

Kulintja Wiruringkuny tjaku

(Pitjantjatjara)

Kulintja Walykumunurringkuny tjaku

(Ngaanyatjarra)



Meditation Resource



Ngaanyatjarra
Pitjantjatjara
Yankunytjatjara
Women's Council
(Aboriginal Corporation)

(Pitjantjatjara)

**Nganana mukuringanyi
nganampa tjitji malatja-
malatja tjuta kunpu
ngarakatintjaku. Ka
palulanguru nganana
kutjupawanungku
palyalkatinyi.**

(Ngaanyatjarra)

**Mukurringkula-la
tjilku-lampa marlatja-
marlatja pirninya-ya
witu-witu ngaratjaku.
Nyangka-lan kutjupa-
kutjupa nintipungama.**

Creating mindful generations.

Imagine if every young person was taught the skills they need to be resilient, emotionally aware and mentally healthy as a standard part of their education? We think this is possible and important for the mental health of future generations.

We want to see generations of young people thrive — and that means doing things a bit differently.

About Smiling Mind

Smiling Mind is a 100% not-for-profit organisation with a bold ambition we want to change the way we all look after our mental health. Smiling Mind offers a range of programs and resources designed to make mindfulness accessible, easy to practice.

The Smiling Mind app provides free mindfulness-based programs for any age. In schools we offer a range of resources and training programs to support mindfulness across the whole school community.

Our Vision

To help every mind thrive.

Our Mission

To provide accessible, lifelong tools to support healthy minds.



About NPYWC



Who is NPYWC?

Ngaanyatjarra Pitjantjatjara Yankunytjatjara Women's Council (NPYWC) is a service delivery, advocacy and support organisation created by Anangu women from 28 remote communities in the tristate region of NT, SA and WA. NPYWC delivers services and programs working with Anangu to improve their health, wellbeing and safety.

The Uti Kulintjaku project

Uti kulintjaku is a Pitjantjatjara phrase that means 'to think and understand clearly'. Established in 2012, the Uti Kulintjaku (UK) project brings together ngangkarri (traditional healers), senior Anangu women, interpreters and Western mental health practitioners committed to addressing mental health and wellbeing in NPYWC communities to bring about positive change.

This innovative, Anangu-led project has forged a new way of working that facilitates safe ways to talk about difficult issues and new ways to respond to and address these issues, drawing upon both Aboriginal cultural knowledge and knowledge of Western mental health.

At its core the project looks at the language and cultural concepts surrounding mental health and wellbeing as a key to cross-cultural understanding and learning and a means to address current issues faced by Anangu.

Since the project's inception, the UK team have produced a series of language-based, innovative resources designed to recover and extend emotional vocabulary and develop a greater understanding of trauma and its role in mental health and wellbeing. Resources include animations, posters, books, the Kulila! language App, conversation cards, and magnets.

These resources are being used in a range of settings to enable people to talk more easily and effectively about mental health and related issues within communities. The UK team hope that using these tools might enable people 'to see through Anangu eyes' and gain a better understanding of their ways of managing mental health.

Meditation practices

As part of this work, the group started learning about mindfulness and bringing mindfulness meditations into their workshops, using the Smiling Mind App and a local translator. They soon wished to share the benefits of the practices with their families and communities.

For the practices to be effective, as well as far-reaching, the UK team decided to produce mindfulness meditations in their own languages, incorporating culturally-appropriate ideas and concepts.

With funding from nib Foundation, NPYWC and Smiling Mind have partnered to co-develop a mindfulness program aimed at providing accessible and engaging mental health tools to Aboriginal communities in the NPYWC region. Mindfulness meditations have been scripted and recorded by senior Anangu women in the local languages of Pitjantjatjara and Ngaanyatjarra.

Mental Health & Mindfulness

Keeping children happy and healthy not only involves taking care of their physical health but also their mental health.

Mental health and wellbeing is important as it underpins the way children feel about themselves, how they think, learn, and relate to others.

