

ABORIGINAL
DREAMTIME
ORACLE

MEL BROWN

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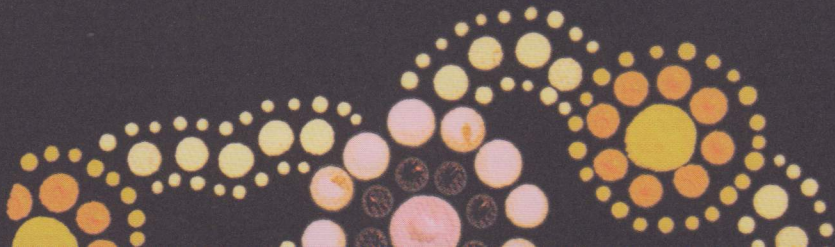
In my Dreaming... Mother Earth quietly whispers of ancient stories and shares her wisdom, so that we can be enlightened and better understand the purpose of our own journey of Dreaming.

These stories are told to me by Ancestors passed, and any similarities between these stories and Dreamtime from other Aboriginal Countries is not meant to cause any cultural disrespect.

These Dreamtime stories are a gift from my Aboriginal Ancestors that are channelled from the universal wisdom from past Caretakers of this land. I am humbled by the stories that were shared with me, and respectfully thank the Ancestors for sharing their dreamtime stories.

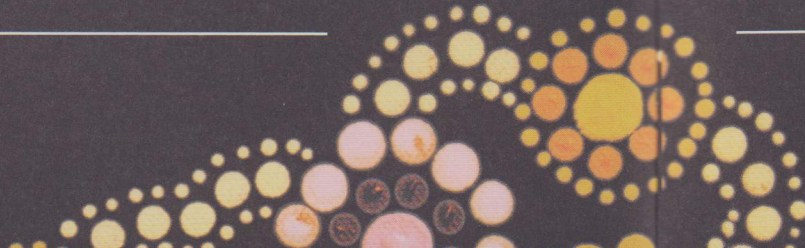
I wish to acknowledge the wisdom of Our Aboriginal Elders past, and the courage of our Elders present. Together both past and present Elders guide us with insight and teach us resilience so that we may grow through each generation.

I humbly thank you.



DREAMTIME relates to the stories which encompass our Aboriginal values, beliefs and lore – essentially Dreamtime is our ancient bible which explains our creation and provides us with the guidance of how best to understand and live our lives, whilst being at one with mother earth and father sun.

DREAMING relates to our journey as Aboriginal Peoples and includes the many paths we take during our human existence and includes initiation, ceremony and rites of passage. Our dreaming is about the track on which we travel during our seasons and our different phases of life as Aboriginal men and women.



HOW TO USE THE CARDS

Option 1

Shuffle the oracle cards and think about what you'd like to learn from your reading. When you've decided what you'd like to know pull one oracle card from the deck and use that card as your guidance for the question you have asked.

Option 2

The second way to read oracles cards is to again shuffle the cards thinking about the questions to which you want answers or guidance. When you are ready take three oracle cards. These represent your past, present and future. Read them in the order you pulled them from the pack.

For a deeper reading you can take 3 oracle cards to represent your past, 4 for the present and 5 oracle cards for your future. To make the oracle card reading spread the cards out in a pyramid shape in front of you, the 3 cards representing the past at the top of the pyramid, the 5 for your future at the bottom. Don't feel bound by the books interpretation. Use your own intuition to decide what each oracle card means. You will certainly develop your own relationship with the cards the more you use them. If your interpretation differs a little from mine, don't worry. Go with what feels right. And what feels right will usually be your own interpretation.

An abstract graphic design featuring a dark, textured background. Overlaid on this background is a large, stylized butterfly shape. The butterfly is composed of numerous small, overlapping circles in various colors, including yellow, orange, pink, and white. The circles are arranged in a way that creates a sense of depth and movement, with some circles appearing larger and more prominent than others. The overall effect is a vibrant, multi-colored pattern that resembles a butterfly in flight.

THE CARDS

ANCESTRAL STORIES

Back in the dreamtime there lived two families of possums. The families shared the same tree and lived happily together for generations. Both families had small possums who grew up together and shared many adventures – their families would often laugh at how inseparable they were.

One day they decided to go on an adventure and found themselves by the river bank, which was the ground of a cranky crocodile. They both dared each other to go closer to the banks of the river to see if they could see him, and in a blink of an eye the crocodile pounced forth from the river and ate the young possum closest to the water.

The other possum scampered home in a panic to tell the families what had occurred. The other family was so very angry with the young possum, that they blamed his

family for the loss of their son. As days and months went by, both families began to squabble and in the end, were never friends again. Consequently all the babies born in the following generations also hated each other, never understanding why they were not allowed to like each other.

DREAMTIME MESSAGE

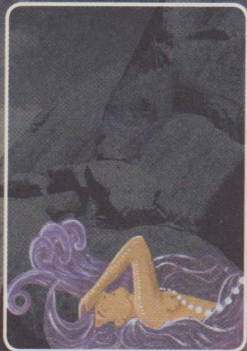
Be fair and think clearly about the decision you are about to make. It will have long lasting effects that you may not be able to rectify if you make the wrong choice. Sometimes you have a tendency to want outcomes that are somewhat beyond the scope of what is realistic. Take some time and weigh up all your options and ensure you have all the correct information.



CEREMONIAL RITES

The girl is born and nurtured by the women of the mob. As she grows from a baby to a young girl and into a young woman, the Mothers teach her of her responsibilities to contribute to the running of the clan. As she grows she understands the importance of the wisdom passed down to her from the Mothers, and knows that to become a woman she must first be initiated.

When the right time comes she is fussed over and dressed and lead to the bora ring to become initiated as a woman. During her ceremony she gives up her rights as a child and completes her ceremony as a woman. She will continue to learn the dreaming and dreamtime of the mob, but it is now her responsibility to pass on this wisdom and the stories to the other young children of the mob.



DREAMTIME MESSAGE

Sometimes it's hard to find the patience to get where you want to go or get what you need. We often blame time as the enemy because it's taking too long; yet time is the very reason we get to where we are going. Everything happens when the timing is right and to force it before then will often end with undesired outcomes. Just wait a bit longer, you're almost there but there is just a bit more information you need to complete the learning of the experience.

CREATION

In the dark of the night a different world exists. It's a night time world that is full of life, yet we just can't see it. At night we go to sleep and wake up to many different things that the world has created overnight, like small ant mounds or the intricate web of a spider that wasn't there the day before.

The Universe is always changing and it is in our adaptability to change that we often neglect to see the differences.

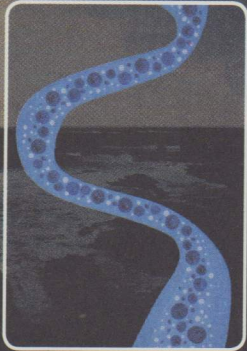
Our world continually creates new life and new ideas, each starting from a seed or thought but all having the potential to grow into something worthwhile.

Creation creates itself and we continue to evolve from each creation, growing wiser and stronger with each evolution.

