



**ANZCA**

FPM

*Te Whare Tohu o  
Te Hau Whakaora*

## What are karakia and how do you use them?

Karakia are prayers or incantations used by Māori to acknowledge and affirm the spiritual world and their ancestors. Māori families frequently use karakia in their day-to-day lives. In the case of upcoming surgery, karakia offers another element of protection to the person undergoing anaesthetic and surgery.

This karakia was written by Mark Kopua, for patients to use in preparation for their upcoming surgery or procedure. It talks about summoning ancient tools, created by the Māori supernatural being Rongo, to help bind and heal the body.”

Anyone is welcome to use this karakia, there is no “correct” way to recite it. You may read it aloud or silently to yourself, with loved ones or alone, sing it, speak it, whisper it – kei a koe te tikanga.



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## **Karakia Poka composer; Tohunga Mark Kopua**

Mark Kopua was raised in Mangatuna, by his old people and is considered a historian by his East Coast tribes.

He is renowned for his expertise as a master carver and has spent 44 years in carving which includes completing seven ancestral meeting houses. Mark has dedicated 31 years to working at the forefront of modern moko (traditional Māori tattoo) and has trained several moko artists while continuing to work as a moko artist and design consultant.

He has been employed in many national and international roles, including involvement in Moko Ihorei (tattooed head) repatriation work and domestic and international provenance of traditional Māori carvings.

Mark began his journey in mental health services in 2012 as a cultural advisor/worker for a community Māori Mental Health Service.

He held the position as Tohunga (expert) for Te Kūwatawata - a Māori-designed mainstream mental health service. Together with his wife Dr Diana Kopua, Mark has created Te Kurahuna - a whare wānanga (training institute) where practitioners learn Indigenous knowledge in a unique and authentic way.