

Karakia Tīmatanga (Opening)

Whakataka te hau ki te uru

Cease o winds from the west

Whakataka te hau ki te tonga

Cease o winds from the south

Kia mākinakina ki uta

Bring calm breezes over the land

Kia mātaratara ki tai

Bring calm breezes over the sea

E hī ake ana te atakura

And let the red-tipped dawn come

He tio

With a touch of frost

He hoka

A sharpened air

He hau hū

And promise of a glorious day

Tīhei mauri ora!

Behold we live!

