

HEALING COMMUNITY

Commission piece for the
Australian Indigenous Doctors
Association - 2025



Ruu.thelabel

Spiritual Healing

Water is a powerful way to heal the mind & overall mental well being. It represents life and connection to country as a known sacred element. I personally feel at ease when near waterways and oceans, It frees my mind and helps me reset. A Community that lives this life are Our Torres Strait Islander Brothers & Sisters.

Indigenous Doctors

Central meeting place representing Our First Nations Doctors. They are positioned facing outward to show they aim to better Our Communities through their Knowledge as modern day healers.



Old Ways

Traditional Medicines and sources of dietary needs promote better physical health. Leading an active lifestyle and managing unnecessary stress/mental health issues without substance abuse is vital to creating positive role models in Our Communities.



The Messenger

As time progresses, We will have break throughs in Medical developments. It is important that we are up to date with what's on offer and how we can limit or eliminate Health issues. Having the Doctors in Communities raising awareness will have a snowball effect on Our Mob seeking help.



Communities

All aspects of Health are what will promote a nurtured need of lifestyle changes. Having the tools and understanding to overcome Health issues are key, Which is why an holistic approach is necessary to overcome some health barriers limiting Our life expectancy as Indigenous People. Family & Community support creates a safe environment for those seeking help.



**“Health & healing are interwoven,
Which means one can’t be separated
from the other”**

