The background features a light grey field with scattered white stars. Overlaid on this are several large, semi-transparent Aboriginal dot patterns. One prominent pattern is a large yellow circle with concentric rings of white dots, located in the upper right. Another is a blue circle with concentric rings of white dots, located in the lower left. A diagonal line of white dots runs from the bottom left towards the top right.

I would like acknowledge the Larrakia people as the custodians of the Darwin region and that their cultural and heritage beliefs are still as important to the living Larrakia people today.

I would like to acknowledge this land that we meet on today which is the traditional land for Larrakia people, and that I respect their spiritual relationships with their country.

I would also like to extend that respect to other Aboriginal and/or Torres Strait Islander people who are present.





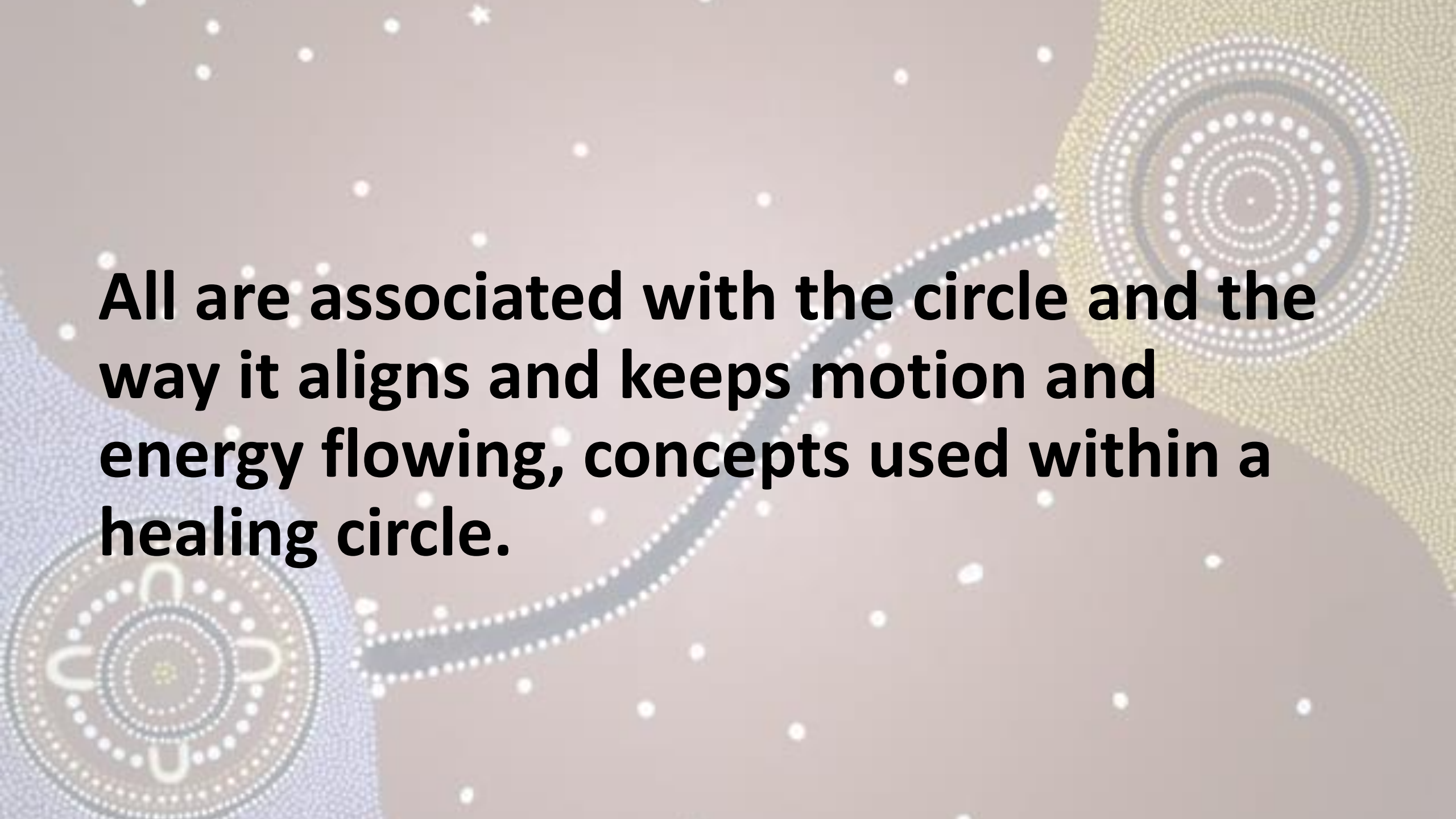
The background features a light beige color with scattered white dots and stars. Two large, semi-circular dotted patterns are visible: one in the bottom-left corner with a blue-to-white gradient, and one in the top-right corner with a yellow-to-white gradient. A curved dotted line connects the two patterns across the center.

“What are Talking and Healing Circles”