With good mental health, research shows children are happier, more confident, more resilient learners and able to build positive relationships. Good mental health in childhood sets young people up for positive mental health in the future.

Mindfulness is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future.



(Pitjantjatjara)

**‘Kulintja pulkangku
ngayunya pikatjarani
nyara palulanguru
ngayulu walytjangku
puntu ngayuku
pilunmananyi.’**

(Ngaanyatjarra)

**‘Kulintja purlkanya
ngaralanyangka-rna
pikatjarrarringkupayi.
Palunyalanguru-
rna’ mukurringkula
yatatjura kulira
nyinakitja.’**

‘Too much thinking and too many worries
make me sick and tired so I need to clear
my body.’

(Pitjantjatjara)

Nyanga-palulawanungku Uti Kulintjaku teampangka warkaripai tjutangku mukuringanyi malatja tjuta alatji palyantjaku:

(Ngaanyatjarra)

Uti Kulintjaku waarkarripayi pirnilu-ya mukurringkula yarnangulu-ya ngaapirinya palyaratjaku yungarralu:

Through these practices the Uti Kulintjaku team would like for people:

- In mind, body and spirit, to become well
- To be able to calm their own thoughts
- To be able to focus on the positive, as worries melt away
- To have a clear mind

The Uti Kulintjaku team explained that when pressure comes, Anangu will go for a walk to calm down or sometimes will lie down alone to think things through.

However some said if you walk away, you need to find a way to calm down.

Remember to make space from worrying. Overthinking things hurts the mind.

Pitjantjatjara

- Kulintja, puntu, kurunpa palyaringkunyjtaku
- Walytjangkulanku kulira purkararinyi
- Kulintja kura-kura tjuta wiyaringkunya wira tjuta kutju kulintjaku
- Ngukunypa alaringkunyjtaku

Uti Kulintjaku teampangu wangkara kuliningi Anangu tjutaku kulintja pulka ngaranyangka tjana tjina ankula palyaringkupai muna kutjupara kutju ngarira kulira palyaringkupai.

Kutjupangu tjapiningi nyuntu tjina ankula kulintja yaaltji-yaaltji palyaringkupai?

Kulinma! Kulintja pulka wantiriyala! Nyuntu kulira-kulira kata pikaringanyi.

Ngaanyatjarra

- Yarnangu, kulintja puru kurrupatarrartu walykumunu ngaratjaku
- Yungarralu kulira purrkararitjaku
- Walykumunukutju kulinma nyangka kulintja palyamununya wiyaringkutjaku
- Nyangkayin kulintja walykumunu ngarama

Uti Kulintjaku waarkarripayilu-ya watjarnu tjiinya kulintja palyamunu ngaralanyangka, nyuntulu kutju pakara yarra parrangara wuyurra walykumunurrikitja, tjingurun mukurringkulan ngarrirra walykumunurrikitja.

Nyangka kutjupalunta tjinguru tjapilku, tjiinya pakara yankula parrangaralamuntan palyaringkupayi?

Purlkara kulintjamaaltu wantima. Tjiinyan tirtu kuliranytjatjanulu kata pika purlkara.



Mindfulness can be beneficial for learning

Mindfulness provides important skills to help young people engage and participate in learning in two ways:



01

Mindfulness can reduce emotional distress, settle and calm students and reduce behavioural challenges.



02

Mindfulness enhances and strengthens the areas of the brain that are involved in learning, thinking and memory.

Backed by evidence



The Science

Research has shown us that practising mindfulness strengthens areas of the brain that control ‘executive function’ such as the prefrontal cortex and hippocampus.

For that reason, mindfulness leads to better attention, memory, regulation of emotions and self-awareness^{1,2,3}. In turn, improvements in these areas leads to reduced stress, anxiety and depression, and better academic skills, social skills and self-esteem^{4,5}.

