



New Zealand
Speech-language
Therapists' Association
*Te Kāhui Kaiwhakatikatika
Reo Kōrero o Aotearoa*

Waiata

Song

*Sung to support, to
celebrate, to learn, to
share.*



*The New Zealand
Speech-language Therapists'
Association*

*waiata collection from all around
Aotearoa.*

This collection of waiata has been collated by Mātua Rukingi Haupapa and Hana Tuwhare together with the Māori Speech-language Therapy rōpū. Some of these waiata have a long history and one has been especially written for the Association by Rukingi Haupapa.

Listen, learn, practice and enjoy singing these waiata together during the 2025 NZSTA conference in Aotearoa, New Zealand.

"Waiata is about the teaching and learning aspect that contains three key points – the experience, the knowledge and the scholarship, they inspire us. These waiata all have relevance, they have facts, and they have ideas and are evidence of the representation of that particular community."

Professor Taiarahia Black
Ngāi Tūhoe, Te Whānau a Apanui, Te
Arawa, Ngāti Tūwharetoa and Ngāi Te Rangi

"The role of waiata in Māori culture is to explore identity, to learn iwi history, to express political views, and to connect to the spaces and places in our whānau lineage."

Associate Professor Te Oti Rakena
Ngāpuhi, Ngāti Ruanui and Kāi Tahu

"My best kind of te reo song uses traditional Māori vocal styles as opposed to western vocal melody styles. To me that moteatea style has so much soul and passion, and it's the best for interpreting the poetry of te reo. Vocally, it's more like channeling than simply singing."

Moana Maniapoto-Jackson

Ngāti Tūwharetoa, Te Arawa

Tōnā reo

Ko te tohu o te rangatira, ko tōnā reo

Tu kaha tu maia ki tōnā ao

Nā te aituā, mate tīnana

whakararu pukenga o te tangata

Ko te ora o te rangatira, ko tōnā reo

Tō mātou mahi he awhi, he arahi

i te hunga whaikaha ki Te Ao Tūroa

Ko te kai o te rangatira ko te kōrero

*Written by Rukingi Haupapa
NZSTA Kaumātua*

Communication

The sign of a person is reflected in his language

Standing strong and brave in this world

Accident and illness negatively affect the person's skills and abilities

The wellness of a person is reflected in the voice

Our work is to support, guide and teach people with disabilities in this changing world.

Communication is essential to how we live.

[Listen to the tune >>](#)

Te Aroha

Te Aroha, te whakapono,

me te rangimārie tatou, tatou e

He tangata kē koutou He tangata kē mātou

Engari i tēnei wā tatou, tatou e

Love

Love, faith and peace for us all. You are unique and special.

We too are unique and special.

However, right now, we are as one.

[Listen to the tune >>](#)

Whakaaria Mai

Whakaaria mai tō rīpeka ki au

Tīaho mai rā roto i te pō

Hei kōnā au titiro atu ai

Ora, mate hei au koe noho ai

Amine

Show me your cross,

let it shine there in the darkness,

to there I will be looking,

in life, in death, let me rest in thee,

Amen

[Listen to the tune >>](#)

KA PIOIOI

Ka pōioi e tohu aroha haukāinga

E hoki mai rā

E hoki mai rā kia kite atu i tō iwi e.

E rotarota ana

E rotarota ana e katakata ana mai rā.

Pūkana whētero

Pūkana whētero mai i te ihi ā ō mātua.

Kia kite atu ano

Kia kite atu ano i tō ataahua e kanapa rā

Pupuhi ai e te hau

Pupuhi ai e te hau kapohia āku roimata.

Ka pōioi

Ka pōioi he tohu aroha haukāinga.

(Repeat from 'E hoki mai rā)

*This swaying dance
shows the love of your home-town people.*

*You've come back home,
to see your people.*

*There is gesturing and
laughing with joy at your return,*

*Eyes popping and tongues thrusting
from the energy of those performing.*

*I see again
your beauty gleaming there
caressed by the wind,
and my tears are snatched away.*

*This fluttering dance
shows your home-town people's love.*

[Listen to the tune >>](#)

E Minaka Ana

(Tune – Saying something stupid)

Kia kaha tatou

Ki te (HI!) kōrero Māori!

E minaka ana taku waha

Ki te kai a te rangatira,

Taku reo Rangatira

Taku kuru pounamu tuku iho.

Mīharo kē ana

Ki tōna pakari kia ora

Tē memeha, te wairua

ki te kōrero Māori

Kia kaha tatou

Ki te (HI!!) kōrero Māori!

*Let us be staunch
in speaking Maori!*

*I desire that
my talk be like that of a leader,
my noble language
my precious inheritance.
Astound me
with your maturity by
the evanescence, the spirit you show
when speaking Maori.*

*Let us be staunch
in speaking Maori!*

[Listen to the tune >>](#)

[See ACTIONS >>](#)

E toru ngā mea

E toru ngā mea

Ngā mea nunui

E ki ana te paipera

Whakaponono

Tūmanako

Ko te mea nui ko te aroha

There are three important things

According to the Holy Book

Faith

Hope

And the greatest of all

Love

[Listen to the tune >>](#)

Mā Wai Rā?

Mā wai rā e taurima te marae i waho nei?

Mā te tika, mā te pono me te aroha e.

