

Kaarakia Tīmatanga - Mānawa mai

<p>Karakia tīmata Tau mai te hā o te ora Tau mai te mauri tau Tau mai ngā mukuru o te wā Mānawa mai tākina Mānawa mai te whatu whiwhia, te whatu rawea Mānawa mai te whatu ihoiho Mānawa mai te ngāo whakapiki kia hiki i taku mauri kia tū kia tā, kia tau Tō mai te aro nui, te aro roa, te aro tiketike Kia eke panuku, kia eke hohoro I ngā aukino o te wā I ngā aureka o te wā Mānawa mai te mauri Whano, whano haramai te toki Haumi e Hui e Tāiki e</p>	<p>Beginning karakia Bestow upon me the breath of life Bestow upon me a state of neutrality Bestow upon be all things great in our world Mānawa mai, begin Observe the everlasting pursuit of excellence and knowledge acquisition. Observe the energy grow which will lift my essence to normalise great things to be done I gather my full focus and attention to overcome any situation Be it bad times Be it good times Accepting this essence Join together and affirm our agreement We are united in purpose and ready to proceed</p>
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Inspiration:
SLT of Ōrākei School
Composer:
Hone Tobin

This particular karakia is inspired by the strategy our SLT use to put themselves in a state of focus, or knowledge acquisition, of operating in a high performance capacity.
This karakia is a karakia to start our day, work, or situation that has brought us together.
Breathing heavily is a natural and normal response to a high pressure situation.
The self talk in the words help us to focus in on ourselves, reaffirm ourselves positively, and to proceed with acceptance, and giving it our best shot
This karakia is unique to Ōrākei school and is a karakia made for Ōrākei school as a whole. From the students, staff, BOT and whānau.

Karakia Whakamutunga - Tūku

Karakia whakamutunga

**Tēnei te mauri ka puritia, kia ū, kia mau
ka hoatu ki te taiao**

Tuku tākina

Tuku te mauri o ēnei mahi kia rewa

Tuku te mauri o tēnei wānanga kia iriiri

Tuku te mauri o ēnei pia, ēnei taura,

ēnei wānanga

kia puta ki te whei ao, puta ki te ao mārama

E rongō whakairihia ki runga kia tina

Tina

Whano, whano, haramai te toki

Haumi e

Hui e

Tāiki e

Closing karakia

This essence I grasp and hold
and cast into the atmosphere

Tuku, begin

The essence of my work, I release

The essence of this state of focus, I release

the essence of my peers, my comrades, and their
work, I release

That I may go forth and no longer be burdened

That peace also may permeate within

It is settled.

Join together and affirm our agreement

We are united

in purpose and

ready to proceed

Inspiration:

SLT of Ōrākei School

Composer:

Hone Tobin

This particular karakia is inspired by the strategy our SLT use to release themselves from a situation when it requires your full focus and attention.

This karakia is a karakia that finishes our day, work, or situation that has brought us together

Breathing heavily is a natural and normal response to a high pressure situation.

The self-talk in the words help us to accept what has happened, will happen, what will transpire, will transpire, and any and all focus or attention previously employed is finished, and you are mentally able to release and be free of it.

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