

A spell composed to banish bad memories  
(for a young woman of Ngāti Kahungungu)

Wake up. Be quick about it.  
The windows have been covered,  
the doorways stopped up.  
There, in the corner, a cloak  
has been jammed into the cracks.  
It is a trick. The darkness has lifted.  
The korimako is singing, listen.  
The riroriro is singing.  
You in the shadows, wrapped in your arms,  
you in the shadows, with terrible dreams,  
wake up, stand up.  
Step outside, into the light.  
The sun is like water. It will wash.  
It will prickle along the back of your arms.  
The tūi is singing.  
Piwakawaka is singing.  
Unstop the cracks.  
Tear down the blinds.  
The sun is like water. It will dissolve.  
You will float. It will float.  
You will float. It will float.

He karakia hei whakamahea i ngā maumaharatanga kino  
(mō tētahi taitamāhine o Ngāti Kahungungu)

Kia hiwa rā. Kia hiwa rā.  
Kua tāpōuri ngā pihanga.  
Kua punia te kūaha.  
Nā wai te korowai i whakatōngia i ngā kohao?  
He māminga. He tinihanga.  
Tangi ana te korimako.  
Tangi ana te riroriro.  
Whakarongo! Ko te ata.  
Whakarongo! Ko te ata.  
Ko koe, i te koki, tākaia mai i ō ringa,  
ko koe, i te koki, e moepapa ana,  
hei ara, kia tere.  
Haere atu ki waho.  
Rite tonu te rā ki te wai, hei horoi.  
Rite tonu te rā ki te wai,  
hei whakamemeha i tō kiri.  
Tangi ana te tūi.  
Tangi ana piwakawaka.  
Hei ara. Kia tere.

Haere atu ki waho.  
Rite tonu te rā ki te wai.  
Māu e rere. Māna e rere.  
Māu e rere. Māna e rere.

Note: This poem references a recurring theme in Māori storytelling in which an unsuspecting character is kept asleep by another who blocks the light from entering their room.