

Gamarada

A Spiritual Awakening

"For most people when they come into a healing environment, if they sit down, listen & share stories, they find that culture re-emerges"

- Dr Tom Calma AO

Redfern, the urban stronghold of Aboriginal Australia is changing and so are the men in its community. A unique healing and leadership group is being held weekly. Local men volunteer their professional and lived experiences to hold a space for others to find their voice, and become empowered to confront issues such as anger, addictions and disconnection from culture.

Gamarada 'Awakening the Spirit' is a story of empowerment and self determination through the eyes of men who have come through the program. It is one example of Aboriginal and Torres Strait Islander men across the country taking back power and place in community lost through the processes of colonisation.



Narrator: David Leha

Camera & Editing: Mark Taylor

Audio Mix: Marcus Longfoot

Executive Producer: Margaret Ann Smith

Producers: Mark Carroll, Mark Taylor

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Cultural consultants - Ken Zulumovski, David Leha, David Beaumont

Contact Ken Zulumovski for further information on Gamarada services

ken.z@gamarada.org.au

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'Healing is an education process of awakening, learning about the self, having an ever-deepening self-knowledge and a returning to wholeness that leads to transformation, transcendence and integration. It happens through the experience of safety, community support, re-building a sense of family and community, using ceremony and strengthening cultural and spiritual identity'.

- 2008 Aboriginal and Torres Strait Islander Social Justice Report