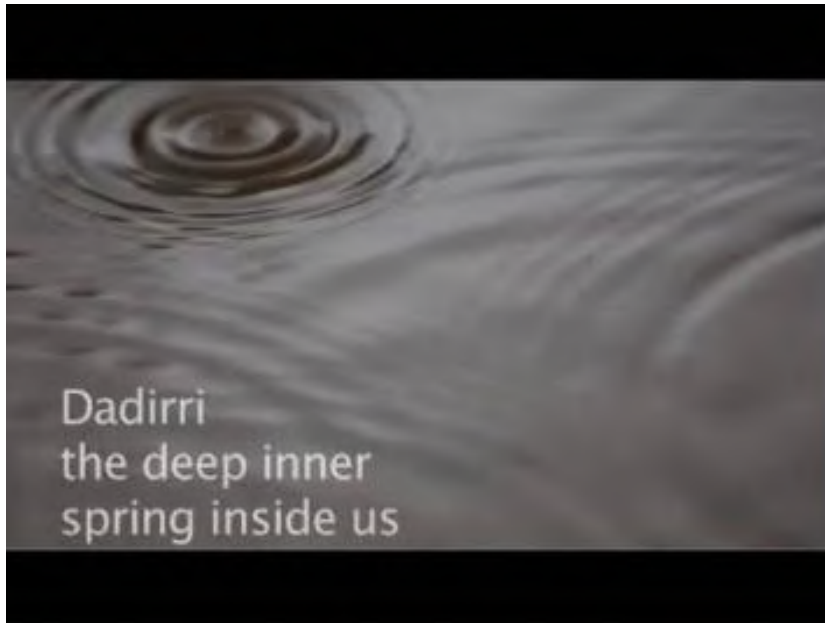


Reconciliation Matters Update

A resource for learning about First Nation People

The oldest continuous Culture on the Planet



Dadirri

The time for rebirth is now. If our culture is alive, is strong and respected, it will grow. It will not die. And our spirit will not die. But believe that the spirit of Dadirri - that we have to offer, will blossom and grow, not just within ourselves, but in our whole nation.

Reflection

Miriam-Rose Ungunmerr AM

Dadirri is a reflection written by Miriam-Rose Ungunmerr AM from the Nauiyu Community, Daly River, Northern Territory. The word, concept, and spiritual practice that is dadirri (da-did-ee) is from the Ngan'gikurunggurr and Ngen'giwumirri languages of the Aboriginal peoples of the Daly River region.

Warning:

This Video Magazine may contain names, images and voices of deceased Aboriginal and Torres Strait Islander people.

Acknowledgement of Country

We respect and honour Aboriginal and Torres Strait Islander Elders past, present and future. We acknowledge the stories, traditions and living cultures of Aboriginal and Torres Strait Islander peoples and commit to building a brighter future together.

Contents

3

Background and next
steps **New**

4

Spirals a tool for growth
New

5

Kinship and Knowledge
New

6

More than
a word **New**

7

Share our pride

8

Oldest continuous
culture

9

Surviving to thrive

10

Rock art and songlines

11

Our shared history
New

12

Spirituality and culture

13

Well-being and Mental
Health

14

Finding solutions **New**

15

Culture and
urban life **New**

16

Leadership in
communities

17

Evolving structures for
Justice & Treaty

18

Reconciliation Walk and
Resources **New**

19

Web of Life Labyrinth
New

Background

1770, Captain James Cook declared the Continent's east coast as Terra Nullius, or land belonging to no one. In 1788, the British arrived on the Eora Nation's lands (Sydney), the home of 29 clans of the Gadigal people; Aboriginal people inhabited all of the Continent and Torres Strait Islanders lived on the islands between Australia and Papua New Guinea. Over 500 different clan groups lived here and did not cede the Continent to the British.

First Nations people have endured Intergenerational Trauma; massacres, deprivation of homelands, and denied the right to practice their Culture or speak their languages. Children were taken away and some are still searching for their families. These acts of [genocide](#) are still impacting nine generations of their people today. It was not until 1967 that Australia's first people were counted in Australia's population and entitled to vote. Today, they face their next significant challenge – the right to self-determination and to be recognised in the Constitution.

