

# Hā ki roto

He karakia nā Mero Irihapeti Rokx mō te tauwhiro ā-wairua me te hauora

Hā ki roto

Hā ki waho

Kia tau te mauri e kokiri nei

I ngā piki me ngā heke

Ko te rangimarie tāku e rapu nei

Tihei mauri ora!

Breathe in

Breathe out

Settle the mauri that stirs inside of me

Through the ups and downs

It is peace that I seek

