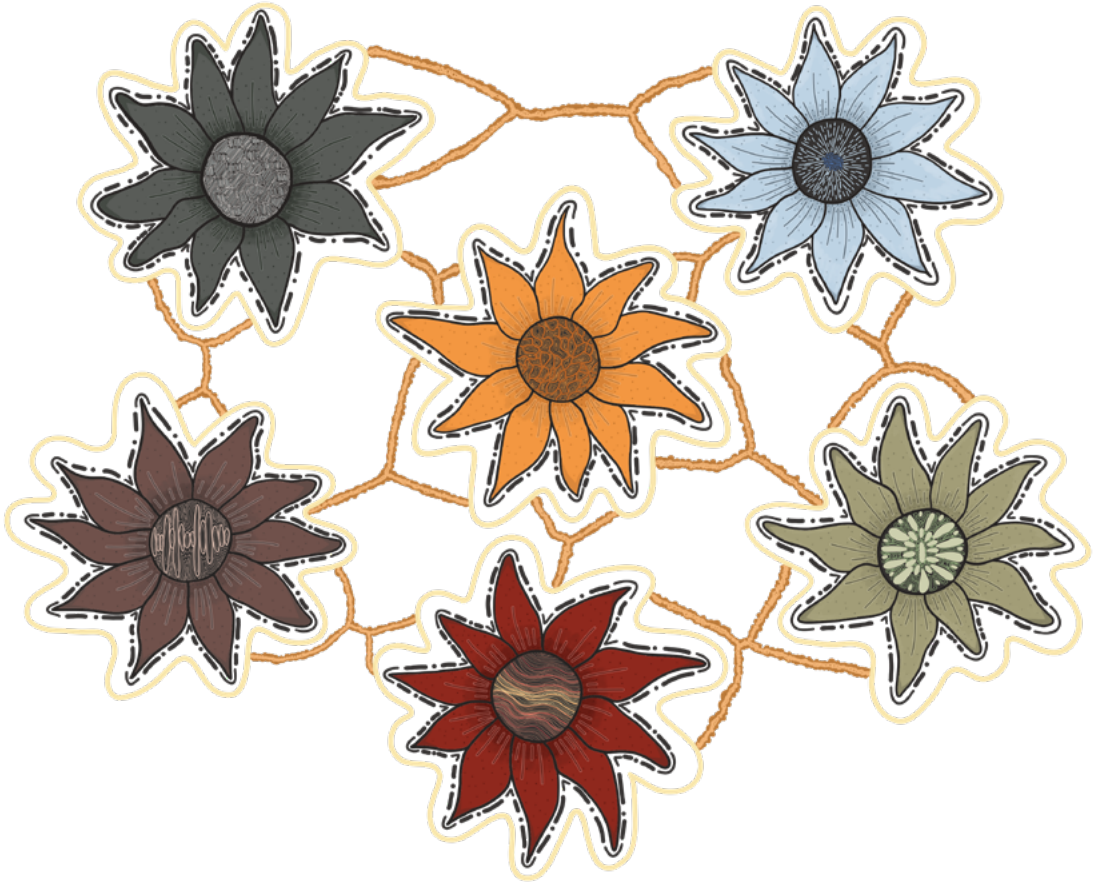
NACCHO
National Aboriginal Community Controlled Health Organisation

# Domains of Cultural Medicines - Artwork



*Domains of Cultural Medicine*
Zyana Brotton, Truwulway and Litamirimina woman, Lutruwita (Tasmania)

Each flower represents one of the domains of Cultural Medicines, our ways of healing that are born of Country with story, spirit, and practice.

Each flower, or domain, is connected by hand-made thread, called laritja in my (Palawa) language. This thread symbolises how knowledge sharing through community, and our connection to culture, ancestors, and Country, weaves through all forms of healing.

## 1. Physical medicines (inhaled, topical and ingested medicines)

**Colour:** Orange

**Design:** Soft, organic textures mimic stomach lining, showing how medicine works within and through us.

**Symbolism:** The body is the vessel for healing, living proof of balance, care, and transformation.

## 2. Native Australian foods (foods as medicine)

**Colour:** Green

**Design:** Seed and grain shapes represent growth, fertility, and renewal.

**Symbolism:** What we gather, hunt, and grow sustains us to seasonal rhythms, feeding both body and Country.

## 3. Ceremony (ceremonies, dances and songs)

**Colour:** Brown

**Design:** Sound-wave motifs reflect the rhythm of ceremony, dance, and song.

**Symbolism:** Ceremony, dance and song connect people, Ancestors, and Country.

## 4. Spiritual medicine (spiritual and energetic medicines)

**Colour:** Blue

**Design:** A starburst from the centre, representing energy and light.

**Symbolism:** Healing that travels beyond the physical, into the dreaming, and the unseen spirit world.

## 5. Traditional healers (as determined by each specific language group/clan/nation)

**Colour:** Dark Grey

**Design:** Woven crosshatch patterns show interconnection and strength.

**Symbolism:** Healers are the weavers, combining all the domains of our medicines in their practice, to bring balance to body and spirit, utilising knowledge handed down through kin, Country and time.

## 6. Country as medicine (i.e. both tangible and intangible parts of Country)

**Colour:** Red

**Design:** Earthy red tones represent bloodlines, ochre, and soil.

**Symbolism:** Country is both the giver and guide, restoring balance, teaching respect, and holding all we are.

## Laritja – The Connecting Thread

Laritja is thread made from native grasses by Palawa (Tasmanian Aboriginal) people.

The thread, or twine is worn as a necklace either on its own, or with shells attached to it, and is a both a tangible and intangible symbol of deep connection - to our ancestors, culture and Country.

**Design:** A string winding through each flower.

**Symbolism:** Like the laritja of our Old People, this thread carries story, identity, and love. Binding each domain of healing together through culture, kinship, and Country.