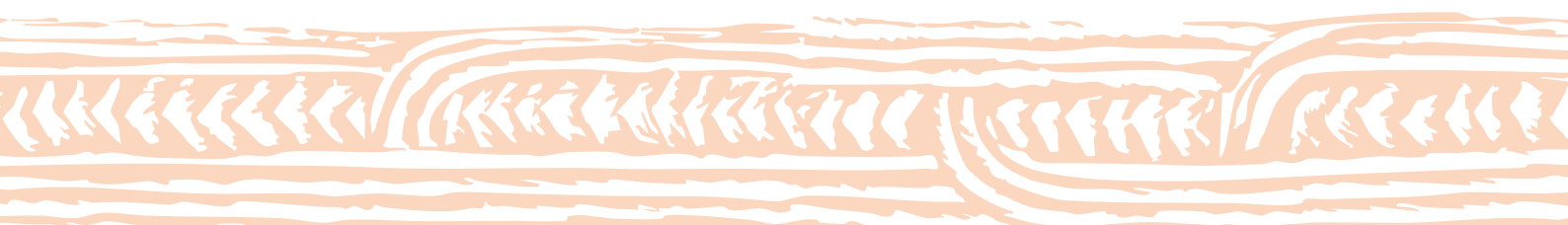
Sir Māui Pōmare, Sir Peter Buck,
Dr.Tūtere Wī Repa, Dr.Edward Pōhau Ellison,
Here we are o sirs
Following in your illustrious footsteps
To enhance and extol the health and well-being of
the people

Hold fast to the teachings of our elders
Combine them harmoniously with those of modern times
For the health and well-being of all
Physically, Mentally,
Emotionally, Spiritually,
For the life-force, ethos and psyche, the intrinsic power and
uniqueness, the life-breath and absolute sanctity of the
individual.

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uniqueness, the life-breath and absolute sanctity of the
individual.



WHAKAARIA MAI

Whakaaria Mai is one of our most famous hīmene. Sung twice through to the tune of How Great Thou Art, this waiata is a must to learn.

Whakaaria mai	Show
Tou ripeka ki au	your cross to me.
Tiaho mai	Let it shine
Ra roto i te po	there in the darkness.
Hei kona au	To there I
Titiro atu ai	will be looking.
Ora, mate	In life, in death,
Hei au koe noho ai	let me rest in thee.

This link will take you to a YouTube video of the renowned Sir Howard Morrison (Ngāti Whakaue). The reo Māori version starts at 40 seconds.

[Whakaaria Mai](#)



POKAREKARE ANA

Pokarekare ana referring to the distance of water between loved ones, is a waiata Māori we have all grown up listening to. There has been much debate about who composed this waiata, hence a name is not written here, therefore, Te ORA acknowledges the origin of these kupu, and the accompanying rangi (tune).

Te ORA sang this waiata on the unceded, traditional territories of the Coast Salish: the Musqueam, Squamish and Tsleil-Waututh Nations in Vancouver B.C., at PRIDoC 2022.

Pokarekare ana	As the rippling waters of Waiapu*
Nga wai o Waiapu *	Break against its banks
Whiti atu koe hine	But subside into calmness
Marino ana e	When you pass over, My love.
E hine e	Oh my beloved
Hoki mai ra	Please come back to me
Ka mate au	For I will surely die
i te aroha e	Of my love for you.
Tuhituhi taku reta	I have written this letter
Tuku atu taku ringi	I have sent my ring
Kia kite to iwi	Should your people see them
Raru raru ana e	There may be trouble

*This line was adapted to 'Te Moana Nui a Kiwa' at PRIDoC in 2022 to acknowledge our highly respected rangatira, Te Moana Nui a Kiwa Jackson CRSNZ, and, also refers to the moana connecting our PRIDoC whānau.