Next steps

We appreciate ALN Council's considered involvement in Reconciliation Matters resulting in twenty-four people from across Australian states to participate in a national conversation. As we prepare to gather, we consider what it means to be good allies. Summer May Finlay of Reconciliation Australia has written seven tips for non-Indigenous Australians on how to be useful allies. Summer is a writer, academic, and public health consultant. Summer has worked in several different areas relating to Aboriginal health and social justice. Read the article [here](#)



In the Spirit of Dadirri, on our journey of mutual trust, as good neighbours, we share the video magazine with Australia's First People, at the local level, learning about and acknowledging our shared history and creating opportunities to 'walk' for a Reconciled Australia.

As labyrinth walkers with reflection in our DNA, as observers of our actions, thoughts and emotions, we take opportunities to view the videos and develop our understanding of Culture, Intergenerational Trauma and the need for policies and practices for self determination.

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Spirals: A tool for growth.



A spiral not being closed highlights ongoing processes of learning and co-generating knowledge.

The National Centre for Cultural Competence Training University of Sydney - Indigenous Philosophy takes a holistic approach, passed down through Lore and the Dreaming for generations, supported and taught by Elders. Circles are used within Indigenous cultures to illustrate the holistic nature of ways of knowing and being. The spiral indicates that the system is not closed or static, highlighting the ongoing learning and co-generating knowledge processes. It indicates a continually shifting perspective that is inspiring and life-renewing.

The Natural World

Sam Wolf March 19, 2015

Spirals are a common shape found in nature, as well as in sacred architecture. In the natural world, we find spirals in sunflowers, the swirl of draining water and weather patterns . . .

Spirals also appear in your DNA, fingertips and at the crown of your head. Spirals seem to permeate many diverse natural formations: inorganic and organic, lifeless and alive, non-conscious & conscious. Why do spirals exist everywhere? Read the article [here](#)



The labyrinth is a symbol that relates to growth.

The Labyrinth combines the image of the circle with a complex, spiraling meandering but purposeful path that leads you to a central point, offering experiences and the energy of the spiral. As you walk the path toward the center, you are drawn deeper into self, gaining insight and clarity about a shared history with First Nation people.

By setting an intention for your Reconciliation Walk, knowing your heart sends more messages to the brain, than the brain to your heart, you are embodying your walks intention and open to all that it unfolds.

Resources: Learn about the Reconciliation Labyrinth used during apartheid in South Africa and the video resources to assist in the preparation for your walk [here](#)

How to draw/create a Classic Labyrinth designed by Paula Gail Griselle Goldstein [here](#)

Labyrinth Design Explained

The Man in a Maze [Labyrinth](#) below comes out of the spiritual tradition of the Tohono O'odham tribe in SW Arizona and New Mexico.

The unisex figure waiting at the entrance to the design may represent the concept of a child (all of Creation) birthed by its' mother (Mother Earth). The design may help moving inside yourself, getting in touch with giving birth to new ideas.

Download Relax4Life Finger Labyrinths and learn about the designs [here](#)

Read about The Web of Life double Labyrinth [here](#)



Kinship and knowledge New

Dr Lynette Riley

University of Sydney's Training and Resources are informed by Indigenous ways of knowing, being and doing. The Kinship Module is an educational resource that promotes cross-cultural understanding by explaining the intricacies of the Aboriginal Kinship system. It also incorporates video interviews and conversations with Aboriginal community members from western New South Wales. The module is open to all and aimed at providing foundational information on how Aboriginal Kinship systems operate. Read more [here](#).

1. [Welcome and Acknowledgement](#)
2. [Nations Clans and family group](#)
3. [Moiety](#)
4. [Totems](#)
5. [Skin Names](#)
6. [Language and traditional Affiliations](#)
7. [Lines of communication](#)

Embedding Aboriginal Cultural Knowledge in curriculum at University Level through Aboriginal Community Engagement [here](#)

Funded by an Office for Learning and Teaching (OLTC) grant, the Kinship Module is a free online resource, open to all, is aimed at providing foundational information on how Aboriginal Kinship systems operate.