- 1 Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical psychology review*, 31(6), 1041-1056.
- 2 Eberth, J., & Sedlmeier, P. (2012). The effects of mindfulness meditation: a meta-analysis. *Mindfulness*, 3(3), 174-189.
- 3 Klingbeil, D. A., Renshaw, T. L., Willenbrink, J. B., Copek, R. A., Chan, K. T., Haddock, A., ... & Clifton, J. (2017). Mindfulness-based interventions with youth: A comprehensive meta-analysis of group-design studies. *Journal of school psychology*, 63, 77-103.
- 4 Klingbeil, D. A., Renshaw, T. L., Willenbrink, J. B., Copek, R. A., Chan, K. T., Haddock, A., ... & Clifton, J. (2017). Mindfulness-based interventions with youth: A comprehensive meta-analysis of group-design studies. *Journal of school psychology*, 63, 77-103.
- 5 Shapiro, S. L., Carlson, L. E., Astin, J. A., & Freedman, B. (2006). Mechanisms of mindfulness. *Journal of clinical psychology*, 62(3), 373-386.

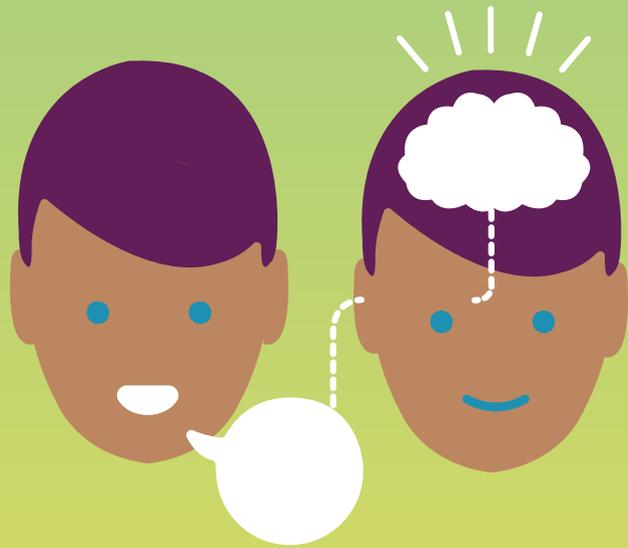
Independent Evaluation

We’re serious about the success of our mindfulness program in Australian schools so we put our program to the test. In 2016, we completed one of the largest research programs worldwide evaluating a technology-assisted mindfulness program in schools.

Researchers from Deakin University and InsightSRC surveyed **12 schools, 104 teachers** and **1,853 students** to assess the impact of the Smiling Mind mindfulness program.

The results indicated that our program can assist students with sleep, wellbeing, managing emotions, concentration and classroom behaviour.

Uti Kulintjaku meditations for clear thinking



Key words and concepts for mindfulness

Pitjantjatjara Words	Translation
Atatjura kulinma	Think carefully, mindfully
Purkarangku atatjura	Take your time, do it carefully
Kulilkatinyi	Thinking while you go, deliberating
Kuwaritu	Right now
Ngaalymara	Take a breath

Ngaanyatjarra words	Translation
Yatatjura kulinma	Think carefully, mindfully
Purrkaralu yatatjura	Take your time, do it carefully
Kuwarri	Right now
Ngaalymarra	Take a breath

Pitjantjatjara phrases	Translation
Nyuntula ititja-ititja kulintja wiya	Don't focus on what's happening beside you
Puntunku walytjangu atunymara kanyinma	Take care of your own body

Ngaanyatjarra phrases	Translation
Nyuntula yitingka yartakarrinyangka kulintjamaaltu wantima	Don't focus on what's happening beside you
Yungarralunku yarnangu miranykanyinma	Take care of your own body

01

Puntu winki walytjangku kulintjatjara (Pitjantjatjara)

Yarnangunkun yungarralu kuliltjaku (Ngaanyatjarra)

Body scan meditation

The first meditation is intended to be one suitable for everyone, the body scan.

