

TRANSCRIPTION: My Internal Weather: short version

start time	Anindilyakwa	English
0:07	Yarna ngarrangayindenama kawilyakinama ebina angalya kumilyangburrukunama-murruwa nugkwurri langwa mangma.	We'd like to take you on a little journey to the land of mindfulness,
0:19	Akina angalya kumilyagburrukunama-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 yikumurrukulama 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	Yingayindena-manja kirrakina arakba alika-manja yikiyeminama, yikuwarrijinama nugkwurri-langwa amamamuwa alika akwa yikilerruminukwajinama ngarningka.	Now bring your attention to your feet, wiggle your toes if you need to, and then relax them again.

4:02	Yikingibarrungwajinama nungkwurri langwa alika akwa amamamuwa alika akwa yikilerruminukwajinama,	Let your toes and feet feel heavy and relaxed,
4:14	Angwurnda-wa alakba-wa akwa arringkawa arakba kirrakina yikiyeminama,	Move your attention to your ankles, your lower legs, your upper legs and hips,
4:24	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.
4:43	Yikumawerribikinama makina nungkwurri langwa mulkwa kumuwarrinama karrawara-wa akwa kumingkilarrinama nungkwurri langwa-manja engengkuwa,	Feel your belly moving up and down with your breath,
4:57	Yikumawerribikinama nungkwurri langwa murirriba akwa nungkwurri langwa yikudukuda amirndagekbirna akwa kalerruminukunama kalirrakambilyama,	Feel your back and chest comfortable and relaxed,
5:12	Yikuwerribikinama akina amingina ayarrka akwa amamamuwa ayarrka awabilya akwa kalerruminukunama,	Feel your hands and fingers warm and relaxed,
5:25	Kamurrukulama nungkwurri langwa-manja alakba biya ajiringka-manja akudangwa nungkwurruwa-manja	Resting on your legs or on the floor beside you.
5:35	Yikuwerribikinama nungkwurri langwa ayarrumirra ayarrka akwa amirnda kengkibarringinama akwa kalerruminukunama.	Feel your arms and shoulders heavy and relaxed.
5:49	Yikinjurrukujina ebina ngawa kirriyeminjamama karrawara-wa nungkwurri langwa-wa memirruma akwa karnumukwurra,	Move your attention up your neck and face,
6:00	Yikilerruminukujina nungkwurri langwa amungkurra, alyelyikba, akwa nungkwurri langwa menba	Relaxing your jaw, your tongue and your eyes

6:10	Yikuwerribikina nungkwurri-langwa kirribirungkulyumida karnumadangkwa akwa kawabilyadinama akwa kaleruminukwunama,	Feel your whole body warm and relaxed,
6:23	Eningaba akina kirriyamam-langwa!	Well done!
6:27	Kirrakina kirrakumarnuma aruma amaringka nungkwurri-langwa-manja mangma,	You've just put a big smile on your mind,
6:35	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.