

Welcome to Country

Would you walk into the home of your neighbour without knocking and waiting politely for an invitation?

There are over 250 language groups (Nations) for Aboriginal people's across Australia, and more than 800 clans or dialects. Many of those language groups share bordering resources; waterways, food sources, and country (hills, caves, rocks, trees, etc). Aboriginal people's move about (nomadic) and showing respect is a core value shared among Aboriginal people's. When walking on the territory of another language group, it is respectful for the traditional custodians to welcome you to their place, and to be given the opportunity to outline any lores (rules, traditions, customs), expectations, cautions (such as sacred places, or eating of totems), and invitations. Aboriginal people's share a reciprocal relationship with country and with one another. It is important to share, and take only what is needed.

Aboriginal people's respect Elders, Ancestors and Custodians.

We believe that our ancestors (our old people) are watching over us. This concept is also biblical (the great cloud of witnesses). We respect the protection of our ancestors and the wisdom of our Elders. They hold the knowledge and the oral narratives that ensure balance and cohesion, and their resilience and persistence has ensured we have been able to adapt and thrive.

We pay acknowledgement to the Custodians and Traditional Owners when we walk on their country. This is slightly different to a welcome, that is carried out by the traditional custodians. It is the response from those of us walking on another's country. You can acknowledge another's traditional place, and pay your respect. You don't have to be Aboriginal person to do this. It is honouring and remembering the importance of respecting those who have taken care of country, and those who continue to play a custodial role.

Aboriginal people have suffered intergenerational trauma

Every time that Aboriginal people are acknowledged, it is a step toward healing trauma. For generations, Aboriginal people were treated as less than human. Paying respect, and validating identity, worth, value and wisdom of Aboriginal people's helps to heal the past and strengthens the adaptive resilience of the descendants who continue to share, teach and live today. The restorative process of reclamation and standing in strength is the power of overcoming.



Being curious to understand the path of others, and how to meet their needs, is being TraumaWise. We thank you for your care.