The meditation was created by a process of the UK team listening to segments of the Smiling Mind body scan meditation, discussing its relevancy or cultural equivalent, then either translating terms and phrases or suggesting their own.



02

Ngura Wirukutu Katintja (Pitjantjatjara)

Purli Katalarranguru (Ngaanyatjarra)

Visualisation meditation

Visualisation was discussed during a workshop with the UK team, relating to the idea of taking someone to a good place in their mind. They used the word 'kulilkatinyi', which was explained as 'taking you somewhere through your thoughts'. They discussed places from childhood associated with being happy and strong.

The Pitjantjatjara members of the group developed Ngura Wirukutu Katintja (visualisation) – based on talingka (sandhill). A shared place of good childhood memories for the group was a sand hill (tali), and playing in a sandhill. The UK team said it was written as if a friend was taking you to this place. They agreed it could be used for children/people on dialysis and described it as a 'calming meditation'. The Ngaanyatjarra members developed 'Purli Katalarranguru' – From the Top of the hill.

03

Tjitjiku Tjulpu / Tjitjingku Kulintjaku (Pitjantjatjara)

Meditation for children

The UK team especially wished to develop a meditation practice for young children, that would be told like a bedtime story.

The Pitjantjatjara script – Tjitjiku Tjulpu / Tjitjingku Kulintjaku Meditation – is a visualisation about tjulpu, a bird flying. Later Rene Kulitja, Yuka Trigger and Theresa Nipper recorded the inma (song) for budgerigar – kiilykiilykari inma – that they wanted to come at the end of the meditation as a way to bring children out of the practice in a safe, positive way.

The Ngaanyatjarra women created a children’s meditation, called Yarnumarra, Pinta-Pintarringu, which is about a caterpillar becoming a butterfly. It is about hope and the possibility of change.



Uti Kulintjaku meditation project team (missing Imitjala Lewis and Mrs P McKenzie)

(Pitjantjatjara)

Uwa walangkula tjungungku palyala!

(Ngaanyatjarra)

Yuwa, lurrjtjulu-la palyanma!

So, let's get started!

To set up a regular meditation practice in the classroom, we suggest:



01

Having a regular time of day for your meditation practice

The start or the end of the day are often good times

Pitjantjatjara

—
Rawangu palyanma – tjinguru mungawinki munta mungartjikutu, palu titutjara palyanma.

Ngaanyatjarra

—
Rawalu palyanma – yunguntjarra, mungartji – mawurntalpa palyanma



02

Setting up a regular, quiet meditation space

Pitjantjatjara

—
Ruuma pilunṯa meditation palyanma

Ngaanyatjarra

—
Mediationpa kanmarrtu palyalkitjalu kutju ruumka tjarrpa



03

Practising sitting down on a chair or cushion with your students before beginning the meditation

Pitjantjatjara

—
Nyinakatira munta ngarikatira arkara palyala tjitji tjuṯangka tjungu

Ngaanyatjarra

—
Nyinakatirralpi yarrkara palyanma tjilku pirningka lurrjtjulurtu



04

Practise taking three deep breaths before starting the meditation. Remain seated with children for the duration of the meditation

Pitjantjatjara

—
Meditation kuwaripangka ngaalymara mangkuraranku

Ngaanyatjarra

—
Meditationpa ngaranytja kuwarripangka, ngaalymarra marnkurryara

So let's get started

A big part of practising mindfulness with students is debriefing the experience after each activity.

It's important to normalise any physical or emotional reactions they may have had and provide them with support if you think they need it.

