



www.iamhuia.com // Kupu - Huia Hamon // Te Reo me ona Tikanga - Lois McIver (Ngā Puhī)
2025. C+P - Kog Mastering Ltd, HūHā Music, Te Māngai Pāho, Precise Digital.

1. WAKA HUIA, VESSEL

English	Māori
V1 Life is beautiful, love is beautiful The strength of the spring, powerful in the azure The water flows, the heart soars Returning of the voice, of the voice of the world CH Precious Vessel x 2 You are the Waka Huia You are a vessel of knowledge And you shine! V2. Strike the drums, shake the trees move beyond this time to the future x 2 CH V3 Life and love are beautiful The strength of the spring, the strength in blue The water flows, the heart beats Returning of the voice, of the voice of the world Waka Huia!	V1 He ātaahua te ora, he ātaahua te aroha Te kaha o te puna, te mana o te kahurangi Ka rere te wai, ka hārō te ngākau Ka whakahokia te reo, ko te reo o te ao CH. Waka Huia x 2 Ko Waka Huia x 2 Ko Waka Huia koe Ko koe te tīrama! V2 Patupatuhia ngā pahū, turakina ngā rākau Kua tika te wā kia anga whakamua x2 CH V3 He ātaahua te ora, he ātaahua te aroha Te kaha o te puna, te mana o te kahurangi Ka rere te wai, ka hārō te ngākau Ka whakahokia te reo, ko te reo o te ao Waka Huia!

2. TĪAHO AHO, SHINE

English	Māori
V1 Too many unfulfilled promises To myself, to you and to the world How can we turn these into reality They slowly pass, or speed by On this journey, let's ignore everyone's opinions It's our time to shine! CH All I want, is your energy We can be anything we want to be We could've been this, or that But right now, We shine as one!! V2 I could be the one The savior of this world I could be the leader To rise up a force of woman I could be that pou It's my time to shine! CH	V1 Tini kupu taurangi kāhore nei e eke Māku, māhau, mā te ao katoa Me pēhea e whakatinanatia ai Ka tere atu ka pōteretere mai I tēnei haerenga, koia, aukatia te whakawā Tēnei te wā, kia tīaho ai! CH Ko tōku hiahia ana, ko tō pūngao Ahako te manako ka taea e tātou Mēnā i pēnei, mēnā i pēnā tāua Heoi, i tēnei wā Ka tīaho tahi tāua! V2 Ko au pea Te kaiwhakaora o te ao Ko au pea hei tuawahine Kōkirihia he kapa wahine toa Ko au pea te pou Māku te wā kia tīaho ai! CH

3. KAWAKAWA, MEDICINE

English	Māori
Aroha from me to you	Intro Ka aroha au ki a koe
V1 I wish, I wish this for you	V1 Tōkū hiahia au mōu
A wonderful life, with generosity	He ao whakahirahira, he ao ohaoha
Safety, Provided, Visualise	Haumarū, whai rawa, matakite
My wish, I wish this for you	Tōkū hiahia au mōu
Let no one else open your path	Māu kē tō ara e para
Listen to your heart	Whakarongo ki te ngākau
To reach your goals	Kia tutuki ō wawata
Some medicine to see you through	Ka tukua e ahau tēnei rongoā ki a koe x 2
CH Kawakawa, medicine, healing, messages x 2	CH Kawakawa, he rongoā, rongoā, rongo wā x 2
Some medicine to see you through...	(english)
V2 Be strong, be brave, be steadfast	V2 Kia kaha, kia māia, kia manawanui
When I am in the spotlight, I will still be clear	Ka whakatairangatia au, ka mārama tonu
Everything I need is within me	Ko au te katoa i roto i ahau
I am a force of nature	He toa au, he whenua
I am divine	He iho atua
This is freedom!	Koia te Herekore!
I will always have clarity	Ka mārama tonu au
Everything I need is within me	Ko au te katoa i roto i ahau
I offer this medicine for you x 2	Ka tukua e ahau tēnei rongoā ki a koe x 2
CH	CH
Bridge:	BR:
Oh, love, may you reach your goals	Auē te aroha, kia tutuki ō wawata x2
Aroha from me to you, some medicine to see you through...	English