DREAMTIME MESSAGE

Creation is all around us, yet we never stop to appreciate it. Creation is as simple as a new idea that you recognise as something important to you. You have a really good idea at the moment and you just need to find the courage to see it through. When your idea is given due consideration and you give it a life, it will become one of those moments in time when you remember what a fantastic idea it was. Go on... be game!





DADIRRI

Once there were two mobs and whilst they were neighbours, both mobs always fought with each other. The feuding had been going on for so long that no-one really knew why they were fighting anymore, but still they continued.

One day the wise man of one of the mobs saw in his mind a great rain that would flood the rivers and would drown all the mobs if they stayed where they were. A council of Elders gathered and the information was shared. At first the other mob thought it to be a trick because there was only one area of high ground in the area and that would mean that both mobs would have to share the area and live together.

Eventually after much persuasion both mobs reluctantly moved together to higher ground. In the days that

followed the rain began to fall and did not stop for one whole moon cycle. During this time the rivers rose quickly and inundated the camps where they had previously lived and washed away any trace that they had ever lived there.

Over the days and weeks that followed, both mobs were grateful that they had been saved from the river. The mob now lived as one and formed a council of Elders to lead them and teach them, and after many generations they finally understood the wisdom of listening.

DREAMTIME MESSAGE

In life we find ourselves influenced only by what one person says, and forget that theirs is only one of many stories. Often we need someone brave enough to step up and end a situation that has been dragging on and has lost all meaning and purpose from the original issue. It's your turn to step up to the plate. It may be challenging, but you can end it here and now because they will listen to you.

DEEP LISTENING



The bush has become quiet. No noise at all. The birds have flown away and the animals have run to safety. Suddenly the wind picks up and there is a smell of smoke in the air. The smoke becomes thick and the surrounding temperature rises quickly - then the bush explodes into fire.

The fire consumes everything in its path and as it passes it leaves the bush scorched and burnt - void of life. Then slowly the smoke disappears and the burnt trees and ground begins to cool. Silence returns as if in respect and anticipation for the new landscape which will begin to be created.

The silence remains for many months, then as the new leaves begin to shoot forth from the once burnt trees, life slowly begins to return to the bush. As the food begins to

grow again the animals return, and the bush is different to when they escaped the flames. The animals find new homes to live in and quickly adapt to their new surroundings.

DREAMTIME MESSAGE

You may be feeling desolate and displaced right now. You have been through a really rough time and may wonder if there is an end to it all. There is, and it will be here soon. Just give yourself a bit more time to grieve the loss, as your heart needs time to heal before it can grow from this experience. In the next week you will just wake up and realise that things have gotten better and your heart has begun to heal.

DREAMING

Once, many generations ago, a young girl struggled to sleep. Each time she slept she dreamt of things – sometimes good and sometimes bad. She would talk only to her grandmother about her dreams for fear of what the rest of the mob may think of her.

During one particularly hot summer the rain did not come and the water holes were drying up. Although this mob were good hunters and knew their country well, they could not find any water. One night as the water was all but gone, the girl dreamt of water hidden just below the surface of the ground which was in plentiful supply. She woke the next morning to tell her grandmother of her dream.

Together the young girl and grandmother set out from camp early that morning and walked through the land that

they had known for hundreds of generations. They came across the large rock that the young girl had dreamt about the night before and when they began to dig the sand around it, water began to trickle to the surface and within a short time they were sitting in water waist deep.

They returned to their camp and explained how they had found the bountiful water supply. The mob were amazed that they had walked past that very same spot many times before in search of water and they had never known it existed.

DREAMTIME MESSAGE

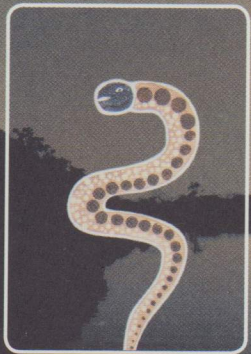
You are in a cycle where your dreams are providing you with the answers to the issue at hand. Begin to take notice of your dreams as they are often prophetic. Your dreams are giving you clear messages at the moment, but you still resist because you are having trouble trusting yourself and your decisions. Trusting in this one decision will turn the tides for you.



DREAMTIME LEARNING

Once when the land was still being created there was a giant serpent, and as he weaved his way through the land his body would leave deep gullies deep in the earth. Some of the animals didn't like the serpent as there were times that he would change the shape of the land, which meant they would have to find new ways in which to survive.

On one occasion as the serpent disturbed the water in a shallow stream the fish became stranded on the banks of mud. As fear overcame the fish they took their first breath of air, and realised that they were able to breathe air like the other land animals. As the heat of the day began to dry their bodies, one by one they started to dig themselves into the cool mud.



Now every year when the dry season comes and the wetlands begin to dry up, the lung fish begin to breathe air and dig themselves deep into the mud until the wet season returns and they can again return to their beloved water home.

DREAMTIME MESSAGE

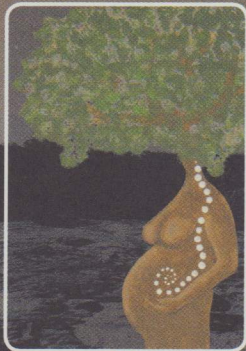
Your ability to be flexible and to "go with the flow" is one of your strong points, however sometimes flexibility can provide us with too many choices. You have a short attention span and are too willing to change tactics half way through the game, but this is a time to just make a decision and stick with it. No changing the game plan this time – follow it through and you will attain your victory.

EARTH MOTHER

Before the Dreamtime existed the world was dark and cold. The plants were small and barely grew in the damp dark soil. The few animals that existed burrowed underground where they could huddle together for warmth.

One day a lizard who was so tired of always being cold ventured above ground to look for a warmer place to live. He walked for days and days then stumbled upon a small yellow flower that had somehow managed to thrive in the dark cold conditions.

The lizard had never seen a flower before and was so amazed at its colour and beauty that he sat staring at it for days. For days he wished and wished that the other animals who lived beneath the ground could see the beauty of the flower.



After days of watching the flower he become so exhausted he fell asleep. Whilst the lizard slept, a feeling of warmth began to generate throughout his body and when he opened his eyes the darkness he had always known had disappeared. The world was warm and bright, and all around him he could see everything so clearly. The lizard looked up toward the bright blue sky and found the source of the warmth and light- the sun had been born.

DREAMTIME MESSAGE

This is a time when things are feeling dark and ominous, and it's just too hard to see beyond the depths of your darkness. Don't fear the dark because dawn always follows close behind. Your darkness is about to end; prepare yourself for seeing things in the new light of a new day. Each dawn is the opportunity to begin again...

So, what wonderful things are you going to create?

EMOTIONAL EXHAUSTION

In the dreamtime the Koala walked on the ground. It was a hard life for the Koala as he would sometimes have to walk for days to find his food as the eucalypt leaves he usually ate grew high in the trees and getting food was often difficult, as he couldn't reach them.

One day he was sitting at the bottom of the tree tired and hungry when a goanna walked past and stopped to see why the Koala was upset. The goanna laughed and asked the Koala if he could see his claws, which the Koala proudly showed the goanna. The goanna asked why the Koala didn't just climb up the tree and get his food.

