Karakia

Karakia are prayers or chants used in many formal and informal daily rituals. There are karakia for all occasions such as birth, death, sickness, warfare, waka building, the growing and harvesting of kai, and to give thanks or ask for protection.

Whether you pray to a specific atua (god) or just out to te ao tukupū (the universe) is up to you.

Karakia can help with settling emotions when you're upset or to set a positive tone for the day. For many whānau karakia is part of a daily routine.

Here is a karakia for all the whānau to learn that speaks of the promise of a good day.

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 atakura

He tio, he huka, he hauhū

Tihei mauri ora!