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!