

How you can experience dadirri

- Reserve a space regularly for about 5 minutes, in the morning or evening. Go outside if you can. Simply sit and look at and listen to the earth and environment that surrounds you.
- Focus on something specific, such as a bird, a blade of grass, a clump of soil, cracked earth, a flower, bush or leaf, a cloud in the sky or a body of water, whatever you can see.
- You can also let something find you, be it a leaf, the sound of a bird, the feel of the breeze, the light on a tree trunk. There's no need to try, just wait a while.
- Be still and silent and listen.
- Following this quiet time, there may be, on occasion, value in expressing in some way your experience of this quiet, still listening. You may wish to talk about the experience or journal, write poetry, draw, paint or sing. This needs to be held in balance - the key to dadirri is in simply being, rather than in outcomes and activity.

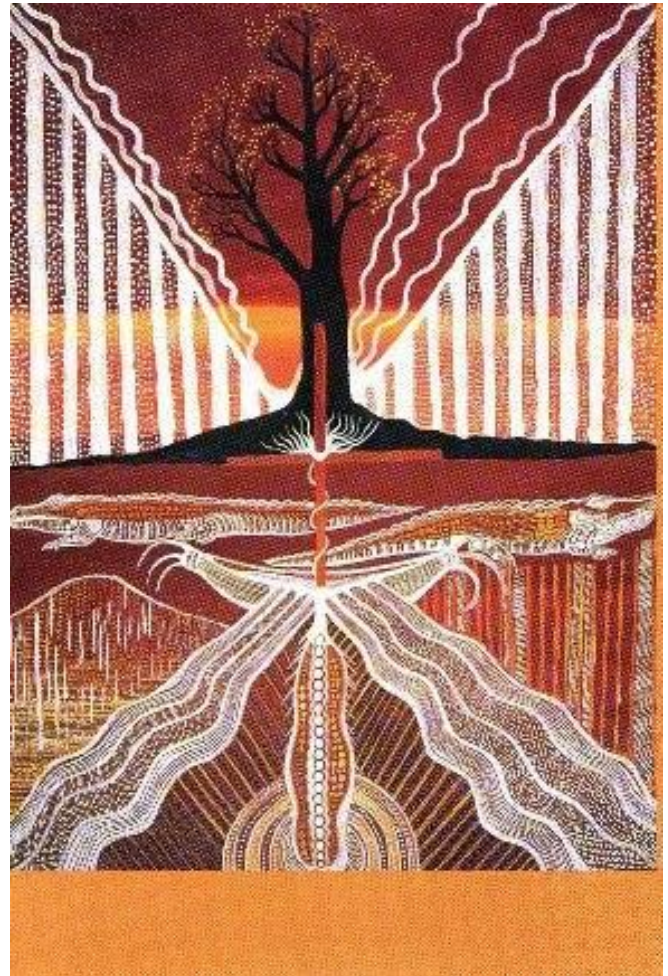
Source: Deep listening (dadirri) - Creative Spirits, retrieved from
<https://www.creativespirits.info/aboriginalculture/education/deep-listening-dadirri#toc2>

Speak

Creator Spirit,

Blessed are you who made all things.
You are wondrous with your blessings.
You have given me land.
This is where I come from.
My sacredness,
My identity,
My food and shelter,
My healing,
My knowledge,
My strength,
My hope.

You know who I am,
where I come from and where I am going.
You have made my tracks in the place.
Grant me the wisdom
to follow them with courage.
Your Spirit in this place, comfort me.
My Spirit thirsts for your love
to be present in my heart.
I know I am never alone.



1 'The Tree of Life' by Miriam Rose Ungenmerr-Baumann

(adapted: <http://www.yarrahealing.catholic.edu.au/celebrations/index.cfm?loadref=58>)