The Koala said he didn't know how to climb, so the goanna spent the day teaching the Koala to climb. By the end of the day the Koala was an expert climber and sat in the top of the tree eating till his tummy was so full, that all

he could do was go to sleep. When all the other Koalas saw him at the top of the tree eating and sleeping all day they followed his example. From this day on, this became the Koala's new way of life.

DREAMTIME MESSAGE

It may be feeling like with every step forward you take two steps back. Sometimes our impatience prevents us from seeing that our very actions are what is setting us back. Just re-evaluated the situation for a moment and reset your goals, because what you're trying to achieve will still be there when you find your feet, and then things will move forward very quickly.



FATHER OF THE SKY

One day an emu and a kangaroo were sitting around talking and arguing over which of them was the fastest. After some heated discussion they both decided that a race would be the best way to settle the argument. As they looked out to the distant desert, they decided that the finish line would be at the edge of the desert where the red dirt met with the blue sky.

On the count of three they were both off and running. They ran and ran and ran, both keeping up with each other, but as fast as they ran, they felt like the finish line wasn't getting any closer.

Eventually the emu and the kangaroo both fell to the ground exhausted, and huffing and puffing from their very long run. As they lay on the ground panting looking up into the sky, they wondered why they couldn't reach the

finish line and yet had run so far. As they lay there they watched the clouds move through the sky and realised that Father Sky who surrounded them, had no beginning and no end – he was infinite, and there was no finish line. They both laughed and laughed at their stupidity and decided that the race was a tie!

DREAMTIME MESSAGE

Sometimes things feel as though they are out of your reach and that no matter what you do you just can't quite get there. Sometimes it's because it is impossible, yet you are unwilling to accept the reality of this. Change your way of thinking and look at things in a different light – this may be a situation you cannot change, but it does not mean failure – just adaptation.





HEALING JOURNEY

The little bush bee was an industrious little fellow. He flittered around constantly and as soon as he rested for a moment he would hurry back to work collecting more honey. All the other bees wished they could be as resourceful as him because he was always finding new places to collect his honey.

One day all the bees were resting and discussing the dangers of a new yellow flower they had found which could make them sick. The busy bee had already gone back to work and missed the conversation as he was in a hurry to collect more honey.

Late that evening he returned to the other bees, but they could see that he was unwell. After some prompting they discovered that the busy bee had indeed found the new yellow flower that they had discussed earlier during their rest time.

The little bee became very sick, and during his recovery was unable to work. He spent this time listening to the other

bees and discovering that if you stopped and listen to others, there is a lot to learn.

DREAMTIME MESSAGE

The constant chatter in your head must be exhausting... never a moment of peace for you! The chatter is constant because you don't take time to listen to it, so it has to keep repeating itself until you listen... listen to the chatter then it will go away- it's that simple. You will then start to find the peace and quiet you have been searching for.

HIDDEN LEARNING

After three months of fiercely defending her eggs, the mother crocodile begins to see movement under the mound of sand which indicates that her babies are being born. She eagerly waits for them to emerge from their eggs and welcomes each of them into the world.

She gently takes each baby to the water and bids them goodbye, knowing they will not see each other again. The last baby she takes to the water is frail and begs his mum not to let him go, because he wants to grow up with her. The mummy crocodile explains that he has to go and make it on his own and have all the adventures of growing up that all the other crocodiles have. Reluctantly he swims away calling to her that he will come back to visit her when he is grown up.



As he grows up he has many experiences and learns many lessons, but there is rarely a time when he doesn't miss his mum, and longs to find her again and tell her about his life.

One day, many years later, he becomes a dad himself. As his babies hatch and are taken gently to the water by their mum, he finally understands the importance of letting his babies have their own experiences. He tells them he will miss them, but lets them go on their own journey.

DREAMTIME MESSAGE

Letting go of things you hold close is really hard sometimes, but often the most damage is caused because you can't let it go. Take a leap of faith and know that by letting go, you are actually assisting something/someone else to grow and experience life for themselves. Everyone's journey is individual and we have little power over what is best for them.

INNER GRIEF



These are the times of sadness and loss where simply the colour of our skin determines our future. The mother watches intently as her children play close to the humpy where she can see them, but for a few moments she is distracted. After that short time when her attention is returned to the children, she notices a plume of dust and then a black car driving up the dirt road which quickly pulls up close to her children. As she screams at the children to run, she knows in her heart they do not have enough time to get away.

She is hysterical as she begs the welfare people not to take her brown skinned babies, but they do. She collapses to the ground where she will stay, until her children are returned to her. Over the years the mothers black hair turns grey and years of weather chisels her

features, yet she maintains her watch – never venturing far from this spot and never seeing her children again.

DREAMTIME MESSAGE

Your heart has taken a battering and with every breath you take, it physically hurts. You have no choices in this situation, so the only way forward is to begin your own healing journey. Learn to forgive yourself and know that this forgiveness will begin to heal your heart and yourself esteem will slowly begin to build. It will be a slow process but day by day you will get through this, and you will look back in a few weeks and recognise the massive journey you have undertaken.

INNER QUIET

Back in the beginning of time there was a huge rock in the middle of the desert. The rock was born from the ground over many millions of years, and during this time the sun and the rain had sculptured amazing shapes into him, and if you looked closely, you could see the caves and shelters that had been forged through the millenniums.

In the desert where the rock lived, the days were burning hot and nights were freezing cold. He liked the heat during the day, but he often wished he could also be warm during the cold desert nights. As the rock had no voice, he could only watch as the plants began to grow, then animals started to evolve then eventually people were born into this land.

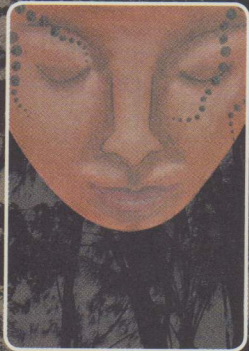
He watched for thousands of years as people passed him by. Then one day a young boy whose family had become

sick on their walk-a-bout came to the rock in search of shelter. After a short time the young boy found a small hole in the rock and after exploring it further found a cave which could offer his family the hope of survival.

From that day onwards, the family would build a fire deep inside the cave to keep themselves warm, never knowing that the warmth from their fire was keeping the rock warm at night from the cold desert.

DREAMTIME MESSAGE

Look more closely at what is happening around you, as you seem to have a limited view of what the situation is really about. Spend some time investigating your concerns because a whole new horizon will appear before you once you start looking more closely. You will begin to understand that the wonderful choices you have before you - were always there, you just couldn't see them.



INSIGHTFUL REVELATIONS

Once during the Dreamtime the emus had short legs. Even though the emu was a bird, he couldn't fly and at best, could only waddle at a slow pace. The worst thing of all was that the good food was way above his head and he only ever got to eat the food at the bottom of the bushes, and if he was lucky he might get the scraps that fall from the taller birds.

One day the emus got together to discuss how difficult their lives were being at the bottom of the food chain. They no longer wanted to live this way so decided that they would all gather and pray to the great Creator and ask for long legs.

