

Kulintja kutjungku kuwaritja kulini

Think only of this present moment

Wanyuli waru tilila.

Hey, let's light a fire.

Munu mantangka munta piitangka ngarikati.

And lie down on the floor or on a bed.

Nyuntumpa ngaalya katonma munu tjaruringkunyaangka kulinma.

Pay attention as you breathe in and breathe out.

Kuwari kapi pulkangku puyini.

Heavy rain is falling.

Munu manta atu-atuni.

Pelting the ground.

Nyaan kulini?

What can you hear?

Purkara-purkarangku atu-atuni? Munta pulkarangku atu-atuni?

Is it gently hitting the ground or is it pounding down?

Piruku kulila.

Listen again.

Walpa pulka pitjanyi.

A big wind is coming.

Ai! Walpa wari wangkanyi.

Hey! A cool wind is blowing.

Nyuntumpa inyu munu miri nyaaringu?

What is happening to your skin and the hairs on your skin?

Unytjunpa munta wari?

Is it warm or is it cool?

Nyaan kulini?

What can you feel?

Ngaalypa katuriwa, mulyangku pantila munu ngaalypa tjaruriwa.

Breathe in through your nose and then out again.

Piruku arkala mankurarangku.

Try this again, three times.

Kapingku kuwari kutju manta puyira tulykunu.

The rain is starting to turn the ground into mud.

Nyaan pantinu?

What can you smell?

Walpa wari munta walpa waru?

Is the wind cool or is it hot?

Palya nyuntu kulini?

Are you feeling alright?

Awari! Kapi panya pulkanya parari anu.

Oh! The rain storm has moved on.

Kulila!

Listen!

Tjulpu nyaan kulini?

What bird can you hear?

Nyii nyii?

Is it a Zebra Finch?

Kapi karungka munu puḷingka ukalinganyi.

Water is flowing in the creeks and in the hills.

Nyaan kulini?

What are you feeling?

Pakala munu ngara puntu nyuntumpa kuḷuntara.

Stand up and stretch your body.

Minā kutjara katula munu mara kutjara uritjingala. Palulanguru pupakatira tjina kutjara pampula.

Raise up both arms and shake out your hands. Then crouch down to touch both your feet.

Alatji!

That's the way!

Kulila!

Listen!

Tiṭutjarangku nyanga palunya kulinma munu palyanma.

Remember this, so you can do it again.

Ngura wirungkayanku.

They are in a beautiful place.

Ngura wirungkayanku.

They are in a beautiful place.

Minangku puyininti.

It's probably raining there.

Utinatju panyatja.

Now it's clear to me.

Utinatju panyatja.

Now it's clear to me.

Ma-nyinama ngurangka.

I should have stayed there.