

## A Better Future For Our children.

I was asked in 1993 to present a paper to an Aboriginal Women's workshop in Roebourne for the Aboriginal Medical Service .The title for the workshop was "A Better Future for Our Children "

### The Presentation

I have done a lot of reflection on what to say on this topic over the last couple of weeks and I have based my talk Not on Health Issues eg housing education Alcohol Drugs Sexually Transmitted Disease etc. I have written this from "The Heart ". Knowing what I now know at my age (45) and what life has taught me I have come to believe that if we are to have a better future for our children the number one most important thing for us to do is too believe we can.achieve this .before I continue I would like to share with you a few of my Golden Rules.

1 You can't love anybody unless you love YOUR SELF.

2. You can't care for anybody, unless you care for yourself.

You can't believe in anyone unless you believe in yourself.

No person is born. great just ordinary people achieving greatness because of their great determination. If we are to join together in wanting a better future for our children with determination that goal can be achieved. We must first know what we want for our children and start working towards that.

So many people die with their dreams within them .Think big believe in yourself.

It is what you do with what you have that counts.

Know what you do not want for the future and aim for what you do want for the future of your children.

In continued reflection I would like to share my personal thoughts for change.

I believe change must come from within us

We live in a world full of constant. Negativity .Negativity daily intrudes into our daily lives through many different ways .television , newspapers radio are often full of negativity daily intruding into our lives with news of wars ,shootings and killings etc. The commercial TV stations are continually bombarding us with TV shows of an unreal world. That TV program Beverly Hills 92101 is a classic example .Advertising is constantly telling us we must have this , have that .We can't live without this or that.'Your Mother need a microwave for Mother's Day

Money and Material things have taken over the way we value people and their lives.

We have become conditioned to live from the outside world in .So therefore we are so caught up in the material world we forget we have an inner self.

I will stop here for a minute to mention that in our Western Culture we are not conditioned to get to know our inner selves and I believe if we are to change for the better we could start by getting to know the real 'Me'.

I personally believe I am made up of three parts

- 1 A physical part-my body
2. A mental body –my conscious mind
- 3 A spiritual part – my subconscious part –my soul/spirit.

An equal triangle to make one holistic unique human being and to be a better person I need to have my triangle equal. I need to get in touch my inner self daily because I found by having that time out I can create a better place.

I have certainly changed over the years and this change process has been achieved since I was introduced to Yoga and Meditation – (Your sacred gift of dream time) 10 years ago .That changed me to live from the inside out .However I must admit being Human I at times and for long or short periods of time go back to living from the outside in..I wonder if we are to develop a better life for the children whether we need to take a step back from societal norms and introduce Dream time and meditation again for our children.

In helping to create a better life for our children perhaps the focus lies in focusing one's energies into positive outcomes to break from the cycle of negativity. To focus on what we are good at .people do not really want to know your problems. People want to see one's talents .take a close look at ourselves inside and out. Take stock of all the good points. Know your best qualities and the things you are most proficient .Anything about you that makes you a little bit different, that makes you unique.

.It is by knowing this, you can draw up a plan as an individual to improve your weaknesses and capitalize on your strengths and then I believe if the community united with the same principals I believe we could make a better world for our children.

Where do we start?

A few suggestions.

- 1 Dream Time and Meditation workshops .
- 2Traditional aboriginal cultures in dance and music in schools.curiculums.
- 3 Motivational education
- 4 Systematic Training for effective parenting from the cradle to the early adult years.

Thank you .

.