



Module 1, Lesson 2.2

Finding A Place



Ngatanwarr Womenindi Everybody!

Hi, it's Jamie Thomas from Wayapa Wuurrk.

This is video three!

We've brought you into the city to show you how I would use....
and how Wayapa Wuurrkers....
would actually use **Wayapa**.

So what we wanted to do was show you how to use Wayapa....
as a meditation technique....
through visualization....
we want to show you how you can actually use Wayapa....
to **Connect into Mother Earth here in the City**.

In a minute....
we'll have a look around the city....
and see that we are actually covered with concrete.... with ash felt.

The three ways I want to teach you about using Wayapa....
is honoring the space in which you're standing.

A couple of hundred years ago....
probably not even that long ago....
this place would have actually have been totally full of trees....
full of grass....
no buildings....
no concrete....
no nothing.

It would have been highly vibrated with energy from Mother Earth.

But that energy **still exists** here....
that energy is still **around** us....
it's still **underneath** us.



The wind that's blowing through at the moment....
there's energy there....
the wind has blown across the planet for thousands of years....
we've still got the sky above us....
we're still surrounded by some of the elements of Wayapa.

But even under this crust of concrete....
that is around me here....
the Earth is still here.

There are still trees growing not far from here.... there's still grass.

One of the things I often do when I do a meditation....
or Wayapa meditation....
out in the city....
is to close my eyes....
and again **just breathe in**....
that oxygen that's all around me....
that energy that is there.

So knowing that there is energy still under my feet and focusing on that.

What I usually do with my meditation....
with my visualization....
is I actually focus on what it would have looked like a few hundred years ago....
taking away all the concrete....
taking away all the buildings....
taking away all the cars in the background....
and sitting in the **stillness**....
imaging what it would have been like....
and again using that whole of sensory connectivity.

Feeling what it would have felt like.

What could I have smelt back then?

What would I have heard?



What would I have seen?

So really sitting in that deeper sense of what would have been around us.

***The other way we can actually use Wayapa....
is focusing on what we already still have here.***

In the background....
there'll be some trees there....
there'll be some parkland....
you'll see some birds....
Mother Earth is still under us and around us in some way.

By me actually **focusing** on those things....
like the trees....
sitting on the grass....
taking my shoes off....
putting my hands on the ground....
it's still connectivity....
it's still connectivity with the Earth in an urban, inner city environment.

It's another way of pulling it apart....
to be out on country when you can't be on country.

***And the third way I want to share Wayapa with you....
is to use that experience of actually being out in the environment.***

Like we were this morning....
we were out in the bush....
I can close my eyes....
and I can actually visualize myself in that space again.

So **visualizing** that acacia with the yellow flower tree....
visualizing those birds flying around....
visualizing those kangaroos....
being in that gorge.



When you start to focus on that visualization....
all of those sensory experiences we have....
the smells....
what it felt like....
what it sounded like....
and that vibrational energy from the land....
is coming back to me.

That's how we use Wayapa in a holistic way.
So we call it extra sensory experiencing....
that **WHOLE CONNECTION**....
because when we're connected....
that's when we feel like we have a **PURPOSE**....
we have a sense of need....
to look after the Earth.... so in turn it looks after us.

We hope you enjoyed these little three videos....
about using Wayapa....
to be **totally immersed in your environment**....
no matter where you are....
whether you're in the bush....
or whether you're in the city....

And we look forward to hearing from you soon...
and we hope you get interested enough in Wayapa to do our **ONLINE COURSE**....
or to come and do a class first hand.

Thanks very much for listening....
I'm Jamie Thomas....
Wayapa Wuurrk....
and we'll see you next time....
Wuuwuurrkuuk Yaradee!