4. WAIRANGI, THE WATERS

English	Māori
V1 I am the waters	V1 Ko au te wai
And so are you	Ko koe hoki
What of this power	Pēhea nei te mana
of the ocean!	o te moana!
We swim	Ka kaukau tāua
In this love	i tēnei aroha
Even if we fear	Ahakoā te wehi
Tangaroa	Ki a Tangaroa
BR Swim Swim	BR Kaukau, kaukau
The waters they greet me	The waters greet me
I flow so sweetly	I flow so sweetly
I'm still hypnotised	Ka wairangi tonu au
Wave, wave, wave	ngaru, ngaru, ngaru ngaru
V2 Red, the river	V2 He whero te awa
Of the gods	o te Atua
This is the time	Tēnei te wā
of my Ikura	o taku ikura
The precious blood	He taonga te toto
of my womb	o taku whenua
The beginning	Te tīmatanga
Of all life	o ngā tāngata katoa
CH Love can throw you around in its ocean, find your feet and swim up towards the sun	CH (english)

5. KĀKANO, SEED

English	Māori
INTRO Although small, it is precious (repeat)	INTRO Ahakoa he iti, he pounamu (anō)
CH I am the seed, I am the seed	CH He kākano, he kākano ahau (x2)
If it is me, plant me in the earth	Mēnā ko au, whakatōkia au ki te nuku
Although small, it is precious	Ahakoa he iti, he pounamu (x 2)
V1 Plant me	V1 Whakatōkia au
In the leaf layer of the earth	Ki te raurākau o te nuku
To beat with the land's heart	Hei manawa tahi me te whenua
Songs	Ngā waiata
Precious sounds of the earth	Ngā Taonga puoro o te nuku
That lies here beneath	E takoto nei
Bloom, bloom on, bloom on, bloom on!	Kia puāwai tonu, kia puāwai!
CH	CH
Plant me	Whakatōkia au
To beat with the land's heart	Hei manawa tahi me te whenua
To bloom	Kia puāwai

6. AO PŌ, DAYNIGHT

English	Māori
Be attentive to	Kia aro
Your growth in the seasons of the year	Ki tō tipu haere i roto i ngā wāhanga o te tau
The colours and sounds	Ki ngā tae me ngā tangi x 2
The ups and downs of the world (x2)	Ki ngā piki me ngā heke o te ao x 2
Here we thrive	Ko te puāwaitanga e ngunguru nei
Carrying the ancient strength of fortitude	Ko te mauri tawhito e ngunguru nei
Symbol of life	Te mauri tawhito o kaha
We welcome thee	Te mauri ora, tau mai rā
CH	CH
From day, to night, from night, to day	Ka ao, ka pō, ka pō, ki a au
I'm calling for patience	Karanga nei au kia manawanui
From day, to night, to night, to day	Ka ao, ka pō, ka pō, ki a au
Give me the dignity of the mountains	Tau mai te mauri o ngā maunga
Day to night, day to night	Ka ao, ka pō
V2	V2
Bring to attention	Kia aro
The bravery of the body	Ki te māia o te tinana
Reaching out	E toro atu ana
Way up high to the skies above	Ki ngā rangi tūhāhā
Deeply connected to life, to life	E hono rētō ai ki te ora, ki te ora
Open up (x2)	Tuwhera atu x 2
To the unseen - CH	Ki te ao wairua - CH
	(Karakia anō)

7.RANGIMĀRIE, PEACE

English	Māori
CH Go up and down	CH Haere ki runga ki raro
What's the reason for this?	He aha te whakaaro?
To always support the reason	Hei kaupapa āio
Peaceful, for Peace	Rangimārie Rangimārie (x 4)
Moemoeā! X 4	Moemoeā! X 4
V1 Never bow	V1 Kaua e tūpou
Never bend the knee	Kaua e piko
Be staunch and	Me tū mārō
Stand your ground, be brave x 3	Me māia x 3
CH Go up and down	CH Haere ki runga ki raro
What's the reason for this?	He aha te whakaaro?
To always support the reason	Hei kaupapa āio
Peaceful, for Peace	Rangimārie, Rangimārie
and Dream, Vision!	Moemoeā! X 4
CH	CH

8. HŪHĀ, WORLD

English	Māori
V1	V1
I wake up	Ka oho au
To the buzz	Ki te pōnānā
To the scents	Ki te kakara
Bring me peace of the sun	Tau mai te hā o te rā
Oh, my thoughts	Auē, ōku mahara
Are hurting	E mamae ana
I must run to the jungle, healing	Me oma au ki te waokū, he rongoā
To overcome this feeling	Kia waerea ai
CH	CH
When the signs are false	Ka hē ngā tohu
I rise to a radiant light x 3	Ka ea au, ki te aho x 3
(the hū and the hā of the world)	(Ko te hū me te hā o te ao) x 2
V2	V2
Listen to me	Whakarongo mai
Never mind	Hei aha tāu
the gossip	te kōrero paki
the dirty speak	te kōrero paru
They're merely words	He kupu noa iho x 2
Clap it away x 2	Pakipakia atu! x 3
We gotta clap them, away aye	(english)
Kia waerea ai - CH	Kia waerea ai - CH

