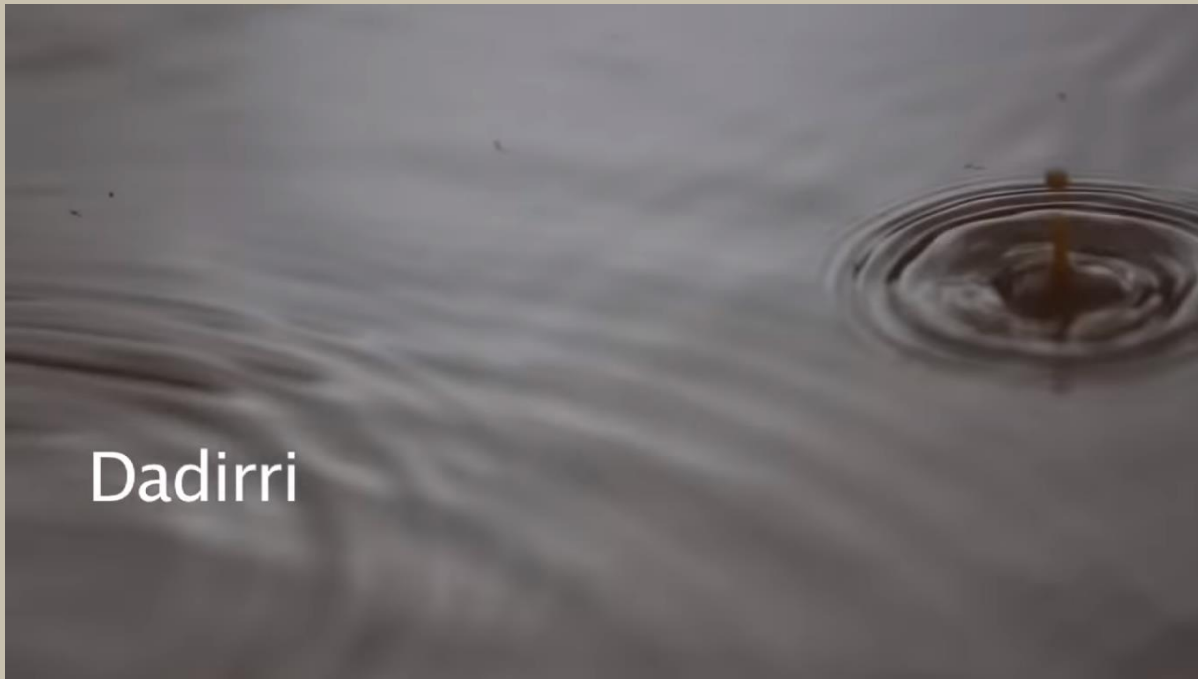


# Dadirri

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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 (Northern Territory, Australia). It means **inner deep listening and quiet, still awareness**. Learn more about dadirri by watching this short video (< 4 mins) from the Miriam Rose Foundation:



After watching the video, pause for a few moments. Breathe quietly with the world within and around you.

\*

What do you hear? The sounds of your household? The sounds beyond your household – birds, trees moving in the wind? The sound of yourself – the fabric of your clothes rustling as you move to get a little more comfortable, the soft sound you make as you swallow, the gentle rhythm of your own breath?

\*

Take a few moments to listen more deeply – what do you hear when you attend to the world around you with more than just your ears? Loving care that might have otherwise passed you by unnoticed? A change in pattern that needs attention? Unspoken pain or grief silently yearning for solace?

\*

Catherine McAuley listened deeply to the world around her. She also listened deeply to what her own heart was telling her. The result was a “courageous, contagious concern” for the needs of the poor, which animated her life and drew others to similarly listen and respond to what they heard, within and without.

What rises up in you in response to your deep listening today?