Questions to get the conversation started

— **What was your experience when your eyes were closed?**

— **What did you learn?**

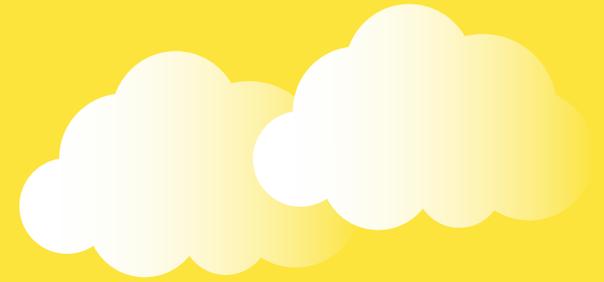
— **How do you feel now?**

Pitjantjatjara

- Nyaa nguwanpan kuru patingka kuliningi?
- Nyaatjaran nintiringu?
- Yaaltji-yaaltji nyuntu kuwari kulini?

Ngaanyatjarra

- Kuru tjuturringkulanytjalun nyaapirinya kulilpayi?
- Nyaapan nintiringu?
- Kuwarrinyan nyaapirinya kulira?





Theresa Nipper



Rene Kulitja



Wanatjura Lewis



Anawari Mitchell



Maimie Butler



Tjulapi Carroll



Margaret Smith



Nyunmiti Burton

Yarnangunkun yungaralu kulitjaku (Ngaanyatjarra)

Puntu winki walytjangku kulintjatjara (Pitjantjatjara)

Body scan meditation

Ngaanyatjarra

Palya-muntan?
Are you okay?

Kanmarrtu nyinakatirralpi kulinma nyuntuku yarnangutjarra
Sit down quietly and listen about your body

Kulira wanara palyanma
Follow the instructions so you can do it

Palyanyku nyinarra kulinma
Sit upright and listen

Kuru tjuturriwa kunkunarriku-kulun
Close your eyes and do not go to sleep

Palunyalunku nyuntuku ngaalya kulinma
Then listen to your breathing

Ngaalya kulinma
listen to your breathing

Matjarrparra puru ngaalya ngalya-pakaranyangka
Breathing in and out

Tjuni pakara puru tjarurringkulanyangka
Feel your stomach going up and down

Kutjupa-kutjupa kulintjamaaltu wanti
Don't think about other things – leave it

Purnku nyinarralpi kulila
Settle down and concentrate

Tjingurun chairngka nyinarra, tjingurun floorngka ngarrirra kulinma. Nyaapirinypan kulira?
Maybe you're sitting, maybe you're lying on the floor. How do you feel? What can you see/feel/hear?

Tjinawanalu kulila
Feel from your feet

Tjingurun purtu kulira, tjina yankarla yurritjingara kulila
If you can't feel them, wiggle your toes

Kulintja walykumunu ngaralanyangkan kulilku tjiinya yarnangunku walykumunu ngarala
If you think in a good way you can feel it in your body

Wilurrunguru kulila, puru murngu, murti, yangkarlpa, kalipi, yamirri, yarlipirri, ngurnti, lirri, pina, kuru, tjaa, mulya, puru katatarrartu.
Yaaltji-yaaltjin kulira nyuntuku yarnangutjarra?
Feel your leg, calf muscle, knee, whole leg, hip, arm, shoulder, neck, throat, ears, eyes, mouth, nose, and head. How do you feel in your body?

Makurra-kurrarringkulalpi ngaapirinypan tirtu palyanma
When you start to feel no good, keep doing these things

Nyaapirinypan nyuntulu yungarralunkun kulira?
How are you feeling?

Nyuntuku yarnangunku miranykanyinma
Look after yourself

Watatjarringkutjamaaltu tirtu palyanma
Don't forget this. Keep doing this.

Palya! Kurulta yarlarriwa pakala nyina
Right then. Open your eyes and sit up.

Pitjantjatjara

Chairngka nyinara kulinma munta pululanguru ngarira kulinma.
Sit in a chair and listen or otherwise lie on the floor and listen.

Nyuntumpa puntu munu ngalya kutju kulinma.
Focus on your body and your breath.

Kutjupa-kutjupa tjuṯa wantinma kulintja wiyangku.
Let go of other thoughts.

Arkara kulinma.
Try and focus.

Nyuntu chairngka nyinanyi munta puluwangka ngarira kulinma puntu nyuntumpa.
Sit on the chair, or lie on the floor and focus on your body.

