

Āraia ngā whakapokenga kiri



horoia haerehia ō ringa me te whakamaroke i te roanga o te rā



hei ārai i te puta o ngā iroriki



horoia tō kanohi me tō tinana i ia rā



tapahi me te horoi i raro i ō matikara
kia kua ngā iroriki e uru ki raro i ō matikara



āraia ngā timonga ngārara me ngā tūnga kiri
i te mea ka whakapokea ngā timonga me ngā tūnga



me horoi me te uhi i ngā timonga ngārara, ngā motu me ngā hakihaki
hei horoi atu i ngā iroriki me te aukati i te hōrapa haere

Rapu me te Whakamaimoa



me tiroiro ngā hakihaki me ngā motu i ia rā
kei whakapokea – kei te whero, mahana, mamae?



me kite i tētahi nēhi, rata rānei mēnā he
nui ake te whakapokenga i te tekau hēneti,
kei te māharahara rānei koe



ki te whiwhi rongoā, panipani rānei koe,
me whakamahi e ai ki ngā tohutohu
hei patu i ngā iroriki i roto i te
tinana i muri i te rekareka o te kiri