



Health Navigator New Zealand

Video transcript:

Ko e levekiaga he Agaaga - Vala I [Looking after your wairua (part 1)]

00:00

Fakaalofa lahi atu!

00:01

Ti, ko e talahauaga ha Te Whare
Tapa Whā mai ia Ta Mason Durie,

00:07

ko e wairua he utaaga nei ko e tau mena fakaagaaga

00:12

ti ko e kakano ha ia ne mahuiga
ke fakatumau e haau a tau tauteaga fakaagaaga ke lautatai.

00:20

Lautatai e haau a malolo
tino, haau a malolo fakaagaaga,

00:24

malolo ke he manamanatuaga, mo e malolo magafaoa.

00:28

Tau mena haau ne maeke ke taute
ke fakatumau ke haohao mitaki haau a agaaga.

00:34

Maeke ia koe ke fakaolo atu e lime ke he taha,

00:38

fakatumau ke matutaki mo e tau magafaoa poke tau kapitiga,

00:43

liga lata ke kamata taha mena ne ai manatu a koe ko e taha mena ke taute - taha mena manako ke taute ,

00:48

taha mena ne fakafiafia a koe

00:50

mo e taha mena ne fakalologo aki haau a agaaga.

00:54

Fakaalofa lahi atu!