

## Te Matikara

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Te wāhanga o te tinana  
Te roa o taku ringaringa mai i te pokowhiwhi  
ki ngā matimati ringaringa

E whia ngā matikara

Te roa o taku waewae mai i taku hope ki ngā  
matimati waewae.

Te tāroaroa o taku tinana mai i te upoko ki ngā  
matimati waewae