TOPIC 2.2: RITUAL PRAYER AND MEDITATION

Depthing Understanding: Dadirri

In this lesson students will experience the Indigenous concept of stillness called Dadirri.

Teachers: Before You Start!

1. Read the document called Dadirri and decide where would be best to take the students for the experience.
2. Decide how you will deliver the reading of the document to the class.

For students to explore and experience Dadirri complete the following activities:

1. To prepare for an experience of Dadirri, listen carefully to, or read carefully, the article about Dadirri, a spiritual gift from the Indigenous peoples of Australia.
   a. Identify which of the three key themes of Dadirri: Listening/Awareness, Quiet Stillness and Waiting might be difficult for you. Be aware of this when you participate in the practice of Dadirri.
2. Participate in the Dadirri experience outside where you can sit quietly.
3. Choose a way to respond to the experience.
   a. Write a reflection about whether the experience was meaningful to you.
   b. Sit in silence and reflect on one of the phrases of Miriam Rose Ungunmerr-Baumann:
      i. All persons matter. All of us belong.
      ii. Dadirri recognises the deep spring that is inside us. We call on it and it calls to us.
      iii. My people are not threatened by silence. They are completely at home in it.
      iv. We do not try to hurry things up. We let them follow their natural course - like the seasons.
      v. When a relation dies we wait a long time with the sorrow. We own our grief and allow it to heal slowly.
      vi. Everything must be done in the proper way.
   c. Draw in silence whilst reflecting on the words above. For example, try drawing your preferred hand with your non preferred hand. It is difficult and cannot be hurried. Take the time to include details in your drawing.

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