9. TUHI, TEMPLE

English	Māori
V1 Too many secrets I keep deep inside They're locked up tight in the corner of my mind Never to spill out Never to air Your secrets are safe in me I'm a temple, without a key CH Why does everyone come to me? With their lives and prophesies? They say, they say, release the drama of the day I could write out all I've been told I could flip this world, in a page it would unfold I could write a book x 4 V2 Too many secrets They defy gravity If you heard them you would scream! You would dive into the sea Never dry out, never to crystallise Your secrets are safe in me Unless you mock me or you cross me Then I let these words fly Fly free, fly free, fly free - CH I'm a temple without a key (repeat)	V1 Ka nui ngā kōrero muna Ka pupuri ki a au E whakakī ana i te Kokonga o ōku mahara E kore e tāheke, E kore e puta atu Ka haumarua mai ō kōrero Hei whare tapu kore kī au CH He aha rātou e haere mai ai? Me ā rātou pakiwaitara? Kei tēnā, kei tēnā ōna raru o te wā Ka tuhi pea au ki raro, nga kōrero nui Ka hurihia te ao, ina māroha te whārangi Ka tuhi pea he puka x4 V2 Ka nui ngā kōrero muna E āmio kau ana Ka rongona e koe ka tioro koe Ka ruku iho ki a Hine-moana Tē maroke ai, kia hua ai te tioata Ka haumarua mai ō kōrero Ina taunu mai, ina māminga mai Ka tukua ēnei muna, kia rere ai Kia rere, kia rere ai - CH Hei whare tapu kore kī au (anō)

10. MAIA, NAN MĀMĀ

English	Māori
V1 Grandmothers	V1 Kuia mā
You wrap me	E horopaki mai au
In your korowai	ki tō korowai
In threads of muka	tō aho muka
I sing in our language	Ka waiata au mā te reo
To break your silence	Hei whatu anō ki ō taonga
Like a waterfall	Pēnei i te wairehu
I echo you	Ka pāorooro mai.
V2 Ko Māia	V2 Ko Māia
Your moko kauae of stars	I tō moko kauae kei ngā whetū
Aue, sparkle just for me	Auē, kōrikoriko mai
To release the fear in me	Tukua te hopo
Grandmothers	Kuia
V3 Mother	V3 Māmā
I see your kindness	Ko tō atawhai
In the lines of my face	i ngā rārangi o tōku mata
I sing in my language	Ka waiata au mā te reo
To break the silence	Hei whatu anō ki ō taonga
Of the first people of the world	Mō ngā iwi taketake o te ao
Of the first people of the world	Mō ngā iwi taketake o te ao

11. WAIATA UA, RAINSONG

English	Māori
V1 Let me return once more	V1 Ka hoki mai anō
To the moss	Ki ngā kōpuru
Of the peaceful waterfall	o te wairere - rangimārie
I flew with the winds	I rere au i ngā hau
An ancient Home	He kāinga tawhito
In the forest	Ki te ngahere, hei Aotūroa
I wake at night	Ka oho au i te pō
to sing to the rain	waiata au ki te ua
CH Sunbeams	CH Ngā hihi o te rā
and soft droplets of rain	me te kōuaua
Breath in the scents of	Whakahī i ngā kakara
The home	o te kāinga
of forest spirits	o ngā taurangi
I light up x 2	Ka tūramarama au
BR In the distance	BR Ki tawhiti ki tua
Beyond my memories	o ngā maharatanga
In the distance	Ki tawhiti ki tua
It sings back to me	Ka whakahoki mai te ua
CH - V1	CH - V1

12. WERO WERO - CHALLENGE

English	Māori
Oneness, ownership x 2	Kotahitanga, mana motuhake x 2
V1	V1
This is the challenge	Anei te wero
For Aotearoa	Mō Aotearoa
This is what we fight for	English
Shut your mouth now	Katia tō waha
Racist people	Tangata kaikiri
You'll leave no legacy	English
CH	CH
Oneness, ownership x 2 (repeat)	Kotahitanga, mana motuhake x 2 (anō)
V2	V2
The rising of the children	Te aranga o ngā tamariki
The rising of the youth	Te aranga o ngā rangatahi
The rising of the sun	Te aranga o Tamanuiterā
The truth, of the future	Te aranga o te pono ko te anamata
V1 (again)	V1 (anō)
CH	CH
Oneness, ownership!	Kotahitanga, mana motuhake!