

TRANSCRIPTION: Bubble Journey: short version

0:07	Yarna ngarrangandena-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 nengkilarrina-ma ebina ababurna nungkuwa ningkingengkuwanginu-ma,	Feel your hands rise and fall with every breath you take,

2:18	Ningkibina nungkuwa ningkengkuwangina-ma arrawa, kumaringkiringkina 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 ngakwurruwa 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.
5:04	Kungwanjina akwa arakba kiyangmarngkwajina nungkwulangwa ambirrkwulyumida kakuwama-langwa adurruwarna warka.	Take a moment now to thank your body for all its hard work.
5:17	Nungkwulangwa alika akwa alkba akuwilyaka-mu-langwa nungkuwa aduwabawiya.	Your feet and legs for carrying you around all day,
5:28	Nungkwulangwa ayarrka akwa amurnda akina ningkikejika-mu-langwa amurndakija-mirriya.	Your hands and arms for lifting things,
5:40	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.
6:01	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.
6:17	Eningaba!	Well done!
6:20	Nungkuwa ningkakumarnu-ma aruma amarngka nungkwa-lang-manja mangma.	You've just put a big smile on your mind.
6:28	Ngayuwa arakba kirndangmajina dudurla kajungwa kijerrukwuna-yada akumalyangka. Kengkirraja akinuwa dudurla yandilangwa nara-yada nungkuwa engkirrkama amayakwa. Kembirra 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.