

Exploring Dadirri

Year 5/6, HPE



What is Dadirri?

Dadirri (pronounced da-did-ee) is a profound practice of deep listening and quiet, still awareness.

Originating from the Ngan'gikurunggurr and Ngen'giwumirri languages of the Aboriginal peoples in the Daly River region of the Northern Territory.

Dadirri is not merely a concept but a spiritual and cultural practice that connects individuals to themselves, others, and the land.

Source: [Miriam Rose Foundation](#)



The importance of Dadirri

Dr. Miriam-Rose Ungunmerr-Baumann, an Aboriginal Elder from the Daly River region, eloquently describes Dadirri as "inner, deep listening and quiet, still awareness." She emphasises that this practice is a gift to all Australians, offering a pathway to healing and reconciliation.

Dadirri is more than a practice; it's a way of life that encourages individuals to be present, to listen deeply, and to respect the interconnectedness of all beings.

Source: [Miriam Rose Foundation](#)



Benefits of Dadirri

Dadirri helps you focus and be present in the moment, which reduces stress and makes you feel calm. It improves your self-awareness by helping you understand your feelings, while also connecting you with nature through deep listening.

Practising Dadirri clears your mind, helping you think clearly and make better decisions. It also builds empathy and understanding, improving your relationships with others.

Dadirri promotes inner peace, making you feel more relaxed and balanced.



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