

# *Tihei Mauri Ora!*

## *Uplifting Māori*

E tipu e rea mō ngā rā o tōu ao  
Ko tō ringa ki ngā rākau a te Pākehā hei ora mō tō tinana  
Ko tō ngākau ki ngā taonga a ō tīpuna hei tikitiki mō tō māhunga,  
ā ko tō wairua ki te Atua, nāna nei ngā mea katoa.

*Grow up and thrive for the days destined to you.  
Your hand to the tools of the Pākehā to provide physical sustenance,  
Your heart to the treasures of your ancestors as a diadem for your brow,  
Your spirit to your God, to whom all things belong*



Tā Apirana Ngata (1874-1950), Ngāti Porou leader, lawyer and scholar, was undoubtedly the foremost Māori politician to have ever served in Parliament. Throughout his life Ngata had one goal – to uplift the Māori race spiritually, culturally, and economically (Encyclopedia of NZ, 1966). As a leader he was well equipped by temperament, a magnetic personality and education to wrestle with the many problems that confronted him. In Parliament and as a professional, rarely has the Māori point of view been more forcibly expressed even to this day.

There are many lessons we can learn from this great New Zealander. One is that we will always keep what we think, say, do positive and uplifting. Can you name the people who have inspired or enriched your life? Each day, we are impacted by the people we meet – and they are impacted by us. Moreover, our own lives are influenced by little things that we do, little choices that we make. Let's work to make that impact uplifting in the lives of others and in our own lives as well. In that way you just might find the big things you do, and the big choices you make will take care of themselves. Kia pai tō wiki!



A Monday Motivational by MANU AO Academy – A National Inter-University Māori Academy for Academic and Professional Advancement.

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