



# Atatjura Kulinma Think Mindfully

Transcripts of a meditation project  
by Ngaanyatjarra Pitjantjatjara  
Yankunytjatjara Women's Council  
Aboriginal Corporation.

## Archives of Feeling:

Sensation,  
Connection,  
Community

RMIT  
Design Hub Gallery  
19 AUG – 8 OCT 2022

“Uti Kulintjaku is a new way, using the old way, and bringing it into the new world.” - Rene Kulitja, Uti Kulintjaku leader

We create resources with a deep consideration of the vast knowledge that has its roots in our Anangu history. We include an immersive experience of being in country, the challenges of mental health and building hope for the future, and the particular perspectives and concerns of our community.

Our meditations are the first ever meditations in an Aboriginal language. It is vital the meditations were in our language because they speak to our spirit. Our language is a part of our culture. It is how we express our feelings and how we understand and think about things. In Pitjantjatjara and Ngaanyatjarra we have described our country and our world, the way we see and feel it, and what soothes and comforts us. The voices we recorded are well known to us all, they are our senior people, *ngangkari* and leaders. We hope other people will enjoy listening to our meditations, co-produced with Smiling Mind. Enjoy travelling on the soothing journey within them, seeing and feeling our world through our eyes.

Through our virtual reality artworks we started to develop and practice ways of using story and law to aid people we're concerned about – those with mental health struggles, confusion, people in crisis. People who are wondering what they should be doing, people who are paralysed by addiction, whose worlds are closed to them, people who are living in a half-life. We thought to retrieve an old story about a man who became entrapped in a hollow log and we set about making something that might be of assistance to people who are unwell and struggling with mental health issues.

This project is part of *Archives of Feeling: The Knowledge of Trauma* at RMIT Design Hub Gallery, 2022.

## **Uti Kulintjaku collective**

Ngaanyatjarra, Pitjantjatjara and Yankunytjatjara speaking people of Central Australia, whose country is around the cross-border region of Western Australia, South Australia and the Northern Territory

### ***Yuu, 2022***

Digital video, sound and mixed-media installation with earth, wood and paint (58 min 49 sec). Yuu materials courtesy of Kirsty Castagna. Camp fire video courtesy of PAW Media and Communications. This installation includes the following meditations, listed in order of appearance:

#### ***Nyuntuku Kulintja Pulkanya Ngaralanyangka – A Short Meditation for Your Worried Mind, 2021***

Digital video meditation in English and Ngaanyatjarra (6 min 4 sec)

#### ***Kulintja Kutjungku Kuwaritja Kulini – Think Only of this Present Moment, 2021***

Digital video meditation in English and Pitjantjatjara (8 min 6 sec)

#### ***Yarnumarra, Pinta-Pintaringu – A Caterpillar Turns into a Butterfly, 2018***

Audio meditation in Ngaanyatjarra (2 min 55 sec)

#### ***Tjulputjara Tjitjingku Kulintjaku – A Bird Meditation for Children, 2018***

Audio meditation in Pitjantjatjara (4 min 18 sec)

#### ***Tjilku Pirni, Pitja-ya Nyinakati – Dear Children, 2021***

Video meditation in Ngaanyatjarra with English subtitles (6 min 12 sec)

#### ***Puntu Winki Walytjangku Kulintjatjara – A Body Scan Meditation, 2018***

Audio meditation in Pitjantjatjara (6 min 43 sec)

#### ***Wuyurra Walykumunurriku – Healing Your Spirit, 2021***

Audio meditation in Ngaanyatjarra (4 min 53 sec)

#### ***Yangupala Kukaku Ananyi – Young Fella Hunting, 2021***

Audio meditation in Pitjantjatjara (6 min 24 sec)

#### ***Waumananyi – The Song on the Wind, 2019***

Audio traditional inma song in Pitjantjatjara (6 min 1 sec), bird song (1 min 41 sec) and meditation in Ngaanyatjarra (1 min 19 sec), bird song (1 min 5 sec) and meditation in Pitjantjatjara (3 min 8 sec)



# **Nyuntuku Kulintja Pulkanya Ngaralanyangka**

## **A Short Meditation for Your Worried Mind**

**Yuwa pitja-ya nyinakati.**

Come here and sit down.

