



Karakia Tīmatanga

Tukua te wairua

Kia rere ki ngā taumata

Hei ārahi i ā tātou mahi

Me tā tātou whai i ngā tikanga ā rātou mā

Kia mau

Kia ita

Kia kore ai e ngaro

Kia pupuri

Kia whakamaua

Kia tina!

Hui ē!

Tāiki ē!

Opening Incantation

Allow your spirit to exercise its potential

To guide us in our work

And in our pursuit of our ancestral traditions

Ensure it is never lost

Hold fast

Secure it!

Draw together!

Affirm!

This Māori incantation is for the beginning of the day allowing someone to exercise their full spiritual potential in the work that they do.