PUREA NEI

Nā Hirini Melbourne i tito

Hirini Melbourne NZOM, was revered by many for his ability to incite healing with the oro of our taiao. His unwavering dedication to reviving and revitalising our tuakiritanga, our reo, and taonga i tuku iho will forever remain in his waiata and taonga puoro compositions. Purea nei was composed by matua Hirini to reflect a time of adversity. The poignant lyrics resonate deeply during a time of hardship, and reminds us that healing can always begin by simply walking outside. Te ORA sang Purea nei at PRIDoC in Hilo, Hawai'i, 2018.

Purea nei e te hau

Horoia e te ua

Whitiwhitia e te ra

Mahea ake nga poraruraru

Makere ana nga here.

Cleansed by the wind

washed by the rain

and warmed by the sun,

all troubles are cleared away

and all restraints removed.

E rere wairua, e rere

Ki nga ao o te rangi

Whitiwhitia e te ra

Mahea ake nga poraruraru

Makere ana nga here,

Makere ana nga here.

Fly O free spirit, fly

to the clouds in the heavens,

warmed by the sun,

with all troubles cleared away

all restraints removed,

all restrictions cast aside.

Listen to Anna Coddington (Ngati Tuwharetoa, Te Arawa, Ngati Whakaue) here:

[Purea nei](#)



TOIA MAI

Nā Piri Poutapu i tito

Toia Mai is the second verse of a waiata ā-ringā composed by Kaiwhakairo Piri Poutapu (Ngāti Korokī, Waikato). He was instructed to build the seven waka taua that landed at Waitangi in 1940 for the centenary of Te Tiriti o Waitangi, and composed toia mai while doing so.

Toia mai te waka nei	Haul the canoe
Kumea mai te waka nei	Draw up the canoe
Ki te takotoranga i	To its landing place
Takoto ai	Where it will lie
Tiriti te mana motuhake	Te Tiriti gives us our autonomy
Te tangi a te manu e	The bird calls
Pipiwaharaua	The shining cuckoo
Kui, kui, kui!	Kui, kui, kui!
Whiti, whiti ora!	Signalling change for the better
Hui e	Join together as one
Taiki e!	It is done!

This link will take you to a youtube video to help you learn
the actions and tune: [Toia Mai](#)



KUA RONGO MAI KOE

Nā Ngapo Wehi i tito

Written by the reverent Dr Ngapo Wehi, QSM ((Ngāi Tūhoe, Te Whakatōhea, Ngāpuhi, Te Whānau-a-Apanui, Ngāti Kahu), Te ORA adapted this well-known waiata to sing as whakaeke (entrance song) at PRIDoC in Hilo, Hawai'i, 2018, , hosted by 'Ahahui o nā Kauka. This waiata was sung by Te ORA to welcome and mihi to all.

Kua rongo mai nei
Ki te reo pōwhiri
E karanga ake nei e
E karanga ake ana
Ki te ao whānui
Piki mai, kake mai ra

You heard
The words of welcome
Resounding
Welcoming
One and all
Come hither

Nō wai te reo
Nō wai te mana
E karanga ake nei e
Ko to reo mananui
Ko te mana rongonui
O Te ORA nei e

Who is it
Whose authority
That issues this welcome?
'Tis the great authority
And prestige
Of Te ORA

Waiata starting with chant found here:

[Kua Rongo Mai Koe](#)



PAIKEA

Nā Mikare Pewhairangi i tito

Mikare Pewhairangi (Ngāti Porou) composed Paikea as a haka in the 1870's. It is a prominent waiata ā-ringa of Ngāti Porou also, and fills any whare with joy when on offer. Te ORA have sung this song at several PRIDoC cultural evenings therefore it is another waiata to learn and enjoy.