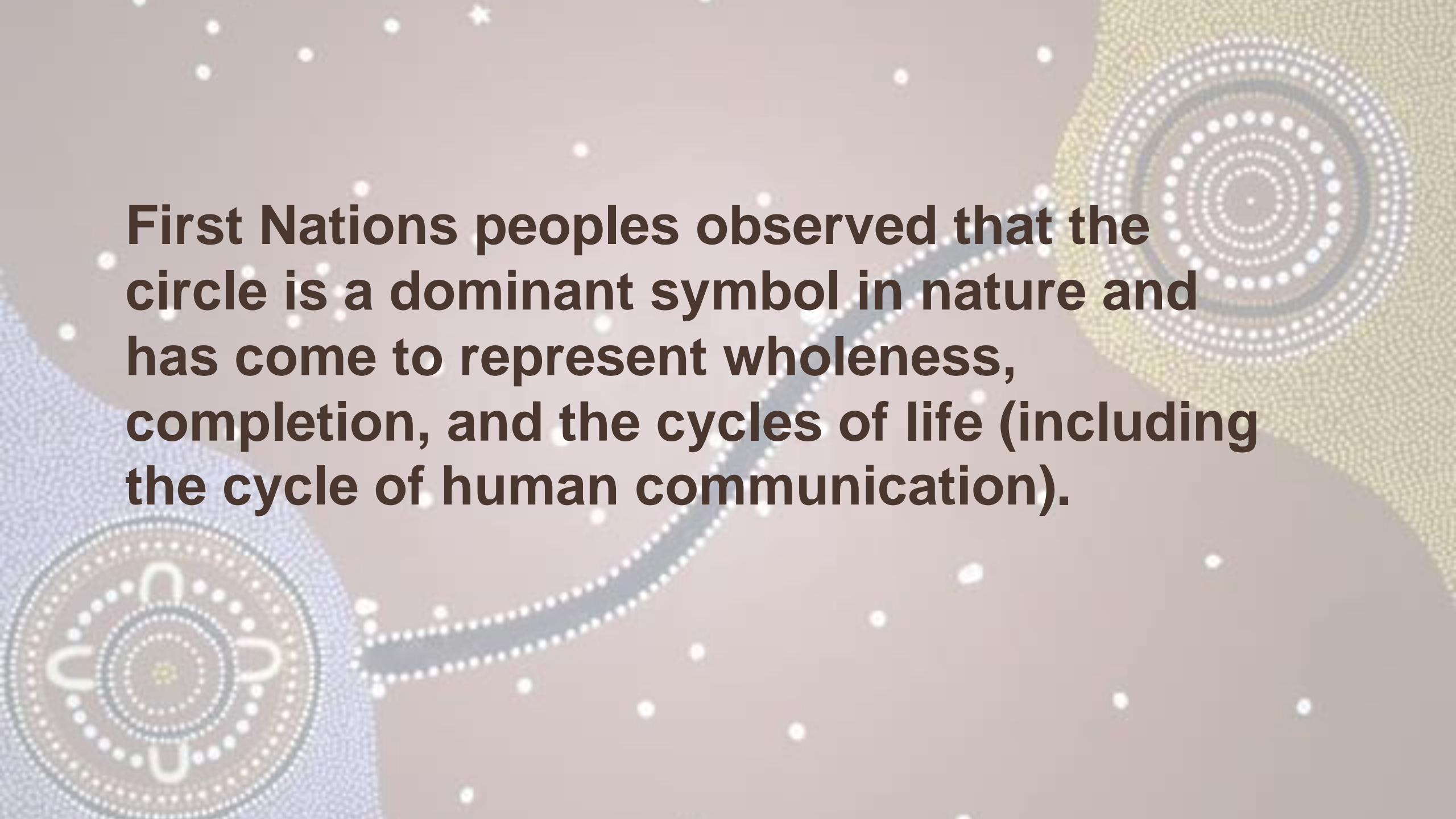
The concept of the healing *circle* comes from the ancient archetype dating back to the beginning of time of the circle and the ideas associated with it.

A circle has been used as a reference in a cycle of time, clocks, watches, yin-yang, the egg, completion, coming full circle, the beginning and the end, wholeness, geometry of creation, the wheel, celestial objects, crystals, and jewellery.

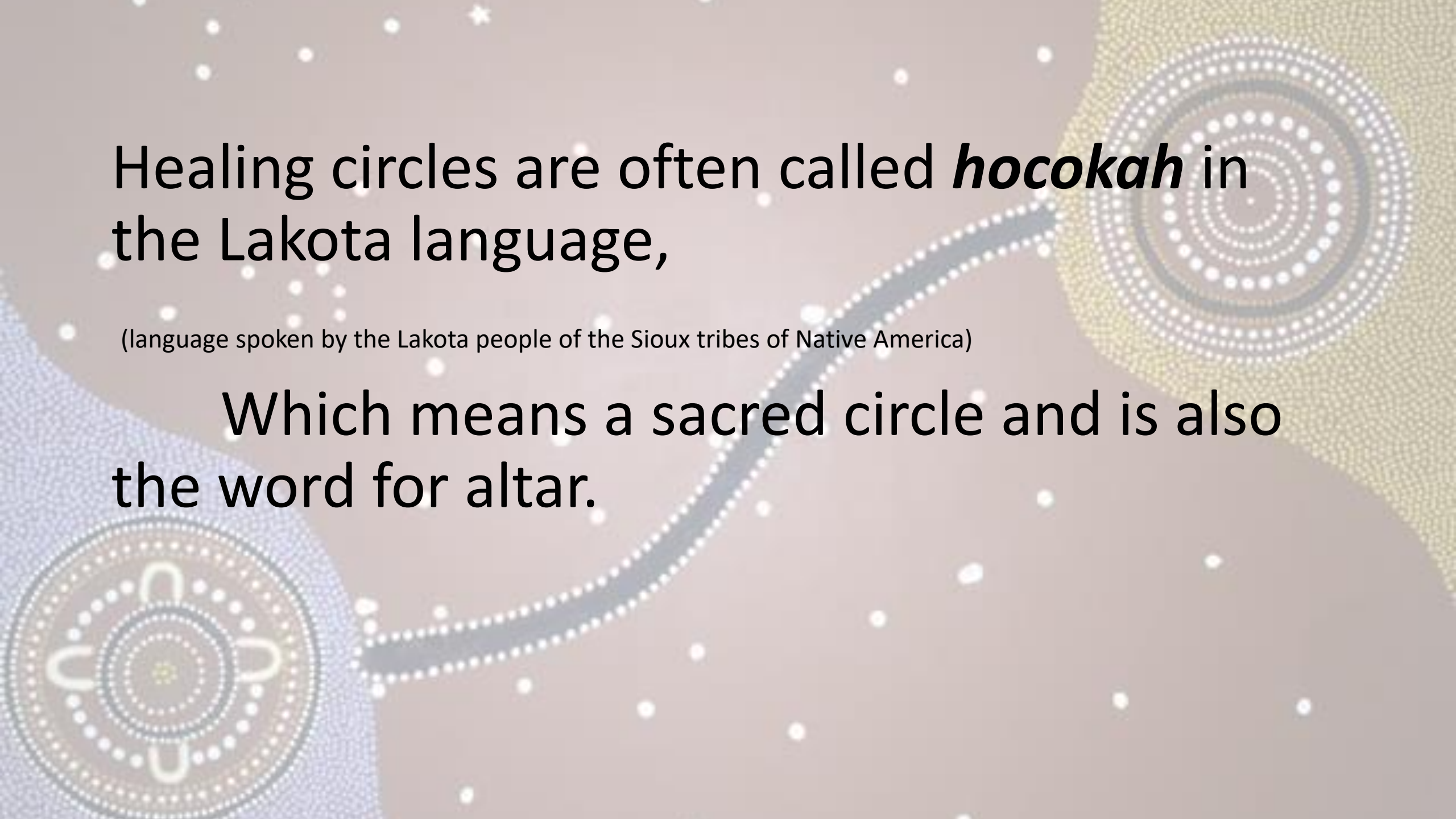
All are associated with the circle and the way it aligns and keeps motion and energy flowing, concepts used within a healing circle.



