

TRANSCRIPTION: My Internal Weather: long version

start time	Anindilyakwa	English
0:07	Yarna ngarrangayindenama kawilyakinama ebina angalya kumilyangburrukwnama-murruwa nugkwurri-langwa mangma.	We'd like to take you on a little journey to the land of mindfulness,
0:19	Akina angalya kumilyagburrukwnama-langwa mangma nuwambilyama nungkwurruwa-manja arrawa nungkwurri-langwa-manja karnumadangkwa, ebina kirrakarribidirrikinama akwa kirrumilyukwa kirrambilyama kembirra,	The land of mindfulness is a place inside you where you are safe and strong,
0:43	Ebina aruma amarngka yikumarnngkinama nungkwurri-langwa-manja mangma,	A place where you can put a big smile on your mind.
0:52	Yikilikajama-manja akina-manja kirrakina ngarrangayidenama yikumurrukwlama nungkwurri-langwa-ma mirirriba,	To go on this journey we'd like you to lie on your back on the floor,
1:04	Kembirra yikingengkuwanginama adidirrungwana engengkuwa angkabiyakaribiyama,	Now take three really big breaths,
1:13	Makina yikumawerribikinama mulkwa nungkwurri-langwa kumuwarumajungwunama akwa kumingkilarrinama angkababurna kirribina yikingenguwangina-manja adidirringwana engengkuwa,	Feel your belly rise and fall with every big breath you take,
1:31	Yikumaringkirringkinama akina nungkwurri-langwa engengkuwa kalikajama arrawa-wa nungkwurri-langwa-wa mulkwa kirrakina yikingengkuwangina-manja adidirrungwana engengkuwa.	As you breathe in, imagine your breath moving deep down into your belly.
1:49	Yikilawurrakajina nungkwurri-langwa engengkuwa ebina kirringengkuwengkinginama-murra-wa adinibawiya,	Now let your breath return to normal,
1:59	Akwa kirrakina ngawa kirridirruwa yikirringkajungwunama	And see if you can keep your attention on

	kumuwarumajungwunama akwa kumingkilarrinama nungkwurri-langwa mulkwa nara-langwa-wiya akumanguma nungkwurri-langwa ayarrka enikumamirikajina-yada nungkwurruwa-manja.	your belly rising and falling without your hands there to help you.
2:22	Kumirrangmirdina-manja-manja nungkwurri-langwa mangma,	If your mind gets distracted,
2:28	Yikilawulawurradina ngarningka mibina kumuwarumajungwunama-murra-wa akwa kumingkilarrinama-murra-wa nungkwurri-langwa mulkwa nungkwurri-langwa-manja engengkuwa-manja.	Bring your attention back to feeling your belly rise and fall with your breath.
2:44	Kirrakina yikumakakirumakinama nungkwurri-langwa mangma marribida-yada akwa mamirndengekburna-yada yikilawulawurradina-manja kirrakina,	Every time you bring back your attention you're training your mind to be strong and fit,
2:59	Kirrakina ngawa yikerriminjinama yikuwerribikina-murra-manja nungkwurri-langwa arrirra kalikaja-manja akwa kalalikina-manja nungkwurri-langwa karnumadangkwa.	Now try to keep your attention on the feeling of your breath coming into and leaving your body.
3:16	Kembirra yikuwerribikajugwuna ebina kirridirruwa yikingengkuwangina-manja akina kembirra yikerriminjinama akwa yikilerriminukwunama	And feel how focusing on your breathe like this makes you more calm and relaxed.
3:32	Kembirra yikengkirraja ngawa yikiyamarrikinama-murra-wa arrawa nungkwurri-langwa-manja karnumadangkwa,	Now pay attention to how you feel inside,
3:42	Nayamarrikinama arakba akina arrawa karnumadangkwa-manja enena-wiya ?	What kind of weather is it inside you right now?
3:51	Dukwa kirrakina kirriwabilyadinama akwa kirradadinama akwa kirrilerruminukwunama,	Maybe you're feeling warm sunny and relaxed,