Uia mai koia,
whakahuatia ake
Ko wai te whare nei e
Ko Te Kani
Ko wai te tekoteko kei runga
Ko Paikea Ko Paikea
Whakakau Paikea – Hei
Whakakau he tipua – Hei
Whakakau he taniwha – Hei

Ka ū Paikea ki Ahuahu Pakia
Kei te whitia koe
ko Kahutia-te-rangi – aue
Me ai tō ure ki te tamahine
a Te Whironui – aue
nāna i noho te Roto-o-tahe

Aue! Aue!
He koruru koe, koro e

Ask and
you will be told;
What is the name of this house?
It is Te Kani
Who is the carved figure above?
It is Paikea! It is Paikea!
Paikea emerges. Hey!
A wizard emerges. Hey!
A deep-water prodigy is wading ashore.
Hey!

Paikea lands at Ahuahu. Slap!
Your identity is entwined
with Kahutia-te-rangi. Amazing!
You were intimate with the daughter
of Te Whironui – really!-
who settled at the Lake-of-woman's-blood.

Alas! Alas!
You are now a figurehead, old one.

Ngāti Porou in action here:

[Paikea](#)



UPOKO, PAKIHIWI

A fun waiata Māori to sing with tamariki, with whānau and at PRIDoC! Te ORA sung this waiata in Hilo, 2018 as a fun and interactive waiata to include audience participation.

Upoko, pakihwi,

puku, hope, waewae.

Mahunga, pakihwi,

puku, hope, waewae.

Mahunga, pakihwi,

puku, hope, waewae

Taringa, ihu, whatu, waha e

Head, shoulders,

tummy, hips, and legs

Head, shoulders,

tummy, hips and legs

Head, shoulders,

tummy, hips and legs

Ears, eyes, nose, and mouth

Actions and tune can be found here:

[Upoko Pakihwi](#)



KA MATE

Nā Henare Mahanga waiata i tito. Nā Hirini Melbourne i whakarerekē

Ka Mate, the famous haka of Ngāti Toa Rangatira chief, Te Rauparaha speaks of his hiding whilst being pursued by Ngāti Te Aho. It's familiarity allows Te ORA to perform Ka Mate at PRIDoC with the mana it deserves.

Ka mate, ka mate!

I die! I die!

ka ora! ka ora!

I live! I live!

Ka mate! ka mate!

I die! I die!

ka ora! ka ora!

I live! I live!

Tēnei te tangata pūhuruhuru

This is the hairy man

Nāna nei i tiki mai

Who summons the sun and

whakawhiti te rā

makes it shine

Ā, upane!

A step upward,

ka upane!

another step upward!

Ā, upane, ka upane,

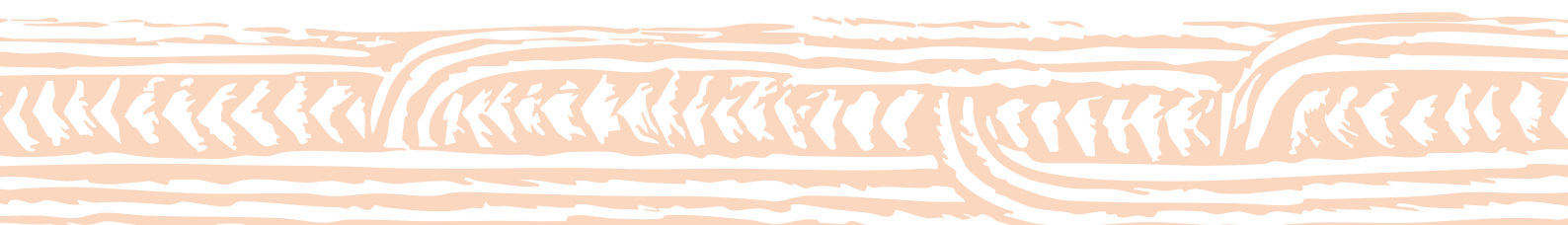
A step upward, another...

whiti te ra!

the sun shines

You can access more detailed history of Ka Mate at:

[Ka Mate](#)



**Ko te reo kia
tika,
ko te reo kia
rere,
ko te reo kia
Maori**