They prayed all night until they eventually fell asleep exhausted and disappointed because nothing had happened.

As the first rays of sunlight broke into the sky the first emu woke to find he had long legs. He woke all the others who were so excited that they took off running a hundred miles an hour! Now the emus run faster than all the other bush animals and never have to eat scraps from the ground again.

DREAMTIME MESSAGE

Our heads are full of ideas, but it's the idea within the idea that gives us the most satisfaction – you know, the idea that grows from a singular thought into a reality, and looks nothing like the original idea, but is better than that first idea? You need to consider your ideas as having the potential to create amazing changes in your life.



INTERNAL STRENGTH

There was a baby wombat who often dawdled behind, always being distracted by one thing or another. One day as usual he was slowly meandering his way through the bush, not making much effort to keep up with his mum, when a strong wind came and blew down a massive tree which blocked his way and separated him from his mother.

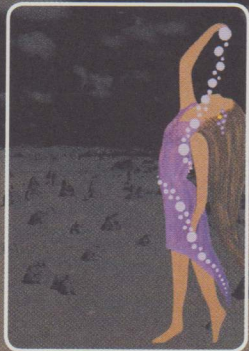
He cried for his mother but all they could do was yell across the large expanse of the tree which separated them from each other. The little wombat was so determined that he began to dig – he was good at digging and knew this was his only way of getting to his mum.

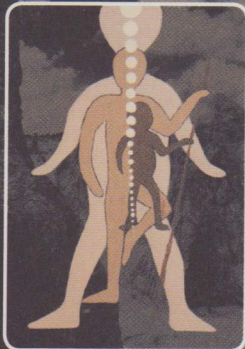
As fast as he would dig big rocks would block his way, however through his determination he would just start digging in a different direction. For days he dug still

calling to his mother to make sure she hadn't left him. Eventually he dug an entire tunnel and was reunited with his mother on the other side. From this day forward he no longer dawdled and always kept his mum in sight.

DREAMTIME MESSAGE

Find your inner strength – believe in yourself and work through the situation. Sometimes you do not realise how much power you have and if you are not careful you can end up destroying everything in your path. Look at alternatives around this issue - they are there if you just look at other ways to solve the problem.





MEN'S BUSINESS

There was a young boy who was eager to grow up, but the Men of the mob said he was still too young to be educated in Men's business and he had to just be patient and his time would come. He would follow the men every chance he got and was always listening in when the men were talking their business.

One day when he was secretly following the men he got separated from the mob and found himself lost and wandering in the bush. No matter how hard he tried to find his way back he found himself even more lost. The young boy had learnt enough from the men that he was able to feed himself and find shelter.

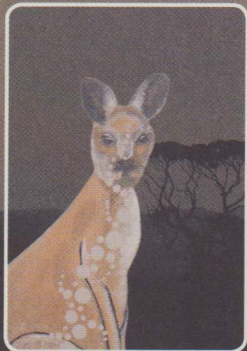
Many years later on walk-a-bout, he came across his mob and was reunited with his family. They were very proud of the young man and the skills he had learnt looking

after himself in the bush for many seasons. The wise man of the mob called him aside one day and gave him the responsibility of teaching all the young fellows in the mob the bush skills they needed to care for themselves and their families.

DREAMTIME MESSAGE

It's time to grow up and be mature. The childish tantrums you have at times only ensure you will be treated as a child. You have to make a decision to be either the child or the adult in the situation. If you take on the role of the adult, you also need to assume the responsibilities of an adult as well. It's not hard, it's just scary!

MOON PHASES



Once, a long time ago under the light of a full moon, an echidna was foraging for food, and a small wallaby caught his attention. The echidna waddled up to the wallaby and began talking with him, and they became instant friends. They had so much fun that night that when the morning came and they had to return to their homes they parted with sorrow in their hearts.

The next night the wallaby returned to find his friend, however after waiting all night the echidna did not come back. Every night for the next month he returned, as the wallaby refused to give up on the thought of never seeing his friend again.

One night as the moon was full again; the wallaby heard the familiar waddle of the echidna and hopped towards him in wild excitement. The wallaby asked him why he

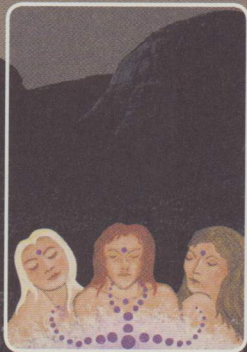
hadn't returned until now and the echidna explained to him that he only came this direction when the moon was full.

From then on, at every full moon they would meet up again in the same place. Under the light of the moon they would share their adventures and as the morning approached they would bid each other farewell until the next time the night was bright again.

DREAMTIME MESSAGE

Our dreaming journey takes us on many different paths, within many different cycles. The waxing and waning of the moon is just one of those cycles. In life there are many highs and lows but somehow our lives find balance. Look to the cycles in your life to get a better understanding of what your journey looks like, learn from the lows and celebrate the highs, then find the middle ground – focusing too much on either will often create chaos in your life.

MOTHER NATURE'S BALANCE



In the bush another summer comes, bringing with it oppressive heat and little rain, but the plants know that they just have to survive the heat for a few weeks longer until the rain arrives and replenishes their strength and gives them vitality to survive another summer.

But this year when the rain comes, it doesn't stay for long, and there is not enough time to fully recover from the long hot summer they have just endured. The summer comes again quickly and stays for longer, with even less rain than the year before. The ground is cracked and scorched and many of the less resilient plants are dying. This cycle repeats itself for seven summers, with each summer bringing less and less rain than the previous year.

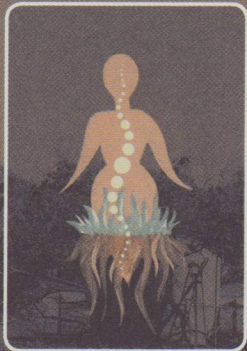
Eventually the drought breaks and rain comes in abundance. The rain brings with it new plants that have

never grown in the bush before, creating food for different types of animals that have not inhabited this bush for many years. Before long, the birth and creation of different animals and plants makes the bush a wonderland of the precious sounds of life.

DREAMTIME MESSAGE

You need to find balance between work and life. You have got yourself believing that neither can survive without you... You are wrong! It's you who feels you can't survive without them. Everyone will benefit if you step away and allow them to step up, because at that time you enable them to remain stuck because you won't let them have a go. They may not do it as well as you but they won't mess up either.

PATIENCE



When the wind was created, he loved his ability to fly around the bush listening to all the animals' voices in the bush. After some time of hearing all the voices he began to feel upset with the nasty things that the animals would say about each other. He moved around from the bush to the desert and to the ocean, but wherever he went it was the same – more animals saying cruel things to each other.

After returning to the desert he realised that nothing would ever change. This made him very mad and in his anger he started to turn round in circles, eventually beginning to spin wildly, with the dust being thrown into the air and the dirt and rocks from the ground scattering in all directions.

After a while he got tired and just stopped spinning. In his exhaustion he realised that he was no longer angry and that he felt good from this. Over time the wind became to accept that when he got upset, he would simply spin himself round and round until all his anger and energy had been spent, then he would just stop and move onto until the next time he became upset.

