

Connecting with your aboriginal culture through dance

Having grown up in large families across different Australian states, I've always felt the need to maintain a strong connection to my culture and my loved ones. Despite the physical distances between us, I found a way to stay deeply rooted in my heritage through aboriginal dance. It has become my lifeline, my source of joy and belonging.

5 With every beat and movement, I feel an overwhelming sense of pride in my aboriginal identity.

Dance has become my way of honouring my family, our traditions and the land that shaped us. It is a powerful tool for keeping the flame of our ancestry alive. Through my performances, I not only celebrate my cultural heritage but also hope to inspire
10 others to embrace their own ancestral roots and find strength in that connection. Dance is the thread¹ that weaves² together my past, present and future, reminding me of who I am and where I come from.

When we learn our dances, we connect with our land and our culture, and we keep our culture alive and strong.

15 Dance has been an important part of indigenous culture for thousands of years. It plays an important role in our ceremonies and celebrations and helps to maintain the culture of our people by passing down stories, songs and traditions from generation to generation. Dance has been used historically to communicate stories and messages about the land, animals and ancestral spirits. [...]

20 It's an expression of our culture and reflects the diversity of all the different nations across Australia.

Samuel Wirrdapi Stubbs, *unve.test.reachout.com*, 2023

¹ fl

² tisser