Kuru patiriwa munu urintja wiyangku piluntu puntu nyuntunku kutju kulinma.
Close your eyes, lie still and quietly focus just on your body.

Palyan kulini?
You feeling OK?

Palulanguru puntu nyuntumpa kulinma nyuntumpa katangu munu ngukunyṯju.
So now keep focusing on your body, with your head, with your mind.

Uwa, kulintja nyuntumpanguru nyuntumpa puntu-wanu tjarpanyi.
Yes, with your thoughts, you will enter your body.

Kulinma nyuntumpa ngalya katuringkunyangka munu tjaruringkunyangka.
Keep observing your breath as it rises and falls.

Kutjupa kutjupa tjuṯa kulilwiyangku wantinma munu walytjangku kutju kulinma.
Don't be concerned by other things, and just concentrate on yourself in the present.

Puṯkara kulintja wiya, puntu nyuntumpa kutju kulinma.
Don't trouble yourself with thoughts, but just bring your mind into the body.

Palyan kulini? Yaaltji-yaaltjin walytjangku kulini?
Are you feeling alright? What are you feeling?

Puṯkara ngaakampara kututu kulila.
Take a really deep breath and bring it into your heart.

Nganampa puntangka tjuṯa ngaranyi. Pulyku, tarka, iltjanpa, munu alu, kiri-kiri, kapulya, kala

puntu uwankaranguru walytjangku kulinma.
There are many aspects to our body. Veins, bones, muscles, and liver, lungs, kidney, so let's experience this moment with the whole of our body.

Nyuntumpa kata kulila. Nyuntumpa yunpa kulinma. Mangka, pina, kuru, mulya, tjaa, winpinpi, tjalinyapa, mita-mita, ngutu.
Think of your head. Focus on your face. Hair, ears, eyes, nose, mouth, lips, tongue, cheeks, chin.

Piruku tjarukutu kulinma – liri, ngunti, aljipiji,
Then travel down, focusing on your throat, your neck, your shoulders...

Aljipiringuru mina, nyiiku, maṯa, miltji.
Uwa miltjingu kulila.
From your shoulders move to your arms, elbows, hands, fingernails. Yes, focus on your fingernails.

Nyuntumpa pilpirpa kulinma, munu palulanguru witapi, angkalpa, tjuni.
Concentrate on your chest, and from there on your lower back, your hips, your stomach.

Nyinara munta ngarira kulinma mana, tjunta, munngu, muti, tjalpa, taṯi...
Sit or lie there and focus your thoughts towards your bottom, your thighs, your calves, your knees, shins, ankles...

Munu palulanguru tjina nyuntumpa kulinma, tjina mama kulinma, tjina uritjingama munu kulinma
And from there focus on your feet. Think of your big toe. Wriggle your toes and focus your thoughts there.

Palulanguru piruku nyuntumpa puntu winki kulinma.
And then concentrate once more on the entirety of your body.

Nyuntumpa panya kulintja nyaaringu?
What has happened to your mind?

Puntunku walytjangku atunymara kanyinma.
Take care of your body.

Puntu nyuntumpa kunpu kanyima.
Keep your body strong.

Nyuntu rawangku kulinma nyanga palunya, watarkuringkunyṯja wiyangku.
Think about this often, don't forget.

Palyalta munu kuru alariwa.
OK it is finished and you can open your eyes.

Scripts

Purli Katalarranguru (Ngaanyatjarra)

Ngura Wirukutu Katintja (Pitjantjatjara)

Visualisation meditation



Ngaanyatjarra

Kankarrangarikatirralpi yamirri tiwa-tiwa tjurra.
Lie on your back.

Yarnanguku pampuntjamaaltu wantima.
Keep your arms apart from your body.

