



Karakia Whakamutunga

Pou Hihiri

Pou Rarama

Pou o te Whakaaro

Pou o te Tangata

Pou o te Aroha

Te Pou e here nei i ā tātou

Mauri ora ki ā tātou

Haumi ē!

Hui ē!

Tāiki ē!!!

Closing Incantation

May clarity be yours

May understanding be your

Through reflection

Through personal endeavour

Through respect

The virtues which binds us as one

May we be filled with wellbeing

For one another

Bind us together!

This Māori incantation is used at the end of the day, meeting, session, or workshop giving thanks and thoughts of wellbeing to everyone present for their combined efforts.