1. Decolonise mainstream curriculum. By enabling educators, particularly in the humanities and social-science related subjects, to teach in a way that respects and allows Aboriginal voices to be highlighted.
2. Provide empowerment to Aboriginal people who, through this online module, were given the opportunity to voice their thoughts and experiences in ways meaningful to them.

Universities in Social Justice

See page 254 - 257 [here](#).

The chapter delves deeply into the importance of embedding Aboriginal cultural knowledge into curriculum at the university level. In doing so, the chapter sets out an Aboriginal community engagement model compared with a western research model, which the authors hope will be useful to other researchers who engage in research with Aboriginal people and/or communities.

Historically: Education Minister NSW in 1937 said Aboriginal people are from a "children race" adding, in 1943, incapable of handling their own affairs and intellectually incapable of "higher forms of education." These prevailing views resulted in Aboriginal people denied open access in education and societal structures until late 1970s – Mid 80's

[Go To Content](#)

Imagine Unity

Reconciliation Australia



Beyond the Myths

Reconciliation Australia



Family and Kinship

Reconciliation Australia



Intergenerational Trauma

Healing Foundation



Rainbow Spirit

by Samantha Vick



22 August 2021

Reconciliation - More than a word



Unlearning the Myths

Many people are learning about the treatment of Aboriginal and Torres Strait Islander people they were never taught at school. Now they are unlearning the myths perpetuated during their lifetime. This year the theme will focus on how Australians can better recognise each other and the contributions, cultures and histories of Aboriginal and Torres Strait Island people

Be part of the information loop. Find out about events and connect with Traditional Owners of the land and waterways.

New South Wales [here](#)

South Australia [here](#)

Queensland [here](#)

Tasmania [here](#)

Victoria [here](#)

Western Australia [here](#)

Aust. Capital Territory [here](#)

Northern Territory [here](#)

Strengthening Relationships

Reconciliation is about strengthening relationships between the wider Australian community and Aboriginal and Torres Strait Islander peoples. Learning about Reconciliation's concept, history, and progress can help viewers appreciate what Reconciliation means to First Nation people.

Growing our people's profile in Sydney. **New**

University of Sydney - Centre for Cultural Confidence. 3min video.



Narragunnawali: Reconciliation in Education

3 min video



To involve the whole of school activity: divide your school into Buddy Classes, walk through the school grounds, or do a lap around the oval. Start or end the walk at your school flag poles and have some students read out information about Aboriginal and Torres Strait Islander flags. Invite your parents and community members to join staff and students on the reconciliation walk.

Resources from Narragunnawali [here](#)

Share our pride



Dr Tom Calma 1.25 min video.

This website will give you a glimpse of how life looks from an Aboriginal and Torres Strait Islander perspective. Each section works through videos and other material in a certain order, so each chapter builds on the last.

1. First Australians [here](#)

Introduces the diversity of Aboriginal and Torres Strait Islander groups in Australia and consider how these cultural identities make Australia a unique country.

2. Our culture [here](#)

Consider what culture means to Aboriginal and Torres Strait Islander peoples and how their connection to culture continues today.

3. Our shared history [here](#)

Investigates our shared history since European settlement. Discussing the events that unfolded at the time of European settlement will consider the ongoing impacts of intergenerational trauma on Australia's First People.

4. Beyond the myths [here](#)

Considers and challenges many myths that have shaped broader Australia's perceptions of Aboriginal and Torres Strait Islander peoples.

5. Respectful relationships [here](#)

Considers some of the ways in which we can all build respectful relationships to progress reconciliation.

Share our Pride - Resources

Books [here](#)

Want to learn more about Aboriginal and Torres Strait Islander peoples, cultures and our shared history? Reading is a wonderful way to continuing your learning journey. This section will share great articles, award-winning literature, reports and information sheets to get you on your way.

Films [here](#)

Storytelling is an important aspect of passing knowledge from one generation to another. Aboriginal and Torres Strait Islander people have long used storytelling to share their culture, and many great stories captured on the big and small screen.

