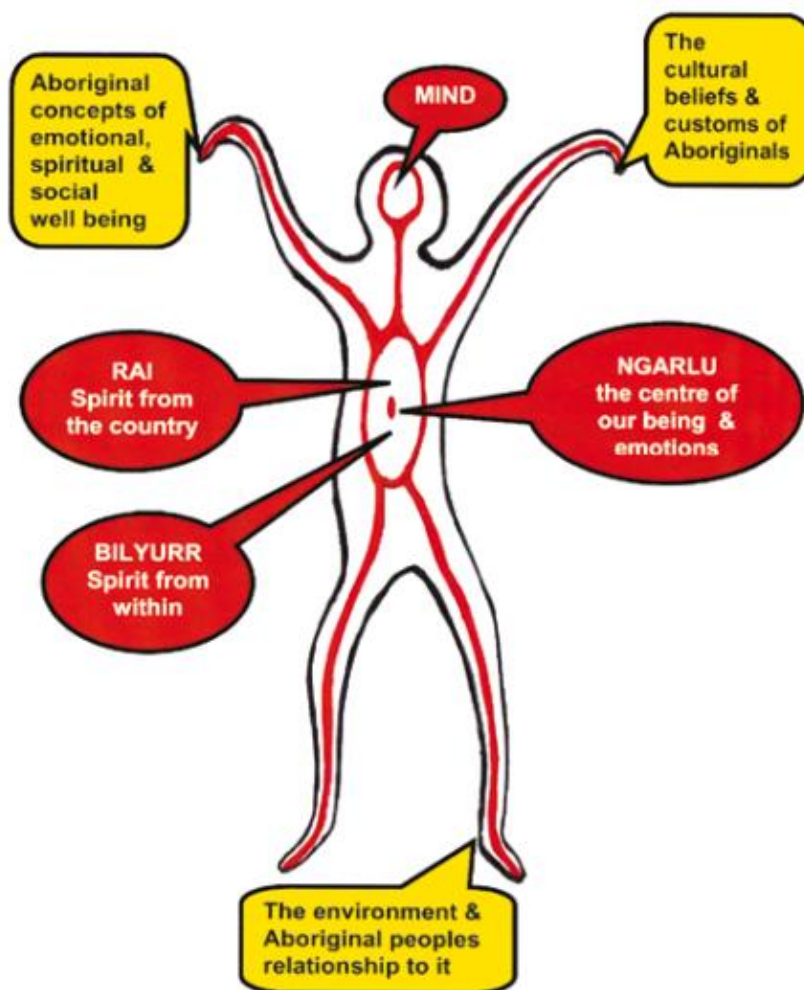




Working with Ngarlu: centre of your being.

Ngarlu is the Karajarri word for defining the place of the inner spirit. This place in our stomach is the centre of our emotions and wellbeing. When a group makes a decision there is a sense of group Ngarlu; their feeling and thinking is the same. This is known as Waraja Ngarlu, which is to agree to be of one stomach and to be of one mind. There is a similar term to Ngarlu in many language groups in Australia.

Contained within our Ngarlu are our *Bilyurr* and *Rai*. Bilyurr is our spirit from within, which is in oneness with the physical body. After death the Bilyurr goes on its journey to a special place. Rai is our spirit from the country.



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Model 1: Ngarlu Assessment Model

Roe, J, 2000, 'Ngarlu: A Cultural and Spiritual Strengthening Model, in P. Dudgeon, D. Garvey & H. Pickett (Eds.) (2010) *Working with Indigenous Australians: A handbook for psychologists*. Gunada Press, Perth. Ch. 17, pp. 245-252.

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