



## Karakia Tīmatanga

Whakataka te hau ki te Uru

Whakataka te hau ki te Tonga

Kia mākinakina ki Uta

Kia mātaratara ki Tai

E hī ake ana te Ata kura

He Tio

He Huka

He Hau Hū

Tihei Mauri Ora!

## Opening Incantation

Cease the winds from the west

Cease the winds from the south

Let the breeze blow over the land

Let the breeze blow over the ocean

Let the red-tipped dawn come with a sharpened  
air. A touch of frost

A promise of a glorious day

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This Māori incantation is for the beginning of the day giving thanks to a glorious day.