DREAMTIME MESSAGE

Life feels out of control right now and it's hard to see the light through the dust. You continually turn yourself inside out trying to find ways to deal with this situation. You are so focused on this situation that you don't realise that sometimes it's not your situation to control. Hand this situation over to the person who is truly in control of it and just simply step back.



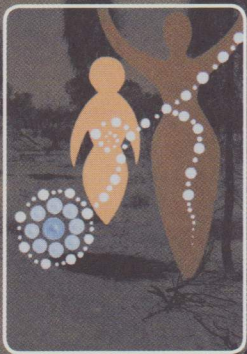
PEACE

In the bush the wise woman is surrounded by her family as she exhales her last breath, and peacefully passes into the next world. She is much loved and respected by her mob and the word goes out that she has passed.

There is no urgency to bury the body, as this is a process that takes time. The passing of the body should not be rushed and we allow the spirit to pass in its own time. We gather around to pay our respects to the wise woman, and mobs gather on the outskirts in solemn silence till the right time comes and they are invited in. When the right people are present, together we paint the body and prepare for ceremony. After the ceremony the mobs are left with a sense of deep peace as they return to their countries, having paid their final respects to the wise woman.

DREAMTIME MESSAGE

Take time out to find the peace that is so elusive for you right now. Peace is sometimes elusive as the harder we try to make time for it, the further away it gets. Wait until everything lines up, take a breath and in that breath find the peace that is within the very breath itself. Breathe through these difficult times, still your mind and peace will find you.



PREPARATION

A long time ago our mobs would travel our country in search of food and shelter for each different season. During these times we would pass each other on our dreaming tracks and gather together to celebrate the birth of the new, and the passing of the old.

When our people would pass into the next world, we would take time to address our Sorry Business. There was no time limit to grieve - just an instinctual "knowing" when it was time to move on.

Our "wise ones" knew that if we ran from our grief that it would eventually catch up to us, so we were taught to wait and respect our mourning process and to celebrate life when the timing was right.

We were taught to be patient during our mourning process, and that if we honoured the time it took to

undertake our Sorry Business, then we would not be chased by spirits along our future journeys.

DREAMTIME MESSAGE

Sometimes we lose so much and so often, there is no time to stop and grieve. Often when we do stop to think about our losses we can become so overwhelmed with the grief associated with our own Sorry Business. Our Wise Ones tell us if we don't deal with our grief, the ghosts of the past will keep following us until we set them free. When we set them free we will also be setting ourselves free. It's hard work, but it's got to be done.

QUIET STILLNESS

During the dry season, the water in the stream lazily meanders its way down the gentle slope through many crooks and turns, eventually making its way to the edge of the waterfall. As it reaches the edge it gently washes over the rocks and drifts down as fine mist till it reaches the bottom of the gully where it lands below on the bush vegetation to provide it with sustenance and life.

For nine months of the year the stream flows at a slow pace. The dry heat of the day builds strong banks and creates structure for the stream, however during the long hot days trees and branches fall into the gentle stream and sometimes block its flow or change its direction.

For three months of the year, the wet season arrives and brings continuous rain which floods the stream and transforms it into a raging torrent. As the water builds

and rushes by, it begins to clear away the debris which may have blocked its course during the dry season.

When the dry season returns the stream is back to its original flow and the debris from the past has been washed away leaving beautiful rich soil for new regrowth which will strengthen the banks of the stream for the next wet season.

DREAMTIME MESSAGE

Change is not a bad thing. Weigh up all the pros and cons and find the courage to make a commitment – one way or the other. Both options are good, so you can't lose. You can always return to the way it was before, but it may be nice to experience something different for a while. Things may not go smoothly at first, however they will find their own natural course and you will just flow with the new way of doing things.



REBIRTH



The caterpillar's first memories are being enveloped in a cocoon of warmth and safety. It spends its day lazily drifting from sleep to consciousness knowing that it is safe and sheltered in its world.

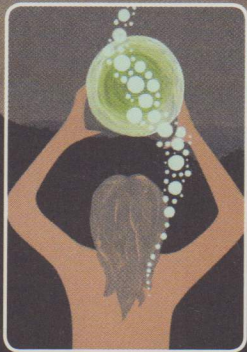
One day the caterpillar wakes feeling a little different, and realises that wings are beginning to grow on his back – at first the caterpillar is not concerned, but as the days go by the wings slowly grow larger, making his home much smaller and more uncomfortable as each hour passes. This scares that caterpillar as he is unsure of what will happen if he grows out of his cocoon, and suddenly his cocoon bursts open and exposes him to a new world.

At first he was very afraid, but then realised that as his beautiful wings were stretched, he would be able to fly and see the world. The world was a scary place, full of

danger, but as he could no longer fit inside his cocoon he would have to take the chance and live his life exploring the world in front of him.

DREAMTIME MESSAGE

It's time for you to stretch your wings. You like the comfort of what you know and change can be a challenge for you, but sometimes that can be used as an excuse to never take a chance. It's time to leave the comfort of your nest and make a move. The benefits of the change you are contemplating outweighs the challenges, so just make the move!



REJUVENATION

Once there lived furry mammals that lived in the river. They were curious looking creatures who breathed air, swam underwater, and even laid eggs when it was time to have their babies. The only thing that bothered the platypus was that when they swam, their wet fur would drag them through the water making it awkward to manoeuvre and to be graceful.

After one particularly stressful day, a platypus rested on the bank of the river exhausted from hunting and fishing. As he watched the fish gliding effortlessly in the water below him he came up with an idea. He hunted around on the ground until he came across a piece of strong oval shaped bark.

The platypus held the oval shaped bark in his mouth and dived into the water. As he went under the water he

began to experiment with the bark, using it to help direct him through the water. Within minutes he found that the bark enabled him to glide effortlessly through the water, and that he could swim much faster than ever before.

From then on the platypus began to grow bills instead of mouths, and that was how the duck-billed platypus became an agile and graceful swimmer.

DREAMTIME MESSAGE

Everything is absolutely wonderful. There is a child-like presence around you and you are finding yourself being more playful and fun to be around. This is not your usual self, but is certainly an aspect of your personality that you have neglected for too long. Have fun with it, and others around you will copy your playfulness and there will be some great times ahead over the next few weeks.

RESPECT

Frogmouth owl is a wise animal and had a great reputation of forecasting the weather. The frogmouth owl warned all the animals that the big rains were coming and that they should all look for higher ground for the next few months.

A lizard who was sick of everyone listening to the owl decided to ignore the owl. When the rain came the water began to rise and the lizard found himself slowly beginning to drown in the water. In his desperation to keep his head above the rising water, he realised he was able to swim.

When the next wet season came he was able to teach the other lizards how to swim and the lizards began to live in both the water and on the land. All the other animals were

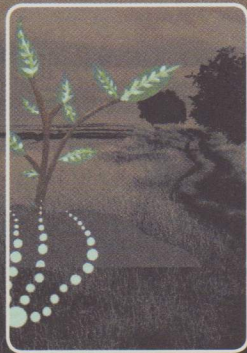
in awe of the lizards and thought they had the courage of the dragons from many years ago, and thus named them the water dragons.

