

**From:** TeWhatuOraComms (MoH)  
**Sent:** Wednesday, 10 July 2024 11:43 am  
**To:** Helen Holloway  
**Subject:** Include karakia in your next hui

[View this email in your browser](#)

# Health New Zealand

## Te Whatu Ora

We encourage everyone to incorporate karakia daily. To help support you with this we have created some pre-recorded videos to learn karakia. Our resource is designed to give you some options that will enable you to learn and develop your confidence and skills.

Note over time we will be adding more recordings for you to choose from.

You can read more on [Te Haerenga](#)

Add to calendar



# Health New Zealand

## Te Whatu Ora

Copyright (C) 2024 Health New Zealand | Te Whatu Ora. All rights reserved.  
You are receiving this email because you are a member of our health workforce.

Our mailing address is:

Health New Zealand | Te Whatu Ora  
Level 6 Spark Central, 42-52 Willis Street  
Wellington, New Zealand 6011  
New Zealand

[Add us to your address book](#)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe](#)

Released under the Official Information Act 1982

# Karakia

*Tūria, tūria te mata hau nō Rangi  
Tūria, tūria te mata hau nō Papa  
Paiheretia te tangata ki te kawa tupua,  
ki te kawa tawhito  
He kawa ora! He kawa ora!  
He kawa ora ki te tangata  
He kawa ora ki te whānau  
He kawa ora ki te iti, ki te rahi  
He kawa tātaki ki au mau ai  
Tūturu o whiti, whakamaua kia tīna  
Hui e! Tāiki e!*

Elevate and celebrate the gifts of Rangi  
Elevate and celebrate the gifts of Papa  
People are bound by the spiritual  
forces of ancestry  
Uplift the spirit! Support the spirit!  
Raise up the health of people, of family, of all.  
A spirit that guides me  
Hold fast! Uphold the essence.  
Bring it together! It is complete

Released under the Official Information Act 1982

# Karakia

Kia whakairia te tapu  
Kia wātea ai te ara  
Kia turuki whakataha ai  
Kia turuki whakataha ai  
Haumi e. Hui e. Tāiki e!

*Restrictions are moved aside  
So the pathway is clear  
To return to everyday  
activities*

Released under the Official Information Act 1982