The first Yila Healing Trail begins with a corroboree full of sound and song
GE
By Glenn Ellard in South Coast Register
October 4 2024 - 6:31pm
Comments

Amanda Jane Reynolds knows the healing power of sound.
And she will be sharing healing sounds when the Yila Healing Trail holds a corroboree in Nowra's Paringa Park on Friday, October 11, to start 10 days of activities.

Amanda Jane Reynolds is providing sacred possum heartbeat drumming during the corroboree in Nowra. Picture by Justine Kerrigan, courtesy NAVA

A possum cloak maker from Lake Conjola, Ms Reynolds said she was playing only a "small" but important role in the corroboree by providing possum cloak heartbeat drumming.
"I have the honour of carrying one of our teachings," she said.
Possum cloak drumming was "a very humble sound" that replicated a mother's heart beat and was the first sound we heard while still developing.

Joe Brown McLeod will MC the corroboree. Picture by Glenn Ellard.

"It's our sacred sound vibration, it's her heartbeat, and it grows our spirit and our bodies while we're in her womb, and prepares us for our journey to earth," Ms Reynolds said.

Drumming is a key part of ceremonies al over the world, and Ms Reynolds said Australia's Indigenous women drummed "to connect with our ancient memories" and "in celebration of the dance of the ancestral grandparents".
While she is drumming as part of the corroboree, the gentle and meditative sound will form the backdrop to a chant in three different languages - English and two traditional languages from the region.

Aunty Ruth Simms is one of the elders providing the welcome to country. Picture by Glenn Ellard.

Ms Reynolds said the chat in English would be, "Let the soles of you feet walk you mother's heartbeat. Let the words you speak be your gift of peace."

Those words provided, "An invitation to people to go deep within their own spirit, to connect with country, to walk very lightly and gently on country, and to speak words of love and comfort and peace," she said.
The corroboree from 4 to 7pm features a range of Indigenous performers from across the South Coast.

performers from across the South Coast.

The Mudjingaal Yangamba women's choir is singing during the event. Picture by Glenn Ellard.

People attending the event will be invited to enter the site through a sacred smoking corridor and into a welcome to country conducted by respected elders including Aunty Ruth Simms, Aunty Margaret Samoes, Uncle Sonny Simms, and Uncle Paul McLeod.

Under the guidance of MC Joe Brown McLeod, the evening will also feature a range of performances from people all connected through country and bloodlines.

The Mudjingaal Yangamba women's choir is singing in the Dharawal and Dhurga languages, David Little is providing a didgeridoo session, and the night will include special performances from members of the Doonooch Dancers, Gumaraa, Uncle Warren Foster and the Gulaga Dancers.

The corroboree marks the start of 10 days of the first Yila Healing Trail, which features dozens of events aimed at bringing people together and helping them connect with Country.

Uncle Paul McLeod is among the respected elders welcoming people to the corroboree on Friday, October 11. Picture by Glenn Ellard.

The Paringa Park location for the corroboree has been described as culturally significant because it links the freshwater and saltwater songlines, Cullunghutti Mountain, and an area deeply tied to the dreaming tracks.