



Health Navigator New Zealand

Video transcript:

Tauhi lelei te Agaga (Vaega I)

[Looking after your wairua (part 1)]

00:00

Malo ni

00:01

E tuha ai ma te fauhaga tenei, Te Whare Tapa Wha, na tuhia e Sir Mason Durie,

00:07

Ko te wairua I te nofonofoga teia, ko te ola fakateagaga,

00:12

Ma ko te mafuaaga ia e tāua ai te tauhi lelei o to ola fakateagaga, e tatau ke paleni lelei.

00:20

E tatau ke paleni to ola manuia I te tino, ola manuia fakateagaga,

00:24

ola manuia o te mafaufau, ma te ola malolo o kaiga.

00:28

Ko na vaega e tatau ke fai e koe, ke tauhi lelei ai to ola manuia fakateagaga.

00:34

Koe e mafai ke hakili fehoahoani ki he tino,

00:38

Te tumau na hokotaga ma na kaiga ma na uo,

00:43

pe fakatino he mea e heāheā ke faia – he mea e fialia koe kiei,

00:48

He mea e fiafia ai koe,

00:50

ma he mea e pehe fiafia ai to loto.

00:54

Fakafetai.