

He Hua Nui

He hua nui,
He hua roa,
Ki te ao,
Ōmaio, ki tua e,
Ka rongo ki te wai tae e,
Haramai ki te tae pārae,
Haramai ki te tae timu,
Nāu e, Hine Moana e,
Nāu e, Tangaroa e.

From the energies of the extensive
and intensive ocean
We will learn to maintain balance
Reciprocation of healing is needed
Celebrate the provisions of the full
and low tides
The sacred domain of Hinemoana
and Tangaroa