DREAMTIME MESSAGE

Someone in an authority may be advising you about a situation that is occurring, but their advice is coming from ego and fear. Sometimes people have their own agendas and use others to fight their fights. Listen respectfully to the authority, but do things your own way. You need to find the courage of the dragon and stand up for yourself and through this you will find the strength to manage many other situations.



SACRED BEGINNINGS



Back when the sun was still weak and the world was still in its predawn phase, the first seed nestled deep within the earth began to fight its way to the surface. The tiny seed could feel the warmth of predawn and wanted to push beyond its imprisonment within the earth to see what was creating this wonderful warmth it had never felt before.

The little seed began to grow large roots to stabilise itself for its journey upward. As the seed continued to slowly push its way forth the other seeds were watching in amazement. Never before in their familiar darkness had any other seed wanted to push upward to see where the new warmth was coming from.

As the little seed emerged from the earth it became a small but strong stem, and then as it was no longer

restricted by the soil in the earth, it spread its wings which grew into leaves. The stem told the other seeds about his journey and growth above the soil and the other seeds were so excited about the prospect of adventure, they decide they too wanted to grow and have new experiences.

So, over the next thousands of years many other seeds found their courage and became brave, covering the world with trees, bushes and flowers, and most importantly creating a new environment for animals and insects to be born into.

DREAMTIME MESSAGE

Everything starts small, and to move forward takes incredible courage. The search for courage is the hardest part of any journey but in turn is the ultimate achievement. From courage you gain confidence and whether it's just the confidence to give it go... well you're already a winner. Take a deep breath and just move forward.

SACRED KNOWLEDGE

The little black snake was strong headed and didn't like to listen to what his mum had to say, and would often wander off on his own to explore the bush. As the days started to get cooler he found it was getting harder to find the energy to make it home at night.

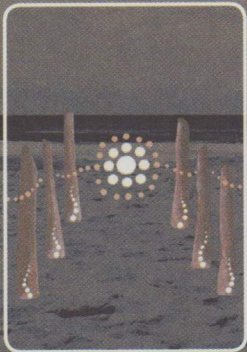
One cool winter's day when the sun didn't warm the ground until early afternoon, he wandered further from home than he had ever gone before. Before he realised it the sun was setting and the ground was cold, making it hard for him to slither back to his mum and siblings. As the night got darker and colder, he curled up to try and keep his warmth and to hide from the night time predators.

All night he stayed awake listening for noises, becoming more and more afraid, until finally morning arrived and the

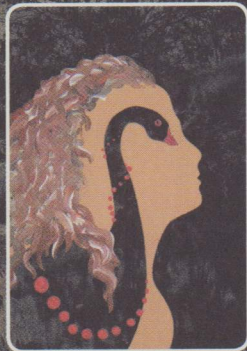
sun poked over the horizon warming his body and giving him strength again. With a warmed body and lots of energy he slithered quickly back to his mum who had been waiting for him all night. He promised his mum to listen to her in the future and to never go too far away from home again.

DREAMTIME MESSAGE

Sometimes we just run out of energy before we get the day's work done. It's probably time for you to tighten up on your time management skills and decide what can be left until the next day. Not everything has to be done today, but you have placed that expectation on yourself and are finding it more difficult each day. Give yourself a break and get real about what is important and what can wait until tomorrow.



SEASONS CHANGE



In the dreamtime, the young black swan spent many hours a day preening himself to ensure that his handsome black feathers were shiny and bright. All the other swans thought him vain and had no time for him, so his life was somewhat lonely. After being mocked by his family and friends he decided to go walk-a-bout and travel the land.

On his travels he met a duckling. She was still growing and was at an awkward stage and hadn't yet developed into a swan. She fell in love with the handsome swan, but her feelings were not reciprocated as he had ideas of having a mate that was as beautiful as him. He went on his way leaving her behind with a broken heart.

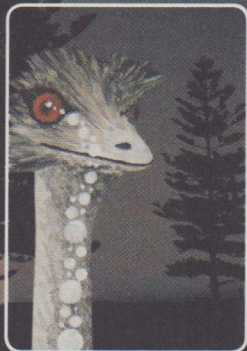
A year later the handsome swan returned to find the most beautiful swan he had ever seen floating aimlessly on the pond. He realised this was the duckling from last year and

she had indeed grown into a beautiful swan, but had also found herself her new mate.

This time, it was he who left with the pond with a broken heart, realising that his vanity had cost him the love of this beautiful swan. He was never able to find another partner for the rest of his life.

DREAMTIME MESSAGE

As we grow, our relationships change and we need to adapt to the change or risk being left behind or even losing them. It's not always easy, if change is what your relationships need right now – then consider the challenge as an investment in your future, remembering that sometimes leaving a relationship may be the challenge you have to face. Whether you stay or go, if you integrate some changes now it may avert heartache later.



SILENCE

A long time ago when the emu was created he was given a voice, however the emu loved to talk and had an opinion on everything, and sometimes was very greedy with his food. After some time the other animals began to tire of the emu's constant chatter and his habit of eating more than his share of the food- he was becoming annoying to everyone.

All the animals got together and decided to trick him. The animals gathered round and talked about the bush plums they had found on a tree in a nearby gully, hoping the emu would go and eat all the bush plum and get sick from a tummy ache – which would teach him a lesson for being greedy.

The emu went in search of the bush plums and when he found the bountiful tree, was delighted by the amount of

beautiful plums he would be able to have all to himself. He swallowed his first plum and to his horror the plum got stuck in this throat.

He tried and tried to either swallow the plum or spit it out - but all to no avail.

When he returned to the other animals he could no longer speak and could only make gulping sounds and because he could no longer speak, he spent the rest of his time wandering the bush searching for ways to get his voice back.

DREAMTIME MESSAGE

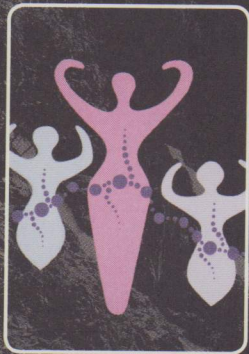
This is a time to keep your opinions to yourself, as no good will come from gossip and it will only harm others. No matter how much you want to share your secret or pass on information to another source, it will only reflect badly on you - regardless of the truth behind your opinion. This is one time where you need to just let go and move on.

SISTA STORIES

Once there were three sisters who lived with their family in the bush near a very deep gully. At the bottom of the gully lived the Bush Yowie, and the Elders told stories of times when children had wandered into the gully and had never returned.

Every day the sisters would pass along the ridge of the gully and would wonder if the Yowie was really as terrifying as they were told. One day the sisters decided to walk a little way down into the gully. As they walked the steep and difficult track, one of the sisters fell and rolled down the gully out of sight of the others.

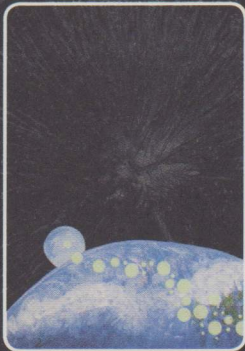
The two terrified sisters cautiously made their way to the bottom of the gully to find their sister who had fallen. When they reached the bottom, they were surprised to see their sister sitting on the edge of a stream talking quietly to the Yowie.