All are associated with the circle and the way it aligns and keeps motion and energy flowing, concepts used within a healing circle.

The background features a light grey sky with scattered white stars. Two large, semi-circular Aboriginal dot patterns are visible: one in the bottom-left corner with a blue and white color scheme, and another in the top-right corner with a yellow and white color scheme. A curved, dotted line in shades of blue and white connects the two patterns across the middle of the image.

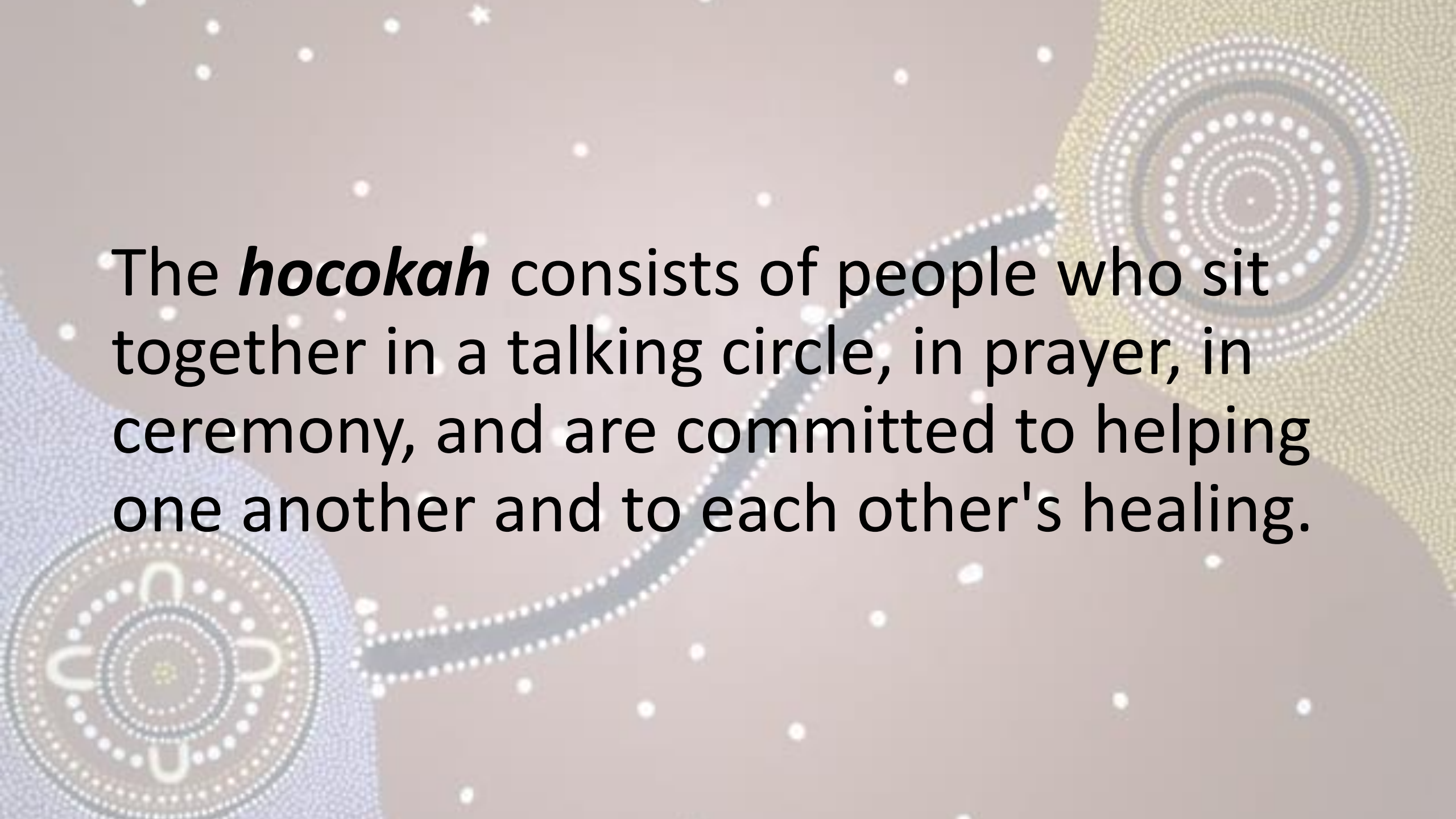
First Nations peoples observed that the circle is a dominant symbol in nature and has come to represent wholeness, completion, and the cycles of life (including the cycle of human communication).

The background features a light beige color with scattered white stars. A prominent, curved, dotted line in a light blue-grey hue winds across the scene. In the upper right, there is a large, circular, dotted pattern in shades of yellow and green, resembling a sun or a healing circle. In the lower left, there is a smaller, circular, dotted pattern in shades of blue and white, also resembling a healing circle.

Healing circles are often called ***hocokah*** in
the Lakota language,

(language spoken by the Lakota people of the Sioux tribes of Native America)

