Listen to the Land...Listen to the Soul

"Let tiny drops of stillness fall gently through your day."

Miriam-Rose Ungunmerr-Baumann

The indigenous peoples of our world have been inviting us for years to listen to the land, to listen to soul. In Australia, the indigenous people speak of *dadirri* which means an inner, deep listening and a quiet, still awareness.

In the spirit of *dadirri* we invite you to take some time...slowly...
...to hear the ancient wisdom of the indigenous peoples
...to be aware of Earth
...to listen to your heart
...to wait
...to welcome
...to come home

You may choose to be out in nature or in your own place of quiet and reflection. Let an image of creation come into your awareness...allow it to fill your soul...absorb you.

As you breathe in this space, breathe deeply and slowly...be open and receive...ask and hear...respect and care...hold and bless...yourself...our world

We invite you to journal your thoughts and / or share with a friend.

*From the IPA Spirituality & Charism Committee PBVM Srs. Terry Abraham, Maria Lazzaro, & Dorothy Scesny*