People [here](#)

Stories of success to inspire, encourage and share best practice. This chapter highlights successful reconciliation policy and programs, with a particular focus on the significance of respectful two-way relationships. Want to learn more about Aboriginal and Torres Strait Islander peoples, cultures and our shared history? This section will share great articles, award-winning literature, reports and information sheets to get you on your way.

What does Reconciliation mean?

At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians.

In a just, equitable and reconciled Australia, Aboriginal and Torres Strait Islander children will have the same life chances and choices as non-Indigenous children, and the length and quality of a person's life will not be determined by their racial background.

Our vision of reconciliation is based and measured on five dimensions: historical acceptance; race relations; equality and equity; institutional integrity and unity.

Read more [here](#)

Karen Mundine Chief Executive Officer, Reconciliation Australia [Website](#)

Oldest continuous culture



Genome study rewrites history 70,000 years

Scientists now can re-interpret the history of our species. Hair donated by a West Australian Aboriginal man around a 100 years ago was used to sequence a full genome, revealing a new twist in the tale of humankind's dispersal across the world. Courtesy of Murdoch University this 10 min Video is for reuse under Creative Commons.



Aboriginal Agriculture 70,000+ years

Indigenous writer and anthologist Bruce Pascoe draws colonial journals to dispel the myth that Aboriginal people were hunters and gatherers and "did nothing with the land that resembled agriculture." Bruce demonstrates a radically different view of Australian history. 12 min video TEDX Approved.



Astronomy and Science 65,000 years

Dr Duane Hamacher from the Monash Indigenous Studies Centre. Interview: Scott Reddix & Catriona Nguyen-Robertson. Videographer and Editor: Robert Cross. Produced by the Royal Society of Victoria with the support of the Inspiring Australia program. 10 mins video Creative Commons - Full Lecture 80 mins [here](#)



Rock Art and Engineering - 50,000 Years

A chance sighting from a helicopter led to the oldest stone construction in the World. A rock shelter with natural pillars modified through 50,000 years of human history. Over 1000 art depictions, some are showing extinct megafauna. 12 Min video John Gollings Landscape Architecture Approved

Surviving to thrive



Mungo Man - 40,000 years

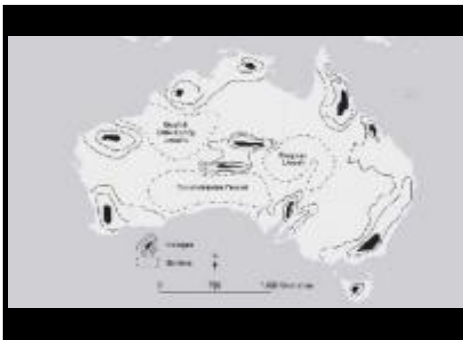
The oldest skeleton ever found in Australia, Mungo Man, has been returned to his home 40,000 years after his death. He spent the past 40 of those years being studied by scientists. Now he has returned to where he once lived.

4 min video. Australian Broadcasting Commission Approved



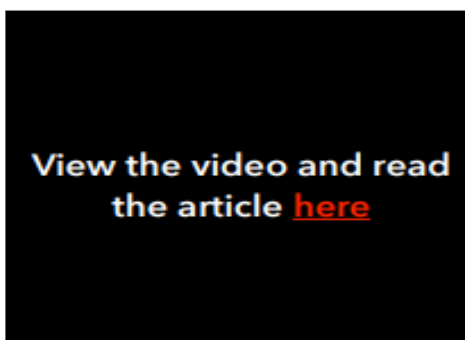
Cultural Impacts of Astronomy. 42,000 years

Ray Norris Ray, a British Australian astronomer with the CSIRO Astronomy & Space Science, who researches how galaxies formed after the Big Bang. Cultural impacts of Astronomy of Indigenous Australians - 400 different Aboriginal cultures in Australia with a distinct mythology, ceremonies, and art forms, some with a strong astronomical component. Macquarie University approved 46min Video. Approved



Read Surviving Ice Age 20,000 years ago

Australian Geographic report by Wes Judd, revealed how First Nations people coped with the last Ice Age, roughly 20,000 years ago. The Map, by Peter Veth, estimates the areas Aboriginal groups congregated during the Ice Age. Approved



Underwater Artifacts 7,000 years

Australia's first underwater archaeological sites off its west coast dating to more than 7,000 years ago will help with the understanding of the cultural and technology development of its first peoples, scientists said Thursday Archaeologists in Western Australia discovered hundreds of stone tools.