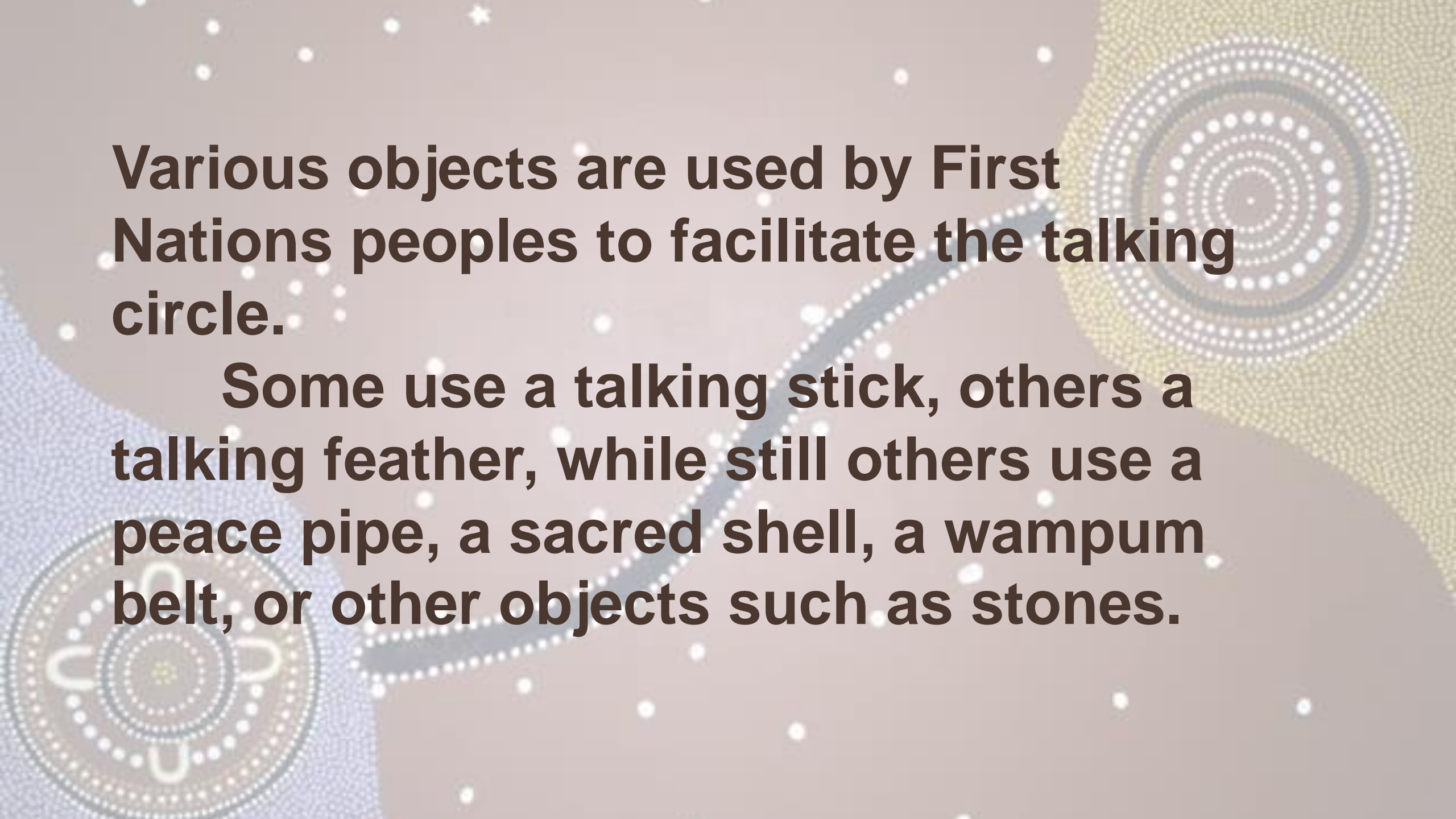
Which means a sacred circle and is also
the word for altar.

The background features a light beige color with scattered white stars of varying sizes. Two large, semi-transparent circular patterns are visible: one in the bottom-left corner with a blue and white dotted border and a central yellow and white design, and another in the top-right corner with a yellow and white dotted border and a central yellow and white design. A curved, dotted line in shades of blue and white connects the two circular patterns across the middle of the page.

The ***hocokah*** consists of people who sit together in a talking circle, in prayer, in ceremony, and are committed to helping one another and to each other's healing.

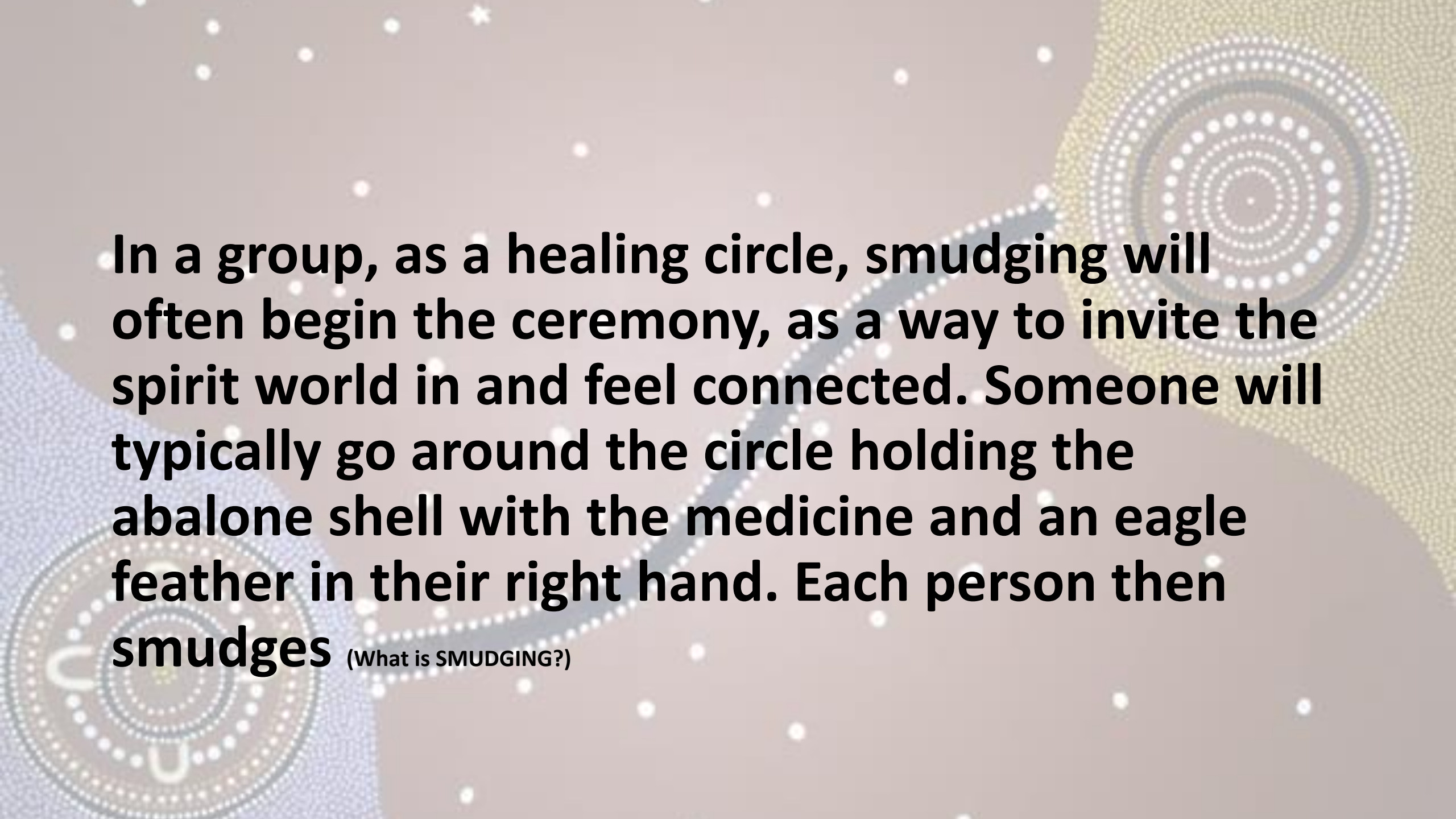
Talking Circles originated with First Nations leaders

- the process was used to ensure that all leaders in the tribal council were heard, and that those who were speaking were not interrupted. Usually the Chief would initiate the conversation, with other members responding and sharing their perceptions and opinions of the topic under discussion.