*How will the gathering be protected and
cared for?*

*Through what is right, through trust, and by
humanity and love.*

[Listen to the tune >>](#)

He Hōnere

He hōnore, he korōria

Maungārongo ki te whenua

Whakaaro pai e

Ki ngā tāngata katoa

Ake ake, ake ake

Āmine

Te Atua, te piringa

Tōkū oranga

Honor

And glory to God

Peace throughout the land

And goodwill

To all people

Forever

Forever

Amen

For it is God

Who is my companion

My source of life

[Listen to the tune >>](#)

Hōmai Tō Poho

Homai tō poho hei piringa

Tō poho hei piringa

Homai tō kiri kia rongo atu au

Tō kiri kia rongo atu au

Homai te kupu kia a kōrero

Te kupu kia kōrero

Nau nei au, nau nei au

Auē

Lend me your chest

So that I might be comforted

Your chest that I might seek comfort

Give me your skin to touch

So that I might sense you

Your skin so I might sense you

Give me your words

Your words that speak to me

Your words that speak

[Listen to the tune >>](#)

Ka Waiata

Ka waiata ki a Maria, hine i whakaae

Whakameatia mai te wharetangata

Hine purotu, hine ngākau, hine rangimarie

Ko te whaea, ko te whaea o te ao.

Amine

I sing to Mary, our mother,

The one who heard God's call

The call to be the mother

Of our Lord (of us all)

Gentle woman, loving mother,

Our Lady Queen of Peace

I sing to Mary, the mother

of our Lord (of our God)

[Listen to the tune >>](#)

Tutira mai nga iwi

Tūtira mai ngā iwi

Tātou tātou e

Tūtira mai ngā iwi

Tātou tātou e

Whaia te maramatanga

Me te aroha

E ngā iwi

Kia ko tapa tahi

Kia kotahi rā

Tātou tātou e

Tātou tātou e

Stand together people,

in unity stand together people,

in unity seek out the clearest vision

and our love so strong O our people,

Let us enfold each other

That we may all be one.

[Listen to the tune >>](#)

Purea Nei

Purea nei e te hau
Horoia e te ua
Whitiwhitia e te ra
Ma hea ake nga
Po raruraru
Makere ana nga here
E rere, wairua e rere
Ki nga ao o te rangi
Whitiwhitia e te ra
Mahea ake nga
Po raruraru
Makere ana nga here

Scattered by the wind

Cleansed by the rain

Uplifted by the sun

All doubts are

Lifted away

All restraints are cast off

Fly free, o spirit

Fly to the realms of the heavens

Uplifted by the sun

All doubts are

Lifted away

All restraints are cast off

[Listen to the tune >>](#)

Mihi Ki Ngā Ringawera

(Tune – Watching you, Ardijah)

Ki ngā ringawera tino papai ngā kai

Nō reira te kupu a koro, kui mā

Ka pai ki muri, ka pai ki mua,

ka pai ngā mea katoa

Ka pai ki muri, ka pai ki mua,

ka pai ngā mea katoa

Tirohia ngā kānohi ki te wākāinga

ahakoa whera tonu te pātaka

Ka pai ki muri, ka pai ki mua,

ka pai ngā mea katoa

Ka pai ki muri, ka pai ki mua,

ka pai ngā mea katoa

Nō reira rā e hoa mā

kei te mihi atu ki a koutou rā e ngā
ringawera

ka rawe tō mahi ki a mātou nei

Ki a koutou rā e ngā ringawera ka rawe tō
mahi

(Haka it) Ka kī te tangata ka koa te ngākau e

Aue, aue, aue... Hi!!

[Listen to the tune >>](#)

Tai Aroha

Ko te aroha anō he wai
e pūpū ake ana

He awa e māpuna mai ana
i roto i te whatumanawa (x 2)

Ko tōna mātāpuna he hōhonu
a ina ia ka rere anō

Ko tōna mātāpuna he hōhonu
a ina ia ka rere anō

He tai timu, he tai pari, te tai ope, he tai roa

He tai nui, he tai nui, he tai nui

Song – The water of eternal life

*Love is like water continually bubbling up
A spring that will keep flowing from within
the soul*

*Its source is deep within it has a soothing
effect*

An ebb tide

An incoming tide

A forceful tide

A long-lasting tide

A full tide

[Listen to the tune >>](#)

Tirotiro

Tirotiro ki taku tau

Kei hea rā kei hea?

Kei runga kē, kei raro kē?

Kei roto i taku moemoeā

Searching for you my loved one.

Where oh where are you?

Are you up there? Are you down there?

You are my future, my aspirations.

[Listen to the tune >>](#)

Ka Pai Nga Mea Katoa

Ki ngā ringawera tino papai ngā kai nōreira
te kupu a koro, kui mā Ka pai ki muri, ka pai
ki mua,

ka pai ngā mea katoa (x 2)

Tirohia ngā kānohi ki te wākāinga ahakoa
whera tonu te pātaka Ka pai ki muri, ka pai
ki mua,

ka pai ngā mea katoa (x 2) Nōreira rā e hoa
mā kei te mihi atu ki a koutou rā e ngā
ringawera

ka rawe tō mahi ki a mātou nei Ki a koutou
rā e ngā ringawera ka rawe tō mahi
(Haka) Ka kī te tangata ka koa te ngākau e
Aue, aue, aue... Hi!!

[Listen to the tune >>](#)