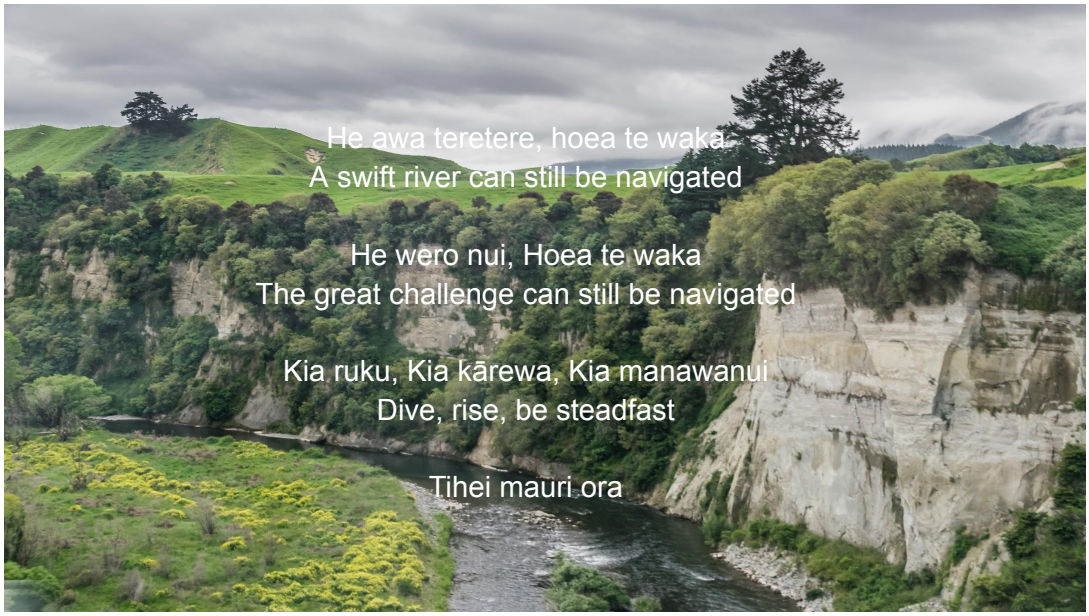
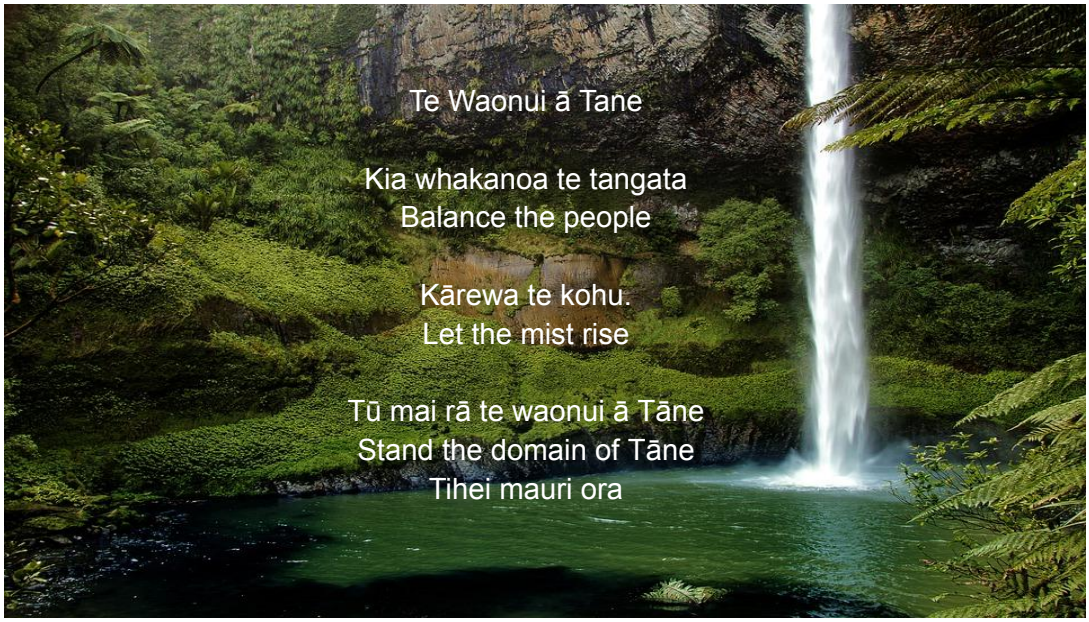
Kia marino te moana
Let the sea be calm
Kia marino ngā kare-a-roto
Let the seat of emotions be calm
Hono kau ana te waitī ki te waitā
Connect the fresh to the salt water
Hono kau ana a Tangaroa kia Hinemārama
Connect Tangaroa to Hinemārama
Haumi e hui e taiki e


He awa teretere, hoea te waka
A swift river can still be navigated
He wero nui, Hoea te waka
The great challenge can still be navigated
Kia ruku, Kia kārewa, Kia manawanui
Dive, rise, be steadfast
Tihei mauri ora


Te Waonui ā Tane
Kia whakanoa te tangata
Balance the people
Kārewa te kohu.
Let the mist rise
Tū mai rā te waonui ā Tāne
Stand the domain of Tāne
Tihei mauri ora