The background features a light grey sky with scattered white stars. Two large, semi-transparent Aboriginal dot patterns are visible: one in the upper right corner with concentric circles in shades of green and blue, and another in the lower left corner with concentric circles in shades of blue and green. A faint, dotted line path winds across the scene.

Various objects are used by First Nations peoples to facilitate the talking circle.

Some use a talking stick, others a talking feather, while still others use a peace pipe, a sacred shell, a wampum belt, or other objects such as stones.

The background features a soft-focus bokeh of white and light blue dots. Overlaid on this are several large, semi-transparent circular patterns. These patterns consist of concentric rings of small dots, with some rings containing larger, more distinct shapes, possibly representing traditional Indigenous art or medicine wheels. The colors of these patterns range from light blue to pale yellow.

In a group, as a healing circle, smudging will often begin the ceremony, as a way to invite the spirit world in and feel connected. Someone will typically go around the circle holding the abalone shell with the medicine and an eagle feather in their right hand. Each person then smudges (What is SMUDGING?)

Smudging is like bathing in the herb medicine. You push the smoke on you as though you are washing away “dirt” or cleansing yourself.

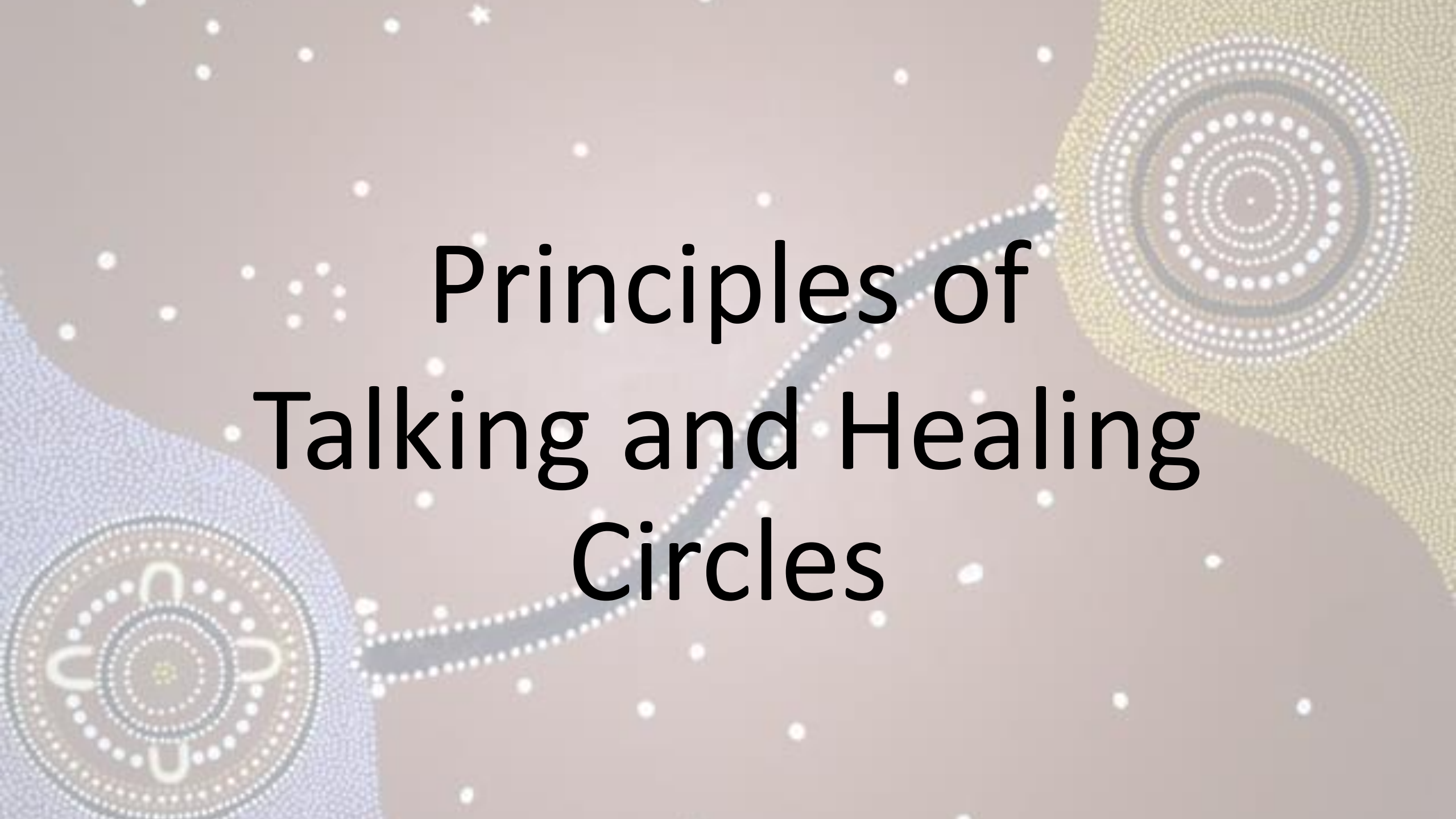
When smudging, one will place grounded medicine in an abalone shell and light it. Using an eagle feather (connection to the Creator), one will keep the smoke active.

You do not use your breath to keep the smudge going, as it would be giving your strength away.