4:02	Dukwa kirrakina kirriwerribikajungunama arrirra-wiya	Or maybe you feel windy and stormy,
4:08	Dukwa kirrakina kirruwerribikikajungwunama wubirra yelyukwa ningkilarrinama arrawa nungkwurri-langwa-manja karnumadangkwa,	Maybe it feels like it's raining inside,
4:19	Dukwa rainbow dakina yakujina	Or maybe there's a rainbow
4:24	Nara engkirrikanguma angwurra amirndakakina-langwa,	Don't think about it too much,
4:30	Yikandiya arrawa-wa akwa yikirringkina amiyembena akina arrawa,	Just look inside and see what's there.
4:37	Nayamarrikinama akina arrawa nungkwurri-langwa-manja karnumadangkwa dukwa,	Whatever the weather is like inside you,
4:44	Kirrakina yikiyakuwerribikajama akina nekikuwarrukwajungwunama ngawa angkababurna-langwa !	Remember that the weather changes all the time!
4:54	Muwilyaba-manja mamawura dukwa akina amungkurda kuwambilyama	One day the sky might be clear,
5:01	Mingka-manja mamawura dukwa akina kuwakalumurndukwayinama.	The next it might be cloudy.
5:08	Enena-wiya yikuwerrikawarriyadina-manja yikakbardena-manja akwa yikumirndakayuweyena-manja nungkwurri-langwa-manja karnumadangkwa	So, if you feel stormy scared and restless inside right now,
5:22	Yikiyakuwerribikaja dukwa mamawura makina kumabarrakinama arungkwaya dukwa makina amamwura kumambijanginama.	Remember that later the sun might shine or maybe the sun will come out tomorrow.
5:35	Yingayindena-manja kirrakina arakba alika-manja yikiyeminama, yikuwarrijinama nugkwurri-langwa amamamuwa alika akwa yikilerruminukwajinama ngarningka.	Now bring your attention to your feet, wriggle your toes if you need to, and then relax them again.
5:55	Yikingkibarrungwajinama nungkwurri-langwa alika akwa amamamuwa alika akwa yikilerruminukwajinama,	Let your toes and feet feel heavy and relaxed,

6:06	Angwurnda-wa alakba-wa akwa arringkawa arakba kirrakina yikiyeminama,	Move your attention to your ankles, your lower legs, your upper legs and hips,
6:17	yikuwerribikinama kirrakina nungkwurri-langwa akina alika ambilyuma-langwa kuwerriminjinama akwa kalerruminukunama akwa kengkibarringinamakina ajiringka-manja	Feel how both of your legs are resting relaxed and heavy on the floor.
6:35	Yikumawerribikinama makina nungkwurri-langwa mulkwa kumuwarrinama karrawara-wa akwa kumingkilarrinama nungkwurri-langwa-manja engengkuwa,	Feel your belly moving up and down with your breath,
6:49	Yikumawerribikinama nungkwurri-langwa murirriba akwa nungkwurri-langwa yikudukuda amirndagekbirna akwa kalerruminukunama kalirrakambilyama,	Feel your back and chest comfortable and relaxed,
7:05	Yikuwerribikinama akina amingina ayarrka akwa amamamuwa ayarrka awabilya akwa kalerruminukunama,	Feel your hands and fingers warm and relaxed,
7:18	Kamurrukulama nungkwurri-langwa-manja alakba biya ajiringka-manja akudangwa nungkwurruwa-manja	Resting on your legs or on the floor beside you.
7:28	Yikuwerribikinama nungkwurri-langwa ayarrumirra ayarrka akwa amirnda kengkibarringinama akwa kalerruminukunama.	Feel your arms and shoulders heavy and relaxed.
7:41	Yikinjurrukujina ebina ngawa kirriyeminjamama karrawara-wa nungkwurri-langwa-wa memirruma akwa karnumukwurra,	Move your attention up your neck and face,
7:53	Yikilerruminukujina nungkwurri-langwa amungkurra, alyelyikba, akwa nungkwurri-langwa menba	Relaxing your jaw, your tongue and your eyes
8:03	Yikuwerribikina nungkwurri-langwa kirribirrungekulyumida karnumadangkwa umba kawabilyadinama akwa kaleruminukwunama,	Feel your whole body warm and relaxed,
8:15	Yikumurrukula-manja angalya-manja	Lying in the room

8:20	Yikirringkajungwuna ngarningka nayamarrikinama arakba akina ebina nungkurruwa-manja,	Now check your internal weather again,
8:29	Nekuwarekujunguna arakba yinda ebina ngawa akina nuwambilyama ?	Has the weather changed or stayed the same?
8:37	Yikingayindena-manja yikijirikumrna akina ebina nayamarrikinama nungkwurri-langwa-manja karnumadangkwa yikijerrukwa-manja yikengkirrajama-langwa enena-wa	If you want to you can make a drawing of your internal weather once you've finished listening to this recording, and then you can try this exercise again tomorrow.
8:53	Yikirringkinama nayamarrikinama arakba akina	To see what the weather is like then,
8:59	Akwa yikirringkinama enungarungwaya-langwa kayamarrikinama yikilirrakidirribirakina-manja enungaduwa-wa.	And to see how tomorrows drawing compares to todays.
9:11	Eningaba akina kirriyamam-langwa!	Well done!
9:15	Kirrakina kirrakumarnuma aruma amaringka nungkwurri-langwa-manja mangma,	You've just put a big smile on your mind,
9:23	Ningena kirndangmajinama dudula kuwandabidina-yada ebina kirriyeminama wurrengkirraja angwurra yandalangwa nara engkirrikanguma akina dudula arndangmingma kembirra yikumangwurdangmajina nungkwurri-langwa 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.