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TE PAE
MATAARA



Me mau rawa koe i tētahi uwahi mata

Te mau i tō uwahi mata kia haumaruru

Āraia tō ihu, tō waha me tō
kauae ki te uwahi mata, ka
whakaū ai i te tika o te mau.

Me mau tō uwahi mata i te roanga o te haerenga

Kaua e pā ki tō mata, ki mua
hoki o tō uwahi mata, ā, kaua
hoki e tangohia i a koe i te
waka.

Rukea atu rānei, horoia rānei tō uwahi mata

Whiua atu ki tētahi ipu para
tō uwahi mata ka rukea noatia
i te mautanga kotahi, horoia
rānei ki te wai wera tō uwahi
mata, e whakamahia anō ai, i
muri i ia whakamahinga.