

Wairua o te puna,
aroha e! (x2)

I tau i tau i runga ra
he tangata
hei ora mo

Ngā mea katoa
o te whenua,
te rangi,
ki waenganui

Wairua o te puna,
aroha e! (x2)

Kia pupu, pupu ake x 3

Aroha, aroha, a-ro-ha!

The spirit is bubbling up

all across the land

And the spirit welling up

is love!

The spirit welling up is love,
affection, togetherness!

Situated high above us

is a being

that is the life force

in the spiritual world,

for all things

upon the land,

and in between.

May it bubble up for ever,

Love, affection, togetherness!