



# Ka parāni tatou no te 'akaruke'anga i te 'aremaki

Te inangaro nei te aronga 'anga'anga o te 'aremaki, kia kite meitaki koe i te au mea ravarāi, e te au pa'u'anga ki teta'i ua atu o ta'au, au uiui'anga, i to'ou 'akaruke'anga i te 'aremaki. Ka tauturu teia potonga pēpa iākoe. Kua 'uri'uri takere ia ana pa'a teta'i au mea kiā koe, e kare e inangaro'ia. Tēna rāi te au ngā'i vā, me ka inangaro koe, me kore ra, to'ou kōpu tangata i te tātā.

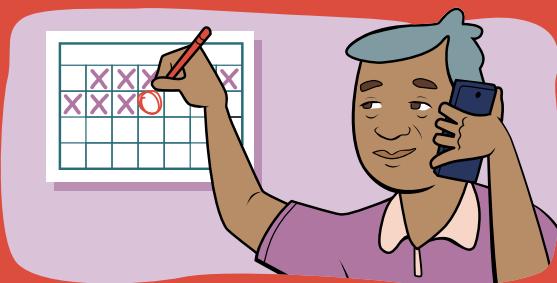
## 1 Te te'ate'amamao'anga no te 'akaruke

- Me e manamanatā to'ou, me kore ra, e au ui'anga ta'au kare i pa'u'ia atu no runga i to'ou rapakau'ia'anga, komakoma atu ki to'ou taote, me kore ra, ki te nēti.
- Tātā'ia te ingoa, e te au turanga 'ārāvei'anga o teta'i ua atu ka inangaro koe i te 'ārāvei atu, no runga i to'ou rapakau'ia'anga, i muri ake i to'ou 'akaruke'anga i te 'aremaki.



## 2 Te au tatuātau'anga o te au tuātau te ka āru mai

- 'Akapāpu ki to'ou taote, me kore ra, ki to'ou nēti, me ka anoano'ia koe no teta'i tatuātau'anga te ka āru mai, me kore ra, me e au vāito'anga ke atu teta'i, e, me e 'āe, ki 'ea (teia te 'ākara'anga, ki ko i te 'aremaki, me kore ra, ki ko i to'ou Taote).
- Me te anoano ra koe i te 'ārāvei atu i to'ou Taote i muri ake i to'ou 'akaruke'anga i te 'aremaki, 'akapāpu meitaki kia kite koe e, 'ā'e, ma te 'akama'ara i te ma'anī atu i teta'i tatuātau'anga.
- Me te tiaki ra koe i teta'i 'aka'oki'anga vāito, kimi'ia te rāvenga e tae atu ei kiā koe (teia te 'ākara'anga, ka taniuniu atu teta'i iākoe, me kore ra, ka anoano'ia koe kia taniuniu).





## 3) Vai-rakau'anga

- Tātā'ia te au vairākau ka anoano'ia koe kia kai, me kai koe, no te a'a, e te au manatā e tarotokakā'ia ana te ka tupu.
  - 'Akapāpu meitaki e, te mārama ra koe i teta'i ua atu tauī'anga ki te au vairākau tei mātau'ia e koe (me e mea ta'au).
  - Me e/au vairākau 'ōu to'ou, matakite, ka tutaki pa'a.



## 4 Te 'ākono'anga iākoe 'uā'orāi, i muri ake i to'ou 'akaruke'anga

## **E au uiui'anga pa'a ta'au:**

- teta'i ua atu e tau kia matakite koe i muri ake i to'ou 'akaruke'anga i te 'aremaiki (teia te 'ākara'anga, te au 'akairo-maki manatā, mei te kake'anga o te vera, te kake'anga o te mamae, me kore ra, te ta'e'anga toto)
  - teta'i ua atu 'akaue'anga tei 'ōrongo'ia atu (teia te 'ākara'anga, no runga i te 'oki'anga ki te 'anga'anga, te 'aka'oro, me kore ra, te tātāki 'apinga)
  - te au mea tau kia rave koe kia vai mātūtū (teia te 'ākara'anga, te kai, te 'akamātūtū'anga kōpapa, me kore ra, te 'akangaro'i'anga)
  - me 'oki koe ki te au mea tei mātau'ia e koe
  - teta'i ua atu mea e tau kia tauī koe i te rave'anga.

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