**Palunyatjanu kuru tjuturriwa.**

Now close your eyes.

**Munta, palya tjinguru kuru yarlalu nyangama.**

Or you can keep your eyes open if you want.

**Palunyalu kulila nyuntuku yarnangutjarra.**

Then pay attention to your body.

**Tjingurun kulintja purikatjarra, tjingurun palya.**

Perhaps you have lots of worries, or perhaps you're ok.

**Tjingurun nyakula kutjupa-kutjupa pirni yartakarriranyangka.**

Perhaps you might notice different visions that come into your mind.

**Nyuntulunku yungarralu kulila ngaalymaranytjalu.**

Now pay attention to your breathing.

**Palunyalu marnkurrara ngaalymarra.**

Now take three breaths.

**Ngaalymarra katukutu.**

Breathe in.

**Ngaalymarra tjarukutu.**

Breathe out.

**Ngaalymarra katukutu.**

Breathe in.

**Ngaalymarra tjarukutu.**

Breathe out.

**Ngaalymarra katukutu.**

Breathe in.

**Ngaalymarra tjarukutu.**

Breathe out.

**Purinyapa ngaalymanama.**

Slow down your breathing.

**Yungarralunku kulila nyuntuku yarnangutjarra.**

Notice how you are feeling in your body now.

**Yuwa, tjingurun kuru tjutu nyinarra, kuru yarlarriwa nyawa.**

Ok, if your eyes are closed then open them and look around.

**Yuwa, palya, pakala ngaralalpi wartula.**

Yes, ok, now you can get up and stretch.

**Palunyatjanu-lu yurritjingalanku yamirri, yarnangu, tjunta, wilurru, tjina.**

Then move your arms, body, thighs, legs, and feet.

**Yuwa, palya, wiyarringu.**

Yes, ok, that's it.

## **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 ngaalyapa katonma munu tjaruringkunyangka 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 pitjanya.**

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?

**Ngaalya katuriwa, mulyangku pantila munu ngaalya 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 pulingka ukalinganyi.**

Water is flowing in the creeks and in the hills.

**Nyaan kulini?**

What are you feeling?

**Pakala munu ngara puntu nyuntumpa kuluntara.**

Stand up and stretch your body.

**Min<sub>a</sub> 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!

**Titutjarangku 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.*

# Yarnumarra, Pinta-Pintaringu

## A Caterpillar Turns into a Butterfly

**Yuwa, tjilku pirni, nyinakatirralpi-ya kulila.**  
Yes, children sit down and listen.

**Kuwarrinya-la walykumunu palyalku.**  
Today we are going to do something good.

**Ngayulu-rna watjaranyangka kulinma.**  
Listen while I tell you a story.

**Kurranyulu-lan turku yinkaku Yanumarratjarra.**  
First we will sing the Yanumarra song.

**Yanumarra ngaanya yartakarringu.**  
A caterpillar appeared.

**Kapitjanu yukuringka tati-tatirnu.**  
It climbed up a plant after the rain.

**Nyarlpi ngalkulalpi parrangarangu.**  
Ate the leaf and walked around.

**Nyutjitjunu mantangka kunkunarringu.**  
Buried itself in the earth and went to sleep.

**Yanumarra kutjupanya yartakarringu.**  
Another caterpillar came along.

**Kapitjanu yukuringka tati-tatirnu.**  
It climbed up a plant after the rain.

**Nyarlpi ngalkulalpi parrangarangu.**  
Ate the leaf and walked around.

**Nyangka papa ngaalu ngalangu wiyarnu.**  
But a dog came along and ate it all up.

**Yuwa, yanumarra ngaanya mapitjangu yukuringka tatirnu.**  
This caterpillar went and climbed up the grass.

**Palunyalu ngarrirra ngalkulanytja nyarlpi.**  
Then he lay down and started eating the leaf.



**Ngalangu ngalangu parltjarringu.**

He ate and ate and became satisfied.

