Āio Ki te rangi
Āio ki te whenua
Āio ki ngā mea katoa
Tihei mauri ora

To the heaven
To the land
And to everything
Behold there is Life

**He Karakia Tīmatanga me te Whakakapi Kaupapa**

Kia tau ngā manaakitanga a te mea ngaro
ki runga ki tēnā, ki tēnā o tātou
Kia mahea te hua mākihikihi
kia toi te kupu, toi te mana, toi te aroha, toi te Reo Māori
kia tūturu, ka whakamaua kia tīna! Tīna!
Hui e, Tāiki e!

Let the strength and life force of our ancestors
Be with each and every one of us
Freeing our path from obstruction
So that our words, spiritual power, love, and language are upheld;
Permanently fixed, established and understood!
Forward together!

Here is another that I sometimes use:

**Mihi ki te Ngahere**

Kia tau te rangimārie

O te rangi e tū iho nei

O te papa e takoto nei

O te taiao e awhi nei

Ki runga i a tātou katoa

Tīhei Mauri Ora!

Let the peace of the skies above,

Of the earth below and

Of the universe around us,

Be with us all

Behold it is life!