

## THE PROCESS OF DADIRRI

**Dadirri is focused on quiet and still awareness, something which is not easy to achieve in our fast-paced world.**

- Use the following process to introduce participants to the art of deep listening.
- Begin by focusing on a reading (invite someone to slowly read the stimulus material).
- Encourage participants to show that they are listening by responding verbally or non-verbally to what is heard.

- Ask participants to respond using no judgement or I-statements – to respond simply to the words and meanings: to achieve this, participants should face the speaker and maintain eye contact, refrain from interruption, listen rather than plan what to say next, try never to impose opinions or solutions.

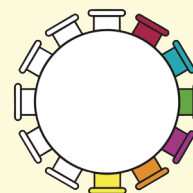
- Invite participants to share their thoughts and to ask questions of the material presented.

**When participants share their responses allow time between speakers for reflection on what is heard.**

**To conclude ask participants to share their feelings about the process of dadirri they have shared and how this might be practised in their ministry.**

**Finish with a prayer:**

*God of the journey,  
We thank You  
for the gift of listening –  
to others and to You.  
We ask that You guide us  
to continue in the practice  
of deep listening,  
that we might better hear  
Your voice and the needs of  
those around us.  
May we carry this peace  
into our daily lives  
and ministries,  
being ever-present  
to those we serve.  
Amen.*



**The key principles of Dadirri**

- Deep listening
- Quietness and stillness
- Non-judgment
- Humility

**USE THIS PAGE TO MAKE NOTE OF ANY WORDS, PHRASES OR THOUGHTS SIGNIFICANT FOR YOU**

**What stood out to you in the reading or from what others shared?**

**How did it feel to listen deeply, without judgment or interruption?**

**How did the silence between words affect your experience?**

**In what ways can you incorporate the practice of Dadirri into your daily life and ministry?**

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