

TRANSCRIPTION: Bubble Journey: long version

start time:	Anindilyakwa	English
0:07	Yarna ngarrangadena-ma nungkuwa yibawilyakina-ma yirukwudarrba yeya akinuwa angalya ebina nuwambilya-ma arrawa nungkwa-manja.	We would like to take you on a little journey to the land of mindfulness,
0:18	Akina angalya arrawa nungkwa-manja kuwerribikajungwuna-ma nungkuwa ningkakina ningki-kinyungwurra akwa ningkibuda.	The land of mindfulness is a place inside you where you are safe and strong,
0:33	Ena angalya akina nungkuwa ningkakumarnu-ma adurruwarna amaringka nungkwulangwa-manja mangma.	A place where you can put a big smile on your mind.
0:46	Kilikaja-manja yirukwudarrba yeya ngarramingadena-ma nungkuwa kumurrkwula-ma nungkwulangu-ma murirra akina-manja ajiringka, makinuma nungkwu-langwa menba kumidirrijungwuna.	To go on this journey we would like you to lay on your back on the floor, with your eyes closed or half closed,
1:08	Kandiya arrawa nungkwulanguwa mulkwa.	Looking down at your belly.
1:14	Kakumirna nungkwulangwa ayarrka nungkwulangwa-manja mulkwa.	Put your hands on your belly.
1:21	Kingengkuwangina abiyakarbiya adurruwarna akingengkuwa,	Take three really big breaths,
1:28	Ningkuwerribikaja nungkwulangwa ayarrka nawarrina-ma karrawaruwa akwa nadirrundina-ma arrawuwa?	Can you feel your hands move up and down?
1:41	Ningkeningma nungkuwa amiyambena nangekburakina-ma akina nawarumajina-ma akwa nalarrijina-ma ena wubirra?	Do you know what's causing them to rise and fall like this?
1:54	Akina nungkwulangwa ekingengkuwa akinabina nangekburakinama ena.	It's your breath that causes this.
2:02	Ningkuwerribikina nungkwulangwa ayarrka nawarumajungwuna-ma akwa	Feel your hands rise and fall with every breath you take,

	nengkilarrina-ma ebina ababurna nungkuwa ningkingengkuwanginu-ma,	
2:18	Ningkibina nungkuwa ningkengkuwangina-ma arrawa, kumaringkirringkina nungkwulangwa ekingengkuwa nadirrirndirna-ma arrawuwa nungkwulanguwa mulkwa,	As you breath in, imagine your breathe moving deep down into your belly,
2:34	Arakba kilawurrakajina nungkwulangwa ekingengkuwa kalawurradina ebinuwa.	Now let your breath return to normal.
2:43	ki-rringkina-mirrkba nungkuwa ku-werribikina-ma akina nungkwu-langwa ayarrka kawarumajungwuna-ma karrawaruwa akwa kadirrirndina-ma nungkw-langwu-ma akingengkuwa.	See if you can still feel your hands moving up and down with your breath,
3:01	Umba nungkwu-langwa mangma kumungwanju-manja kemba kuwerribikina nungkwulangwa ayarrka nungkwa-lang-manja mulkwa kumuwarumajungwuna-ma karrawaruwa akwa kumidirrirndina-ma nungkw-langu-ma akingengkuwa.	If your mind gets distracted bring your attention back to feeling your hands on your belly rise and fall with your breath.
3:25	Ningkena kumurnduwena ememberrkwa nungkwu-langwa akingengkuwa nungku-langwa-wiya mulkwa kumuwarumajungwuna-ma karrawaruwa akwa kumilarrina-ma	You're going to count 10 of your breaths as you feel your belly rise and fall, rise and fall,
3:45	Kemba ngakwuruwa ngarrumurnduwena	So let's count:
3:51	Awilyaba nungkuwa kingengkuwangina arrawa	One as you breathe in,
3:56	Ambilyuma nungkuwa kingengkuwangina arrekbuwa.	Two as you breathe out,
4:01	Abiyakarbiya kingengkuwangina arrawa,	Three in,
4:05	Abiyarbuwa kingengkuwangina arrekbuwa	Four out,
4:09	Amangbala kingengkuwangina arrawa	Five in,
4:12	Amangbala-awilyaba kingengkuwangina arrekbuwa	Six out,
4:18	Amangbala-ambilyuma kingengkuwangina arrawa	Seven in,

