

Ko Mana tōku maunga  
Ko Aroha te moana  
Ko Whānau tōku waka  
Ko au e tū atu nei

Mana is my mountain  
And Aroha is my sea  
Whānau is my waka  
And all of that is me

Ahakoā pāmamao  
Kei konei koe  
Though you are far away  
I hold you near

I'll keep the home fires burning  
So you can see clear  
Kia maumahara mai rā  
Nō konei koe

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Ko Whānau tōku waka  
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Ko Mana tōku maunga  
And all of that is me