Palunyalu kuru tjuturriwa.
Close your eyes

Kutjupa-kutjupa kulintjamaaltu wanti
Don't think about anything

Pirriyakutju kulinma puur-puuranyangka
Feel the breeze blowing

Palunyalu nyawa yapu katalarran ngarala, nyakula
tjirntu matjarrparranyangka

Picture yourself standing on top of a hill, watching
the sun going down

Kuliran pirriyalunta puur-puuranyangka.
Pirriya warri walykumunu wangkarra.
Feel the wind blowing, the cool breeze

Tjirntu puru ngalyapakanyangka
When The sun comes up

Nyuntuku kurrurnpa yuun-yuunarriku
Your spirit/inner feelings will become warm

Nyangkan yipilyarrirralpi pukurlpa tirtu ngarama
Then you'll become become well/feel better/feel
encouraged; happiness will remain in your body

Palunya
The end

Kuru yarlarriwa. Pakala nyina. Palya.
Open your eyes. Sit up. That's it.

Pitjantjatjara

Kuru nyuntumpa patila
Close your eyes

Purkara ngaalymara
Take a slow breath

Nyuntu palya nyinakati
You could sit down

Munta mukuringkula ngarikati
Or if you want you could lie down

Tjina Tjiraratjura muna mara nyuntumpa
tjunjingka tjura
Place your legs side by side and your hands
resting on your stomach

Ai, nyuntumpa kulintja tjuṯa wanti
Leave your worries behind

Nyuntumpa kulintja kutju kulinma
Concentrate on being present

Kutjupaku kulintja wiya
Don't worry about other things now

Kulintja wiṯu kutju kulinma
Focus on the positive

Purkararira kulinma ngaalypa nyuntumpa
Gently listen to your own breathing

Kuranyukutu nyangama wiṯu palyantjikitjangku
kulinma

Look to the future and focus on the good things
that can happen

Ngayula pitja kali ara kata palyaringkunyitjikitja
Come with me and we will go on a healing journey

Yaaltjikutuli ananyi? Talikutuli ananyi.
Where are we two going? We're going
to a sandhill.

Talingka para-ngaantjikitja
To move around in the sandhill.

Ai wiṯunranatju tjinangku paltjunu
Oh isn't it a lovely surface to walk on?

Awari tjinanitju wiṯuringu manta wiṯungka
Oh how my feet feel wonderful in the lovely sand.

Manta tjula wiṯunya.
It is soft and beautiful earth.

Alatji kaṯatju wiṯuriwa. Kurunpani palyaringu.
In this way I am feeling better. My spirit is
recovering.

Wiṯurana talingka nyanganyi tjulpuku tjina
It is wonderful to look around the sandhill and
see the tracks of the birds,

Tjatiku tjina munuli kulini walpa kupi kupi
pitjanyangka
And Lizard tracks and hear the winds as a whirly
whirly approaches

Walpangku nyalpi uritjingani.
The wind is rustling the leaves

Munuli wiṯu kulini tjulpu tjuṯa wangkanyangka
munuli wiṯu kulini.
We two are listening the beautiful sounds of the
birds and we are feeling good

Yaaltji-yaaltjin walytjangku kulini?
How are you feeling in yourself?

Nyaan kulini?
What are you thinking about?

Palya kuwarili malaku ananyi ngurakutu palu
nyuntu rawangku kulinma tali nyangatja.
Watarkuringkunyitja wiyangku kulinma.
OK, now we're going to take a return journey
home, but you can always remember this sandhill.
Keep it in your mind.

Ngula nyuntu mukuringkula tjinguru nyuntu
kutju anama
If sometime later you wish to return you can come
here on your own.

Nyuntu rawangku kulinma tjukurpa talitjara.
You can always think of this story of the sandhill.

Uwa palya nyangatja wiyaringulta alatjitu
OK now this has come to an end.

Purkuṯangku waṯula mara katula, tjina katula
Gently stretch out your hands and your feet

Nyuntu walytjangku kuliga puntu
nyuntumpa wankala
Bring your focus back to yourself
and re-energising your body.

Kuru alaringkula nyawa mununku kuluntara
Open your eyes, look around and stretch out.

