

# Karakia / Ariari Ngao : Te Ngāo o te wheiao

Nā Kāterina Mataira

Tūwhera ki a Ranginui  
Tāmaua ki a Papatūānuku  
Tauawhia te tipua  
E whakaata mai nei  
Hokia te maunga tapu  
Whakatau ai  
Honoa te ira tangata, ira atua  
Huakina te whatumanawa

Kōhia te ngao o Rangi,  
o Papa ki te kōpū  
Hei muramura  
toha ki te ao  
Kia turuturu mai te tōmairangi  
Whakapuiaki  
Kia tupu, kia whanake  
Me he rākau  
He toka te pouwhenua,  
He whatu te titirangi

Whakahoki ngao  
ki te whenua  
Tuwhera ki te rangi  
Tāmaua ki te papa  
Tōia mai te ngao  
Ki te morenga o te poho  
Whiua ki te wheiao  
Tauawhia te tipua  
E whakaata mai nei  
Hokia te maunga tapu  
Whakatau ai

Reveal to the Sky-father  
Hold fast to the Earth-mother  
Embrace the strange entity  
that is reflected back  
Return to the state of bliss  
Be settled and calm  
Meld the seed of man and seed of the gods  
Open your well, your spring of emotions

Gather the energies of heaven  
and earth to the core of your being  
As a beacon shining  
bright all over the universe  
So that the purifying heavenly dew  
may drizzle down  
Causing growth, causing a spurt of growth  
as if a tree  
For the wisdom of the wise ones is a rock  
And the heavenly inspiration is a sacred  
stone

Now, return the energies of the cosmos to  
the earth  
Reveal to the Sky-father  
Hold fast to the Earth-mother  
Draw up the energy  
to the cradle of your breast  
Dispel it into the world of enlightenment  
Embrace the strange entity that is reflected  
back  
Return to the state of bliss  
Be settled and calm