

Karakia



(when visiting a
wāhi taonga)

May the day be calm,
tranquil,
and may peace settle
on our journey today.
Lift all restrictions,
that we may be safe,
in all our travels and
all our endeavours today.
Together as one, let it be so.

Karakia



(when visiting
a river / lake)

May the day be calm,
tranquil,
and may peace settle
on our journey today.
May the fresh waters be
serene and calm.
Together as one, let it be so.

Karakia



(when visiting
a forest)

May the day be calm,
tranquil,
and may peace settle
on our journey today.
Let the serenity of the forest
descend upon us.
Together as one, let it be so.

Karakia



(when visiting the moana)

May the day be calm,
tranquil,
and may peace settle
on our journey today.
So that waters of Hinemoana
are calm and undisturbed.
Together as one, let it be so.

Karakia



(when departing from a
wāhi taonga)

As we depart this
treasured place,
We honour this land
We honour this place
Our hearts are fulfilled
Our spirits are made
peaceful and whole
United, gathered, fulfilled!

Karakia



(after collecting from
a river / lake / sea)

Tangaroa-whakamau-tai,
Tangaroa-ara-rau, Tangaroa-i-te-Rupetu
whose shining light dances
across the sacred waters,
we acknowledge the gifts
received from your basket
Gathered with humble hearts,
used with mindful wisdom.
Let the mauri of the ocean
remain strong
so that its life-giving power may sustain
the descendants of humankind
United, gathered, fulfilled!

Karakia



(after collecting from
a forest)

Tāne Mahuta, Tāne-nui-a-Rangi,
Tāne-te-waiora
whose sacred light shines
throughout the ancient forest
we acknowledge the gifts
received from your basket
Gathered with humble hearts,
used with thoughtful care.
Let the mauri of the forest
remain strong
so that life may continue to prosper
among the descendants of humankind
United, gathered, fulfilled!

Karakia



(after collecting kaimoana)

We honour Hinemoana
Hinekuku
and Pāuatere
Through your gifts
we are nourished
our life force endures
Tihei Mauriora