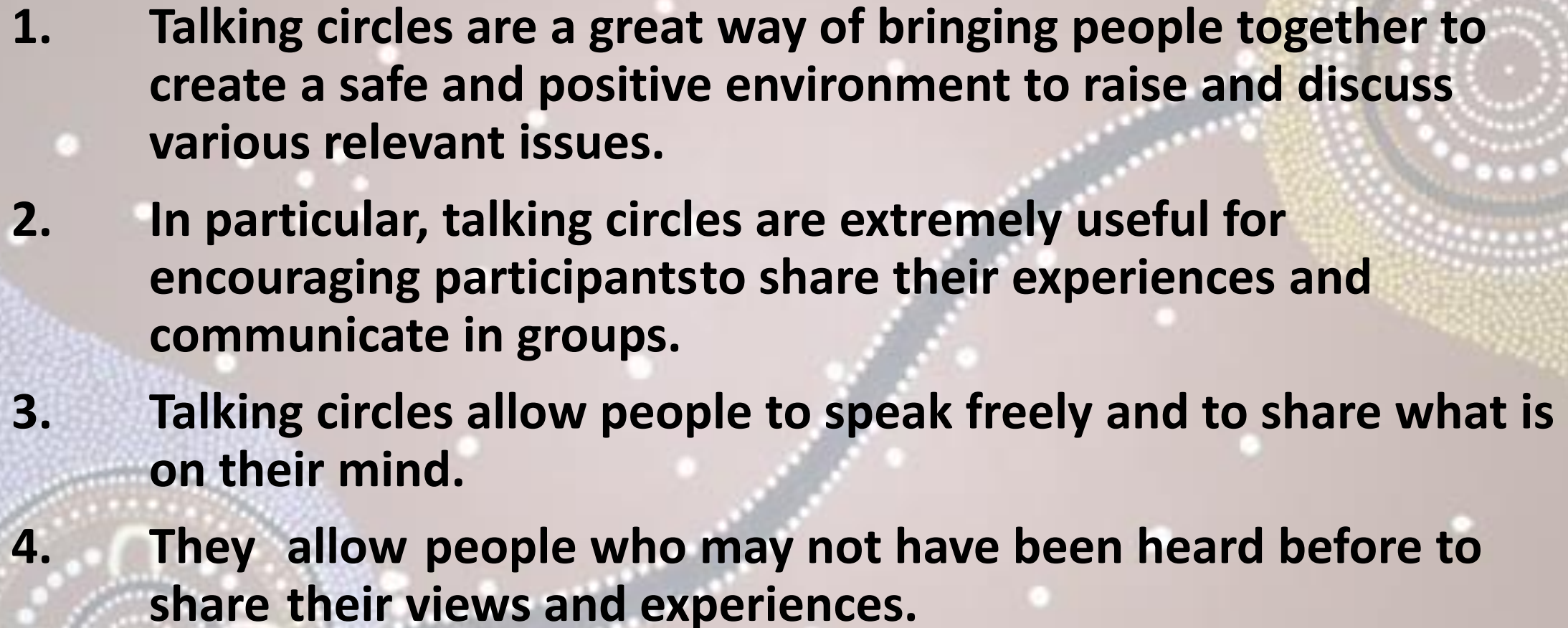


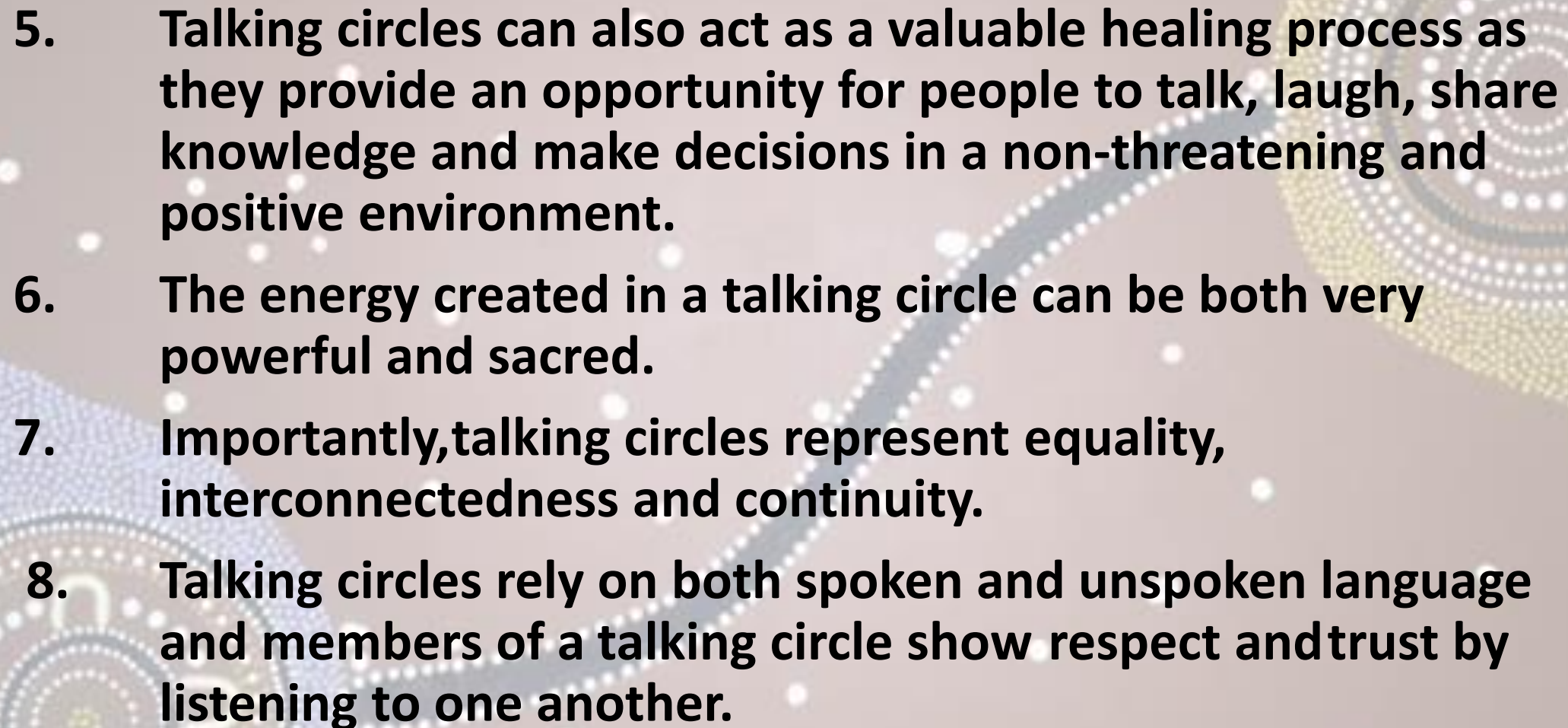
I Find this concept very Intriguing that the first nation people of America where the where the talking circle originated from.