Scripts

Tjitjiku Tjulpu / Tjitjingku Kulintjaku (Pitjantjatjara)

Meditation for children

Pitjantjatjara

Tjitji tjuṯa nyinakatiya.
Sit down kids

Urintja wiya nyinama munu kulinma
mirantja wiyangku.
Sit still, don't sing out, and listen.

Kuṯu patiringkula kulinma.
Listen with your eyes closed.

Purkaṯa ngaalymara.
Breathe slowly

Mangkuraṯa ngaalymara [breathing sound]
Take three deep breaths

ka piṯuku [breathing sound]
and again

ka piṯuku [breathing sound]
And again

Kuwarin kulini tjukurpa tjukutjuku
tjulpunya parpaktantjatjara.
Now you're going to hear a little story
about a bird flying

Nyuntun kuwari kuliga nintiringanyi.
You are going to listen and understand.

Tjulpu panya kulila nyuntu nyakupai
parpakunyangka munu punungka
nyinakatinyangka.
Think about a bird you often see flying
around and sitting in trees.

Nyawalta paluṯu parpakanu.
Look – it has taken flight.

Kutjupa nyawa! Tjulpu kutjupa nyaratja
mangungka nyinanyi.
Look for another one. Another bird is sitting
in its nest.

Tjinguru tjitji palumpa kuka unganyi.
Maybe it's giving it's children some meat.

Munu palulanguru paluru piṯuku parpakani.
And after that, it takes off flying again.

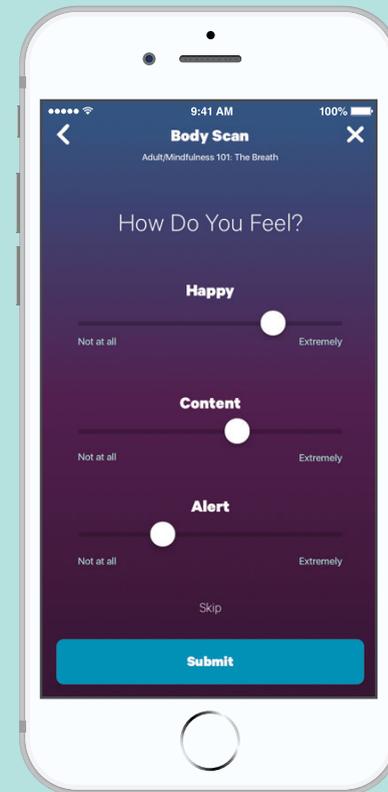
Ka tjulpu paluru katunguru nyanganyi. Nyawa!
So that bird is looking down from above. Look!

Tjulpu kutjupa tjuṯa tjungu pitjanya.
Some other birds are coming.

Uṯulu kutju. Kiily-kiilykari tjuṯa palatja.
In one big flock. They are budgerigars.

Ilkaṯingka katuringkula tjaruringkula
kali-kaliringkula ananyi.
Bending around the sky from up high
to down low.

Palya wiyaringu kuṯa alariwa inma-lta inka.
OK now this part is finished we're going
to open our eyes and sing a song.



Download the Smiling Mind app today.

Our free app is available through the App Store or Google Play and can be downloaded on your phone, iPad or computer.

The app contains the Uti Kulintjaku meditations for clear thinking, as well as additional meditations (in English) for students to use in the classroom and an adult program for your own personal use.

The Uti Kulintjaku meditations for clear thinking will be added to the app in 2019.



More information
can be found on the
Smiling Mind website
smilingmind.com.au.

nib *foundation*

This booklet has been produced with funding support from the nib foundation.

Smiling Mind

✉ info@smilingmind.com.au
smilingmind.com.au

NPYWC

Main office

☎ (08) 8958 2345
✉ ukinfo@npywc.org.au
npywc.org.au

Illustration by Beci Orpin | The Jacky Winter Group

Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all.

Visit us online or download the free app to get started.