4:23	Amangbala-abiyakarbiya kingengkuwangina arrekbuwa	Eight out,
4:29	Amangbala-abiyarbuwa kingengkuwangina arrawa	Nine in,
4:35	Akwa ememberrkwa kingengkuwangina arrekbuwa	And ten out.
4:41	Eningaba , arakba nungkuwa kemba kakumirna nungkwulangwa ayarrka karrawara ajiringka-manja akwudangwa nungkwa-manja.	Good, now you can put your hands on the floor beside you.
4:57	Kingengkuwangina awilyaba aruma akingengkuwa arrawa akwa kumaringkirrkajungwuna ningkena ningkingengkuwangina-ma arrawa akina-manja alarradada amamamuwa.	Take another big breath in and imagine you're breathing in a glowing bubble,
5:17	Akinuma ababurna ningkingengkuwangina-ma akwa nalyangburrkwajina-ma nungkwulangwa-mulkwa.	With every breathe feel that bubble grow and fill up your belly.
5:27	Amiyabena alida nungkwulangwa-manja amamamuwa?	What colour is your bubble?
5:34	Nungkuwerribikina amamamuwa na-wabilyaki-na akwa nungku-langwa mulkwa numu-wabilyadi-na akwa numi-lyurrkwudi-na.	Feel how the bubbles glow makes your belly feel warm and relaxed.
5:50	Akinuma nungkwulangwa engka-manja aruma akingengkuwa kinjurrkwajina akina amamamuwa arribaja arrawa nungkwulanguwa alika.	With your next big breathe move the bubble all the way down to your feet,
6:07	Nungkuwerribikina nayamarrkina-ma akina amamamuwa nalarradana-ma nuwerriminjakina-ma nungkwulangwa alika.	Feel how the bubbles glow relaxes your feet.
6:22	Arakba nungkwu-languma akingengkuwa kalyikbijina-ma akina amamamuwa karrawaruwa akwa nungkwulanguwa aning-arrawa alakba.	Now with your breath allow the bubble to float up to your lower legs,
6:37	Akwa karrawaruwa nungkwulanguwa makarra	And up to your thighs,

6:43	Nuwerriminjakina-ma alakina ambilyuwa alakba	Relaxing each part of your legs.
6:50	Akinuma ababurna ningkingengkuwangina-ma akina nawilyakina-ma amamamuwa nalyikbina-ma arrubaja nuwawiyabena-ma nungkwulanguwa ambirrkwulyumida,	With every breath you take the bubble floats further up through your body,
7:09	Nungkuwarrwalya akwa kuwerriminjakina-yada akwa nawarrukwajungwuna-ma, akina arakba nawurdana-ma nungkwu-languwa anka.	Warming and relaxing each part that it passes, It now moves up through your hips,
7:24	Nungkwulanguwa mirirba	To your back,
7:27	Nungkwulangwa mulkwa	Your belly,
7:30	Akwa yukudukwuda.	And chest.
7:32	Akina kawarrukwuna nungkwulangwa ayarrka,	It passes your hands,
7:39	Akwa nungkwulangwa amirnda,	And your arms,
7:44	Nawabilyakina-ma akwa nuwerriminjakina-ma	Warming and relaxing them.
7:51	Akina arakba nawarumajungwuna-ma arrubaja karrawaruwa nungkwulanguwa memirra akwa nungkwulanguwa amukurra,	It now rises all the way up your neck and your face,
8:04	Kuwerriminjakina nunkwulangwa alyelyikba, amungkwurra, mada akwa nungkwulangwa menba.	Relaxing your tongue, jaw, ears and your eyes.
8:16	Yandilangwa nungkuwa kingengkuwangina akina amamamuwa arrekbuwa ambaka-langwa	Until you breathe the bubble out slowly.
8:27	Kemba nungkuwa ningkuwerribikina nayamarrkina-ma nungkwulangwa ababurna-langwa ambirrkwulyumida arakba nawabilyadina-ma akwa nuwerriminjina-ma.	Can you feel how your whole body is now warm and relaxed?
8:45	Kungwanjina akwa arakba kiyangmarngkwajina nungkwulangwa ambirrkwulyumida kakuwama-langwa adurruwarna warka.	Take a moment now to thank your body for all its hard work.
8:58	Nungkwulangwa alika akwa alkba kakuwilyaka-mu-langwa nungkuwa aduwabawiya.	Your feet and legs for carrying you around all day,

9:09	Nungkwulangwa ayarrka akwa amurnda akina ningkikejika-mu-langwa amurndakija-mirriya.	Your hands and arms for lifting things,
9:21	Nungkwulangwa mulkwa akwa nungkwulangwa yukwudukwuda akwa nungkwulangwa eningarrawa akina kakumamurikajina-ma akina kingengkuwangina-yada akwa ningkeniba-yada kambilya.	Your belly and your chest and your organs for breathing and pumping blood and keeping you alive.
9:42	Yangamarngkwa -na nungkwulangwa aringka akwa amukurra narrimena-mu-langwa ayakwa akwa narrumiringkina-mu langwa ababurna-langwa angalya.	Thank your head and face for picking up information and making sense of the world.
9:58	Eningaba!	Well done!
10:01	Nungkuwa ningkakumarnu-ma aruma amarngka nungkwa-lang-manja mangma.	You've just put a big smile on your mind.
10:09	Ngayuwa arakba kirndangmajina dudurla kajungwa kijerrukwuna-yada akumalyangka. Kengkirraja akinuwa dudurla yandilangwa nara-yada nungkuwa engkirrkama amayakwa. Kemberra nungkuwa kumangwudangmajiya nungkwulangwa menba.	I'm now going to ring a bell to end the exercise listen to it until you can't hear the ringing of the bell anymore and then you can open your eyes.