From a distance the two sisters listened whilst the Yowie talked of his loneliness. He talked about how everyone was scared of him, so he didn't have any friends. The two sisters sensed the kindness of the Bush Yowie and joined their other sister in comforting him. They all became great friends and the sisters would often visit the Yowie to share their adventures and sit in the cool shade of the trees along the banks of the stream.

DREAMTIME MESSAGE

You are so predictable! You find it difficult to vary your routine or to take a chance at trying something different. Routine is safe for you, but doesn't give you the opportunity to grow and experience new things. It's time to vary that routine – even if it's just a little bit. You will be pleasantly surprised at the difference such a small change will make to your life.



SORROW

As the young boy grows up he looks to his older brother for guidance. The older brother loathes the fact that he is always followed around by his little brother so decides one day to teach him a lesson.

The spiteful young man instructs his little brother to go into the bush and find a particular type of rare lizard. The young boy, who is only too happy to oblige, heads into the bush but it takes him a few days to find what he needed.

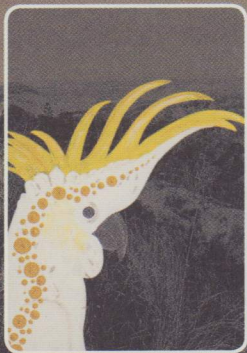
The young boy treks back to camp to find it deserted. The mob have gone. He waits for a few days, however they do not return. As the seasons pass and the young boy grows into a man, he refuses to leave in case his mob returns for him.

As despair and loneliness invade his life he begins to understand that his brother whom he loved and trusted had tricked him, but over time he had discovered his manhood and that he could rely upon himself.

DREAMTIME MESSAGE

Trust is something you give away much too easily – be discriminate. You may be feeling like someone is talking about you and creating problems for you? This is a time to trust your own instincts and rely on yourself to make these decisions. Sometimes you need to take responsibility for your own decisions and stop relying on others to do that for you – this will give you confidence to step forward and take back control of your own life.

SOULFUL BURDENS



Many thousands of years ago, the cockatoo did not have wings. He was so noisy. He would squawk and cry and carry on all day and all night. All the animals would ask him to be quiet - but no, he would just keep on going on and on and on.

This was becoming distressing for the other animals as they couldn't sleep at night because of his noise and couldn't hunt during the day because he scared off all the animals. One of the animals came up with a plan.

They all gathered round the noisy cockatoo and gave him a set of wings. Immediately he took off in flight, and as he took to the sky the other animals sighed with relief. They realised that his insistent squawking was because he was bored and frustrated at never being able to see the world. From this point onwards all the cockatoos got

wings and lived their lives flying the skies and only squawking now and then in celebration of their freedom.

DREAMTIME MESSAGE

Everything seems to be spiralling out of control, and the harder you try to take back some control the worse things become, and the less control you have. The truth is you are trying to control the wrong things. Take stock of the situation and choose your battles more carefully. You don't have to win them all, you just have to decide which battles are important enough to put your energy into.

SOUND OF SPIRIT

In the dreamtime the trees spoke as we do today. They had their own language and could easily talk to each other, and this was important because when the bad weather would come, trees would whisper to each other and warn of the impending weather.

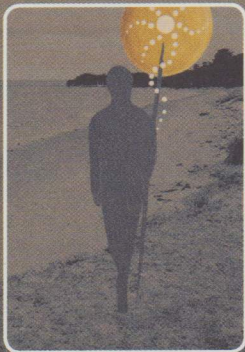
Some trees liked to reach high in the sky and would grow tall to reach for the sun's warmth, whilst others liked the shade under the protection of the big tall trees. There was a small group of younger trees who were always competing against each other to grow the biggest, tallest and strongest. Sometimes the competition to grow was so fierce that they would neglect their duties to pass on messages to the other trees.

One day whilst they were busy growing and competing they all neglected to pass on the message of a big storm

that was heading in their direction. When the storm came all the little flowers who depended on the protection of the large tall trees did not have time to close and protect themselves. As a result all the little flowers died and were never able to grow again, and from then on the trees took their responsibilities seriously to protect the smaller flowers.

DREAMTIME MESSAGE

Don't trust Chinese whispers! What you are hearing is not what was originally said, and others have added their own version and biases to the story. It's not intentional, but what you need to do is get the information and the truth directly from the source. When you take this step you will be relieved to find that things are not quite as bad as you thought.



SPIRIT CONNECTION

High in the mountains droplets of water fall from the morning dew of the trees and meet together to begin to form a trickle. The trickle travels downstream and is joined by more trickles, slowly forming a creek. As the creek meanders its way through the mountains it gains momentum and high on the edge of the valley it flows over the waterfall and lands in the valley below.

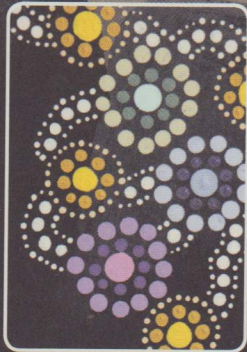
In the valley the water makes its way out of the turbulent foam and froth and drifts into a settling pool below. Here it rests for a moment before the water begins a new journey towards the valley floor where it meets another river.

The two small rivers gently join together in creating a river that is made up of many individual droplets of water. This new creation will sustain great numbers of

people, animals and plants, and becomes the sustenance and spirit of man - giving life to our souls and replenishing the spirit of all mankind.

DREAMTIME MESSAGE -

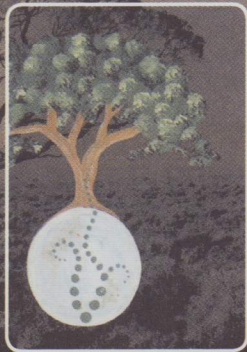
Two are often better than one. Join forces with someone else, whether it's a new partner, a friend or a work colleague and you will find yourself in a partnership that is strong and enriching. This new relationship will take you beyond what you dared to dream.



THIRSTY EARTH

Once there was a greedy frog and he liked to take things that other animals needed. One day he decided to collect all the water from the creek and store it in his giant mouth, leaving all the other animals with nothing to sustain themselves through the hot summer. As the animals and the land got thirstier through the heat of the hot dry summer, they got together to beg him to release the water from his giant mouth – but they got no reply as his mouth was so full that he couldn't talk.

One day as the animals were dehydrated and close to death, suddenly the frog started to shudder and then began to hiccup. With the next hiccup he could no longer hold the water in his giant mouth anymore and the water came rushing out - filling the creek and bringing life back into the bush again. The frog quietly hopped away and was never seen again.



DREAMTIME MESSAGE

Life is very busy for you and sometimes you can burn the candle at both ends for too long, so that it eventually burns to the centre and causes you pain as the flames scorch your fingers. Common sense says blow one end of the candle out to make it easier to manage or better still - extinguish the candle altogether. Time to make some sensible decisions about your health or you may quickly find yourself burnt out with very little energy to sustain the flame.