IF Aboriginal Australians have been around for 60,000 years then may have they been the holders of this origin to the talking or healing circle??

The background features a light grey field with scattered white dots and stars. Two large, semi-circular dotted patterns are visible: a blue one on the left and a yellow one on the right. A curved dotted line connects the two patterns, passing behind the text.

Principles of Talking and Healing Circles

- 
- The background features a light grey field with scattered white stars. On the left, there is a circular Aboriginal dot pattern in shades of blue and white. On the right, a larger circular Aboriginal dot pattern is visible in yellow and white, partially overlapping the grey background.
- 1. Talking circles are a great way of bringing people together to create a safe and positive environment to raise and discuss various relevant issues.**
 - 2. In particular, talking circles are extremely useful for encouraging participants to share their experiences and communicate in groups.**
 - 3. Talking circles allow people to speak freely and to share what is on their mind.**
 - 4. They allow people who may not have been heard before to share their views and experiences.**


- 
- The background features a light grey field with scattered white stars. On the left, there is a faint, circular Aboriginal dot pattern in shades of blue and white. On the right, a larger, more prominent Aboriginal dot pattern is visible, featuring concentric circles of white dots on a yellowish-green background.
- 5. Talking circles can also act as a valuable healing process as they provide an opportunity for people to talk, laugh, share knowledge and make decisions in a non-threatening and positive environment.**
 - 6. The energy created in a talking circle can be both very powerful and sacred.**
 - 7. Importantly, talking circles represent equality, interconnectedness and continuity.**
 - 8. Talking circles rely on both spoken and unspoken language and members of a talking circle show respect and trust by listening to one another.**

Where are they used?

All over the world:

Traditional setting
Educational setting
Therapeutical setting
Work setting
Church setting
Healing setting
Sports setting

How do you run a Talking Circle?



- 1. The person running the talking circle starts by holding the Talking Stone or talking stick and acknowledging the traditional ancestors and owners of the land.**
- 2. The talking circle can be used as an opportunity for a broad discussion or it can be used to focus on a particular topic or issue. For example, a facilitator can set the scene for the talking circle by giving the group a topic that they are able to discuss or explore further.**
- 3. A talking circle can be a useful tool to help managers and staff to identify stressors and to develop strategies to maintain and improve wellbeing.**
- 4. Once the facilitator has introduced the topic for discussion they then pass the Talking Stone to the person on their left with an invitation to speak.**
- 5. When that person has finished they pass the stone again to their left.**

- 6. This continues until everyone in the circle has been given the opportunity to hold the Talking Stone and to speak if they choose to do so.**
- 7. Only the person who is holding the Talking Stone is able to speak. This ensures that the speaker's views, thoughts and experiences are fully respected and that the other members of the talking circle are able to give the speaker their undivided attention.**
- 8. Anything that is of a personal nature must stay in the talking circle.**
- 9. At the end of the talking circle, the facilitator thanks the participants for their involvement and summarises the key issues discussed.**
- 10. The outcomes of the talking circles can then be used to implement additional strategies to foster resilience and wellbeing.**

Rules within the Circle

1. The stick or Stone is usually passed around in a clockwise direction
2. Only one person speaks at a time - only the person holding the stone or talking stick may speak. Dialogues are not part of the circle, as they can become confrontational.
3. Introduce yourself - it is polite to introduce yourself in the first round and where you are from.
4. Speak from the heart - the speaker should address the circle from the heart, and may speak for as long as they need to, with respect for the time of others.
5. Listen with respect - all people except the speaker listen attentively and give support to the speaker. Listening with the heart allows you to hear the true intent beneath what the speaker is saying. Listen in the way you expect others to hear you.
6. What is said in the circle stays in the circle - never repeat anything that is said within the circle, unless you have the permission of the speaker.