Sydney Reuters Approved

Rock art and songlines



Songlines defined in the Landscape

A team of archaeologists, Aboriginal community members and bushwalkers discovered and documented hundreds of archaeological sites, many with magnificent drawings, stencils, paintings and engravings in sandstone rock shelters and on rock platforms. Copyright © 2011 Paul Ta9on, PERAHU, Griffith University. 34 min video Approved



How Songlines Aid Memory

Lynne Kelly, a science writer, has written 18 books, including The Memory Code. Her research showed that people used the most extraordinary memory techniques to memorise massive amounts of practical information without writing.

17 min video TEDx Approved



Songlines A 360 experience - Rhoda Roberts

Float amongst the endless expanse of The Pleiades, behold the majestic scar trees, marvel at the Western Kimberley and the Wandjina as Rhoda Roberts AO, Head of Indigenous Programming at Sydney Opera House and this year's Director of Lighting the Sails, guides you through 'Songlines'.

5 min video Sydney Opera House Approved



Rock Art - visitors from Asia and Europe

Ronald Lamilami is a senior Maung language traditional owner of Arnhem Land's Wellington Range, NT, Australia. The Djulirri site contains over 3000 rock paintings, stencils and figures made of beeswax, an archive of history, experience and belief also documents some of the changing contact from Asia and Europe Copyright © 2011 - Paul Ta9on, PERAHU, Griffith University. 34 min video Approved

Our shared history



Frontier Aboriginal 1997 Documentary

This documentary of Aboriginal history is divided into four main sections, moving from the Dreaming through contact history, to massacres and resistance, on to assimilation policies and the politics of Aboriginal cultures, to a final section on historiography - the various ways in which Aboriginal history has been made and remade. Mikey Glamour Posted 111

YouTube 2 hrs 45 min video can be watched in four parts



Exploring Australia's Outback

Once, Australia discussed whether Aboriginals belong to fauna or to human beings. Today in the Kimberley, home to various Aboriginal communities, most are in transition, causing limbo and distress. Some have given up; others choose to fight to bring a change for their people.

80 min video wocomoHUMANITY



Oldest country besieged by the youngest

Best Campaign Film at London Documentary Festival 2011 looks at relations between Aboriginal and European Australians from the beginning of Colonisation until 2011 and ongoing Government policies of paternalism and forced assimilation, explores issues underlying current disadvantage and upholds the right of First Australians to be empowered in their own country. 80 min video. Our Generation. Approved



Uncle Jack Charles - Transformation **New**

Geraldine Doogue interviews Uncle Jack Charles about his life as a member of the stolen generation, with abusive experiences in a children's home, then a religious life up to the age of seventeen, his foster mother reported him to police for finding out about his Aboriginality. This led to a life of drug addiction and crime with theatrical appearances in-between. Ironically, seeing a documentary about his life was transformed and a respected Elder. 28min video Marcos Maestro Compass July 2019



Kanyini Trailer

KANYINI is a story told by Bob Randall, who lived beside the greatest monolith in the world, Uluru. Based on Bob's journey and the wisdom he learnt from the old people living in the bush, Bob tells the tale of why Indigenous people are now struggling in a modern world and what needs to be done for Indigenous people to move forward. Or see the 53 min Documentary [here](#)

Spirituality and culture



Wellbeing: Aboriginal people know Culture

A study on the wellbeing of Aboriginal people living in remote communities found practicing culture played an important part in happiness. Part 1 of a three-part of series produced for Professor Shez Cairnie and NINTI INTERPLAY project. It is an example of short documentaries being used to share research results. 8 min video Approved



Dreaming it in the spiritual lives today

According to Aboriginal belief, all life as it is today - Human, Animal, Bird and Fish is part of one vast unchanging network of relationships which traced to the great spirit ancestors of the Dreamtime. The Dreamtime continues as the "Dreaming" in the spiritual lives of aboriginal people today.

