

Karakia



(when visiting a
wāhi taonga)

Marino tō

Marino tokitoki

Marino tukupu

Whakairia te tapu

kia haumaru ai

te haere, te noho

Haumi e, hui e, Tāiki e!

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 departing from a
wāhi taonga)

Mānawatia te whenua nei

Mānawatia te wāhi nei

E ea nei te ngākau

e mauru nei te wairua

Haumi e, hui e, Tāiki e!

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

(when visiting
a forest)



Marino tō

Marino tokitoki

Marino tukupu

Kia tau mai ko te tīare
o te ngahere

Haumi e, hui e, Tāiki e!

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

(after collecting from
a forest)



Tāne Mahuta, Tāne-nui-a-Rangi,
Tāne-te-waiora
te aho e tiaho nei i ngā wao tapu,

kua riro ngā taonga o tō kete

Nā te ngākau whakaiti i kohikohi,
Nā te whakaaro nui i whakamahi.
Kia toitū te mauri o te ngahere

kia hua ai te mauri mō te ira tangata

Haumi e, hui e, Tāiki e!

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

(when visiting
a river / lake)



Marino tō

Marino tokitoki

Marino tukupu

kia āio piropiro
te waimāori

Haumi e, hui e, Tāiki e!

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



(after collecting from
a river / lake / sea)

Tangaroa-whakamau-tai,
Tangaroa-ara-rau,
Tangaroa-i-te-Rupetu
te aho e kōrako nei i ngā wai tapu,

kua riro ngā taonga o tō kete

Nā te ngākau whakaiti i kohikohi,
nā te whakaaro nui i whakamahi.
Kia toitū te mauri o te moana

kia hua ai te mauri mō te ira tangata

Haumi e, hui e, Tāiki e!

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



(when visiting the moana)

Marino tō

Marino tokitoki

Marino tukupu

Kia āio piropiro ai
a Hinemoana

Haumi e, hui e, Tāiki e!

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



(after collecting kaimoana)

Mānawatia a Hinemoana

Mānawatia a Hinekuku

Mānawatia a Pāuatere

Nā koutou i homai

e ngao ai ko ropi

e ora ai ko manawa

Tihei Mauriora

We honour Hinemoana

Hinekuku

and Pāuatere

Through your gifts

we are nourished

our life force endures

Tihei Mauriora