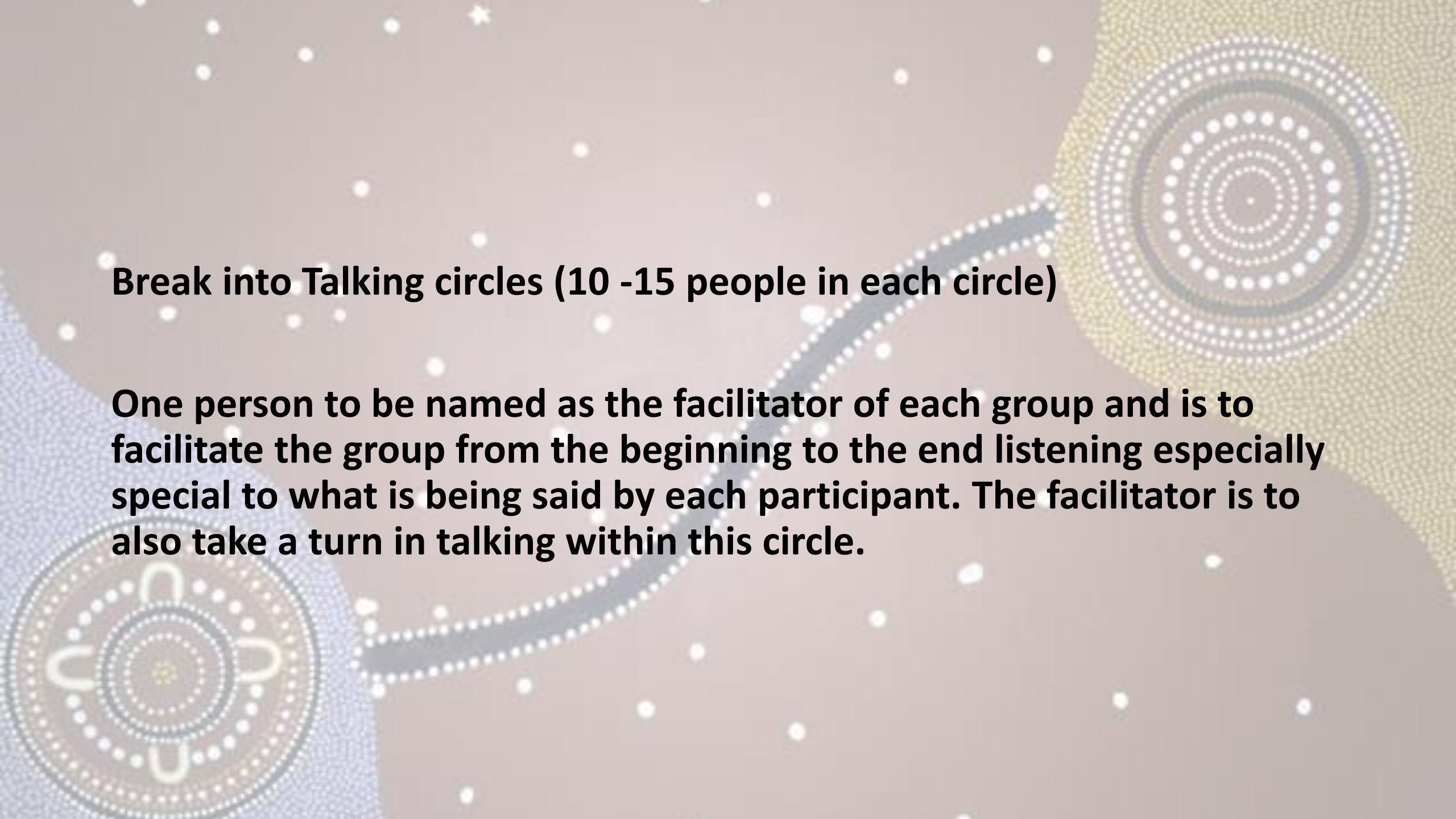


BRAKE





WORKSHOP

The background features a light grey sky with scattered white stars and a faint, curved path of white dots. On the left, there is a circular pattern of white dots with a central yellow-green dot. On the right, there is a larger circular pattern of white dots with a central yellow-green dot, surrounded by a yellow-green textured area.

Break into Talking circles (10 -15 people in each circle)

One person to be named as the facilitator of each group and is to facilitate the group from the beginning to the end listening especially special to what is being said by each participant. The facilitator is to also take a turn in talking within this circle.

TOPIC OF TALKING CIRCLE TO BE PUT IN HERE

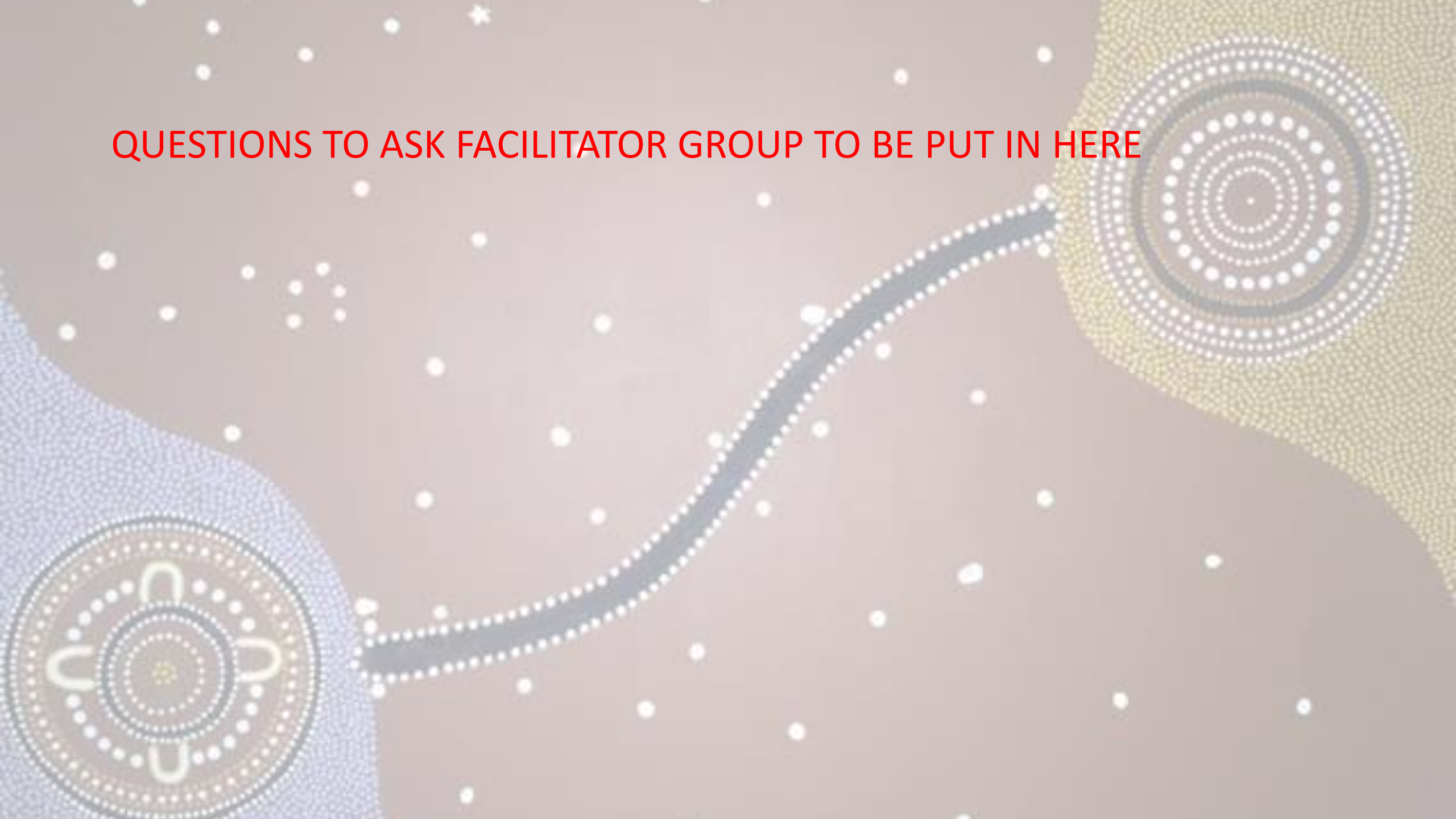


The background features a light grey field with scattered white dots and a central, winding dotted line. On the left, there is a blue circular pattern with a central yellow and white design. On the right, there is a yellow circular pattern with a central grey and white design. Both circular patterns consist of concentric dotted lines.

**The facilitators of each group to
come forward and a Talking
circle is formed from these
facilitators.**

(those that participated in the earlier circles gather and listen)

QUESTIONS TO ASK FACILITATOR GROUP TO BE PUT IN HERE





Themes that come from this discussion



Thank You