TWILIGHT SHADOW

One day the satin bowerbird was flying around the ocean's edge and spied something bright and dazzling from above. He flew down low to investigate what the beautiful colours were and discovered an abalone shell.

As he went to claim his prize, he found that the abalone shell was much bigger than he had anticipated and it was impossible for him to carry it to his nest. He pondered over his predicament for a long time until a big sea eagle flying overhead came down to see what the bowerbird was looking at.

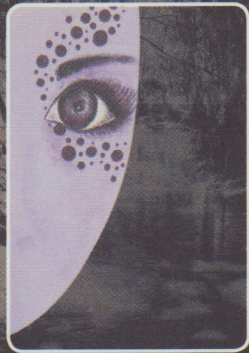
The bowerbird told the sea eagle that he needed this shiny shell to attract his mate, or he would be lonely for many moons until the next season of courtship began. The sea eagle felt sorry for the bowerbird and impulsively grabbed the shell in his strong talons and flew high into

the sky, where he dropped the shell from a great height onto the rocks below.

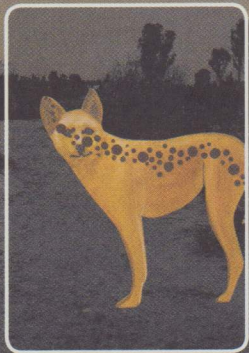
The abalone shell scattered into hundreds of pieces which were small enough for the bowerbird to take back to his nest. Piece by piece the bowerbird decorated his nest and was the envy of all the other bowerbirds. From that day on, all the other bowerbirds began to decorate their nests with bright and shiny objects to attract their mates and find their true love.

DREAMTIME MESSAGE

Often we concentrate our energies on what we can't have or can't achieve, and this is when our self-esteem begins to deteriorate and issues start to weigh us down. Forget the problem and look at what you are able to do and are capable of. There are times when our problems are only about our inabilities to see the strengths we possess.



UNDERSTANDING



A baby dingo is born to the pack, and she is the smallest of all the other dingoes born that season. The other, younger dingoes made fun of her and as she got older the pack relentlessly continued to bully her. In sheer desperation she left her pack for a life of solitude.

She wandered the bush alone without family and without friends, until one day she met another dingo. She worried that if she befriended him, he would make fun of her and hurt her, so she kept her distance and continued on her journey.

One day as she was hunting for food in a rugged gully her leg became trapped between two rocks. She tried in vain to free herself to no avail. After days of being trapped she saw the other dingo carefully approaching her. She was so weak with exhaustion that she could not protest when

he gently pulled her by the leg and released her from the rocks. From there on both dingoes became friends and spent the rest of their lives always watching out for each other, finding a trust that they had never experienced before.

DREAMTIME MESSAGE

Trusting people is an ongoing issue for you. Trust is not a weakness but you have learnt in the past that trust can lead to being hurt, and you've had your fair share of hurt. Sometimes it's worth taking the risk because when you do find trust in someone it is a gift from the Universe. Take a chance and trust the person you are wanting so desperately to trust – it will be worth it!

WOMEN'S WISDOM

The grandmother talks softly to her granddaughter as she gently holds her in a loving embrace. The old woman sees the special qualities in her granddaughter, the qualities that are needed for her to pass down the knowledge and wisdom which was passed down by her grandmother. She shares Dreamtime stories with her granddaughter helping her to understand the lore that is embedded in the stories.

As the years pass by the older woman imparts her herbal knowledge to her granddaughter, and she becomes confident in her abilities to heal the mob when they are sick. She learns to develop her intuition which increases the depth of her wisdom, and in time will become the wise woman of the mob.



Eventually the old woman says her final goodbyes to this world and passes to her next life knowing that the wellbeing of the mob will be in the safe hands of the new wise woman – her beloved granddaughter.

DREAMTIME MESSAGE

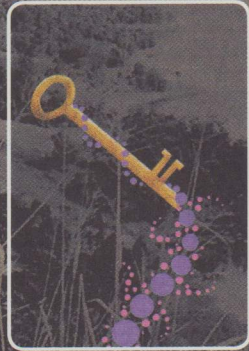
Sometimes it's easy to think that everyone else seems to be the expert in your life, and it gets confusing as you feel obligated to listen to everyone. On some occasions there are people whom you should trust, and there is someone who is advising you at the moment that is worth listening to. They are knowledgeable regarding this subject and also have your best interest at heart.

WONDROUS OPPORTUNITIES

Back at the time when the animals were just created, they gathered together to decide on what each of their roles would be. Each animal thought about it for a while and one by one returned to the group to discuss their thoughts and decisions.

The kookaburra said he wanted to spread happiness and decided his role was to laugh loudly to remind the other animals of the joys of being alive. The crocodile said his role was to be scary and to keep the children away from the water so that they wouldn't accidentally drown.

The tiny sugar ant waited until last to speak because he had no idea how he could be helpful, as he was always too busy eating the dead foliage on the ground whilst searching for his beloved nectar. All the other animals laughed warmly and told the tiny sugar ant how important



it was to clean up the debris in the bush, and that he was the perfect animal to do so.

At the end of the day, all the animals agreed that the key to creating a balanced and harmonious environment, was for everyone to work together.

DREAMTIME MESSAGE

You feel confident working on your own; this way you can create unique opportunities which are highly beneficial to you. In your quest to work alone, you miss out on the creativity and relationships that occur when you work with others. This is a great time to reconsider your reclusiveness and seek the company of others. On this occasion, there is a lot to be gained regarding the sharing of information and skills.

ABOUT THE AUTHOR

Mel Brown is Ngunnawal woman with a Masters in Indigenous Healing and Trauma from Southern Cross University. She is a counsellor, author, artist, professional speaker and trainer.

Mel has a unique way of communicating that ownership of spirituality belongs to each individual, and is not defined by labels or limited to just one understanding of life and creation. This melding of cultures and spiritual beliefs led Mel to create a range of Aboriginal Oracle Cards which are recognised across the world.

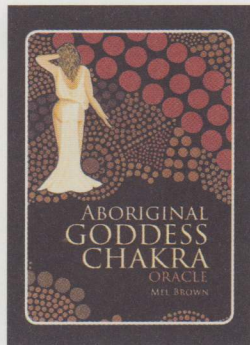
Mel is known for her expertise in Aboriginal cultural competency and lateral violence both nationally and internationally. She regularly facilitates healing circles for women and youth, and provides supervision to Aboriginal and non-Aboriginal workers within the health and welfare fields. She was recognised for her work in the area of service provision for Aboriginal families and was awarded an ACT Public Service Award for the "Most Improved Services to Aboriginal Children and Families in the ACT", by the ACT Chief Minister.

She lives in the Northern Rivers Bundjalung Nation. www.spiritdreaming.com.au



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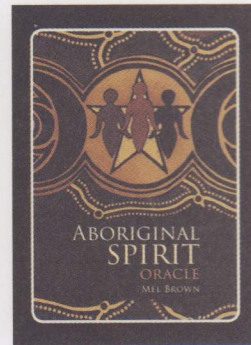


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