53 min - Best Full English Documentary Channel Approved



Art is more than painting, it is about Lore

Banduk Marika is an award-winning Yolngu printmaker and bark painter. Travel with her into the bush as she gathers materials and teaches her children and grandchildren important lore. This Place: Artist Series follows Six Aboriginal and Torres Strait Islander artists across Australia who share their connections to country and how it inspires their art and identity. 6 min video. Yikkala Community ABC Approved



Dadirri Helping to live in two worlds New

Aboriginal educator and artist, Miriam-Rose Ungunmerr-Bauman AM talks about challenges facing Aboriginal communities, and the Aboriginal concept of 'Dadirri.' She spoke to Eureka Street TV - Indigenous Theology Symposium at Australian Catholic University Brisbane - University's Asia-Pacific Centre for Inter-Religious Dialogue. 6 min

Well-being and mental health



The value of deep listening - healing

Judy Atkinson is an expert in understanding inter-generational healing and recovery from trauma in Aboriginal and Torres Strait Islander peoples. At the core of this moving talk, she describes her approach to healing. It's about listening. In order to heal, the stories behind the trauma must be heard. 16 min Video TEDx Approved



Enhancing clinical practice in mental health

Understanding the significance of culture, family, community and spirituality in the healing journey for Aboriginal people is important. It can assist services in designing, delivering and evaluating care that improves mental health and wellbeing outcomes for Aboriginal children, youth and their families .Approved.



How culture and spirituality affects mental health

The mental health problems of urban Indigenous can be understood only if the person understands the problems of Tribal Indigenous people, as these are linked. Learn how culture and spirituality affect the mental health. 9 min video Indigenous Mental Health MeDTalk Approved



Building authentic relationships

Traditional western models for 'helping' Aboriginal communities don't work. By turning these models upside down in favour of building authentic relationships and on-the-ground community engagement. Denise Hagan and the Puuya Foundation are empowering a remote Aboriginal community in Cape York, Australia; delivering successful, life-changing programs.

11 min video. TEDx talks. Approved

Finding Solutions



Long Cry of Indigenous Peoples to be heard.

Pat Turner, AM, CEO of the National Aboriginal Community Controlled Health Organisation & Lead Convenor of the Coalition of Aboriginal and Torres Strait Islander Community-Controlled Peak Organisations. '2020 'ANU World Annual Lecture': 90 min video National Press Club Approved



Time to stop the 'rot' - Deaths in Custody.

Labor Senator Pat Dodson, says Australia has not addressed the underlying issues that give rise to First Nations people dying in custody. Any 'new-beaut system' that government is proposing must 'actually look at the systemic approaches. Read about new protocols in Victoria [here](#) 4 min video Guardian Approve



Torch's Indigenous Arts in Prisons. **New**

Torch presents the exhibition Confined 12, including artworks by Indigenous artists currently in or recently released from prisons in Victoria. Confined 12 presents a strong visual metaphor for the over-representation of Aboriginal people in the criminal justice system. See exhibition [here](#) Zalika Rizmal ABC Breakfast Program



The Stolen Generations: **New**

The Apology to The Stolen Generations Dr Tom Calma addresses the Prime Minister Kevin Rudd and the Jenny Macklin on the Apology2008 apology to The Stolen Generations. Video 10.15 min Reconciliation Australia. Approved



The solution to Indigenous disadvantage

What if Australia's approach to Indigenous disadvantage offers neither solutions nor value for money? Kia Dowell helps co-create locally relevant solutions to complex business and challenges current policies and suggests ways we, as individuals, can do better as a nation. Approved 11 min video TEDx

Culture and urban life New

Reconciliation Australia features six extraordinary young Australians who share what Indigenous culture means to them today in contemporary urban Australia. From the bustling streets of Sydney to the aquamarine vistas of the Torres Strait, their stories span a diverse population across the country and yet share common themes of resilience, courage, optimism and success.



Josh Toomey

Josh, an electrical linesman, 28 years, an underprivileged background, had no career prospects. But his vision and determination saw Josh become NAIDOC Apprentice of the Year.
10 Min Video



Kim Isaacs

Kim is a Yawuru, Karajarri and Noongar. Initially, Kim was not accepted in training as a doctor and became an accountant. Eventually, Kim undertook medical training and draws on western Indigenous knowledge in her practice.
8 Min Video



Miranda Tapsell

Miranda, actress, 27 years old, is a descendent of the Larrakia and Tiwi nations. Miranda's starred in The Sapphires, TV drama, Love Child. Through her work bridging the gap between Indigenous and non-Indigenous people.
8 min video.



Harry Sabatino

Harry, engineering student, 19 years old, from Saibai Island in the Torres Strait. Harry studies at the University of Queensland. He is motivated by the threat that rising sea levels pose to his island home. He has plans to start up an engineering business in the Torres Strait that will employ local people.
7 min video



James Saunders

James, a rugby player, is 28 years old living in Sydney. He is Gundtjumara on his father's side and Wiradjuri on his mother's side. His passionate about Indigenous representation in the media and runs his own digital PR company. 8 min video



Kaylah Tyson

Kaylah a rapper, 26 years old, from Brisbane. A Meerooni woman of the Gurang nation. With a background in conscious political rap in groups, is a successful solo hip hop artist recognises the power of music to reach people and make connection.
10 min video

Leadership in communities



20 years building Indigenous community

Ngayaywana woman Patrice Mahoney received an Order of Australia OAM, actively collaborating for NAIDOC Week, Reconciliation Week and Sorry Day commemorations, working with Phillip Island Nature Parks, Bass Coast Health, and Westernport Water to establish Reconciliation Action Plans. Read more [here](#) Courtesy of The Sentinel Times Newspaper



Working with youth

Read about Derek Nannup, 2021 Young Australian of the year of the Noongar Nation. He says connection to culture is important for the next generation. He set up Indigenous Youth Yarning Circles, a support worker for children in care and sits on the Mirrabooka Police District Youth Advisory Group and more. Courtesy National Indigenous Times Read more [here](#)



Keeping the language alive

Tui Ravenas, a linguist-in-training is a frustrated linguaphile who speaks only one language fluently; she has a passion for all languages and keeping home languages alive. A former Indigenous Literacy Officer at State Library of Western Australia was involved in an English literacy program for remote communities 9 min video TEDx Approved



Finding power in culture

Alec Doomadgee is a descendant of Waanyi, Garawa and Gangalidda tribes from the Aboriginal community of Doomadgee in the Gulf of Carpentaria QLD. He had bridged the gap between traditional and his modern life tells the emotional story of how he succeeded in life and paints an optimistic picture of how to make it work in the future. 14 min TEDx

Evolving structures for justice and treaty



Uluru Statement From The Heart

In May 2017, Aboriginal and Torres Strait Islander Peoples, coming from all points of the southern sky, made the Uluru Statement from The Heart. Building on decades of activism in pursuit of constitutional reform and self-determination, Aboriginal and Torres Strait Islander Peoples. 20 min TEDx Approved
20 min video TEDx



Victorian Treaty Advancement Commission

This is a graphical presentation about the formation of First Peoples Assembly. That body will establish the Victorian Treaty Advancement Commission. Courtesy of The Australia Institute.
2 min video



Myths about Sovereignty and Treaty

Indigenous Australians are still feeling the impacts of white colonisation. We know that many experienced worse health outcomes, worse economic outcomes and find themselves inside the justice system at far higher rates than the rest of the country. Its role is to advance the state's treaty process.
11 min video The Australia Institute



Yoo-rook Justice Commission

The impacts of white colonisation are still being felt by Indigenous Australians. We know that many experienced worse health outcomes, worse economic outcomes and find themselves inside the justice system at far higher rates than the rest of the country. disadvantage and advance the state's treaty process. 6 min video Australian Broadcasting Commission.

Reflect, Respect and Reconcile

Reconciliation Labyrinth

The Reconciliation Labyrinth designed by Clare Wilson from South-West Africa (Zambia) acknowledges we don't start the journey from the same place. However, to relate, recognise and reconcile differences and to grow in our strength of diversity, we can start our journey towards where people really care about each other



Sometimes the Path allows us to travel alongside each other, But if we keep walking, when we are at the furthest point from the divided entrance, we find that we are on the same Path. When we walk the Path each other has walked, we can begin to understand how life experiences have shaped us to be where we are today.

Eventually, we reach the 'heart space', where we need to decide whether we walk into the center together - a place that belongs to us all. When it is time to leave, we find the third Path to exit 'through the body and on our feet walking into the future, still 'not-knowing but on a journey of hope.

Clare has given Permission to create the Reconciliation Labyrinth. Download the instructions [here](#) and send Clare any photos of your event.

Email clare@labyrinths.co.za

Reconciliation Website [here](#).

How to make the Labyrinth [here](#)

[Go To Content](#)

Resources for Labyrinth Walking



Your Walk's Intention
2 min video



Heart Brain Coherence
7 min video



Breathing technique
6 min video



About Labyrinth Walking
10 min video

Reconciliation Intentional Walk.

Walking with an intention can be in a Labyrinth or a park. Walking a large spiral clockwise into its center and anti-clockwise out; in its simplicity, your walk can replicate the experience of walking the complex spiral of a Labyrinth.

You don't walk a labyrinth or a spiral to find out about it. You walk to find out about yourself and your relationships. Observing your thoughts and emotions during your walk can serve as a metaphor for a journey into self and back, creating opportunities for change and growth.

By walking the perimeter of the labyrinth or in a park, becoming aware of your intention visualize your breath travelling from your heart to you brain, and back again. This technique embodies your intention and on your arrival at the Labyrinth entrance, you are ready for what unfolds.

Other Resources

Find a Labyrinth to walk [here](#)

About Sacred Geometry [here](#)

Web of Life Labyrinth

The Global Alliance for the Rights of Nature is a global network of organizations and individuals committed to the universal adoption and implementation of legal systems that recognize, respect and enforce “Rights of Nature”.

Rather than treating nature as property under the law, the time has come to recognize that natural communities have the right to exist, maintain and regenerate their vital cycles. **The intention was for participants to experience a sense of presence individually and collectively.** To take pause and connect with the Web of Life as a portal to the Tribunal event and the bigger work we share.

Walking the labyrinth serves as a gateway for connecting to the depth of our reality, into a new way of being as an Earth Community. The labyrinth represents the sacred pathway for cultivating harmony and relationship with our Earth Community.

The winding pattern of any labyrinth also represents the circulation of vital energies within our human bodies and collective cosmic bodies. Spirals are seen in many forms in nature. They traditionally represent life, nature, balance, change, awareness, connectivity, and fertility. The double spiral labyrinth especially represents connection and flow.

The Web of Life Double Spiral Labyrinth



A double spiral design for the labyrinth path allowed separate entry and exit points so that people could enter and exit in a continual single direction flow. Traditional labyrinths use the same path to enter and exit. The single direction path was chosen to facilitate a large number of people walking the labyrinth during a condensed window of time.

Scroll down to The Web of Life Labyrinth [here](#) and read how a recycled, knobby threaded berber carpet was unravelled and dyed shapes of green, blue and orange. Strands of 4 – 5 threads were wrapped and tied together to create spools of rope.

[Go To Content](#)

Walk a moment with the village heart By Jeff Conant

Before we were humans
We were earth's flowering abundance.
We were the infinity of the sky
And the variegated wild waters.
We were all creatures, once.
How many of us have gone?

During the time you walk this labyrinth,
How many species will vanish?
How many languages, how many stories?
How many peoples?
We cannot know because they are numberless.
The species, the stories, the peoples lost –
They are numberless.

So, as you walk this labyrinth,
Hold them in your heart.
Walk with them a moment
Because this village,
this global village,
– all of her –
has one heart,

Because it is our heart
Walk with this a moment.

Print [Web of Life Labyrinth – Poem](#)

Adapt - A living tree altar - a ritual for Earth Day altar or adapted for a Reconciliation Walk

Connection cards, with the Web of Life Poem on one side and a reflection on the other side captures the essence of what we are about as a movement.

Altar lines and prayer flag strings allow people to clip on their cards. As people walk the labyrinth, they reflect on the impacted . . . life and the powerful act to Walk a moment with the village heart.

The labyrinth led to the living tree altar.