**Palunyalu tjarungarangu mapitjangu parrangarangu taylpurringu kulirnu, “Ngayulu-rna kunkunarriku.”**

He came down again and crawled around and got tired, then he thought “I think I’ll go to sleep”.

**Nyangka mularrpartu nyutjitjunu mantangka palunyalu kunkunarringu.**

And truly he dug into the soil, made a little camp and went to sleep.

**Ngarrirrayirnu pakarnu. Yuwa kutjuparringkula pakarnu.**

When he woke up he got out from the soil and found that he was different.

**Pinta-pintarringkula pakarnu.**

He had turned into a butterfly.

**Pinta-pinta walykumunu mularrpa.**

He was a beautiful butterfly.

**Palunyalu parrpakara nyinakatirra tjarungaralanytja pukurlpa.**

Then he flew around, landed and climbed down. He was happy.

**Yuwa kuru yarlarriwa.**

Yes, open your eyes.

**Ngaalymarra marnkurryara.**

Breathe slowly three times.

**Palunyalu pakala nyina.**

Then sit up.

**Palya.**

That’s the end.

## **Tjulputjara Tjitjingku Kulintjaku A Bird Meditation for Children**

**Tjitji tjuta nyinakatiya.**

Sit down kids

**Urintja wiya nyinama munu kulinma mirantja wiyangku.**

Sit still, don’t sing out, and listen.

**Kuru patiringkula kulinma.**  
Listen with your eyes closed.

**Purkara ngaalymara.**  
Breathe slowly.

**Mangkurara ngaalymara.**  
Take three deep breaths.

**Ka piruku ka piruku.**  
And again and again.

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

**Nyuntun kuwari kulira 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 paluru parpakanu.**  
Look, it has taken flight.

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

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

**Munu palulanguru paluru piruku 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 tjuta tjungu pitjanya.**  
Some other birds are coming.

**Utulu kutju. Kiilykiilykari tjuta palatja.**  
In one big flock. They are budgerigars.

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

**Palya wiyaringu kura alariwa inma-lta inka.**

OK now this part is finished we're going to open our eyes and sing a song.

## **Tjilku Pirni, Pitja-ya Nyinakati Dear Children**

**Tjilku pirni, pitja-ya nyinakati.**

Children, come and sit down.

**Palunyalu-ya kanmarrtu kulila nyuntuku ngaalypa.**

And listen carefully to your breathing.

**Nyaapan kulira?**

What sounds can you hear?

**Kutjupa-kutjupa tjingurun kulira?**

Can you hear different sounds?

**Tjingurun ngamutja.**

Perhaps sounds that are close by.

**Tjingurun tiwa.**

Or far away.

**Tjilku walykumunu pirni, pakala-ya ngara.**

Wonderful children, stand up.

**Nyuntuku ngaalypa kulilkitja.**

Pay attention to your breath.

**Mara wakunguru katula puru nyuntuku ngaalypatarrartu katula.**

Put out your right hand and raise it as you breathe in.

**Palunyalu kutjupanguru tjarula nyuntuku ngaalypatarrartu.**

Turn it over and lower it down, along with your breath.

**Mara tjampunguru katula puru nyuntuku ngaalypatarrartu katula.**

Then, put out your left hand and raise it up as you breathe in.

**Palunyalu kutjupanguru tjarula nyuntuku ngaalypatarrartu.**

Turn it over and lower it down, along with your breath.

**Mankurraralu palyala palunya purinypartu.**

Do this three more times.

**Nyuntuku ngaalypa kulilkitja-lu.**

Pay attention to your breath.

**Mara wakunguru katula puru nyuntuku ngaalypatarrartu katula.**

Put out your right hand and raise it as you breathe in.

**Palunyalu kutjupanguru tjarula nyuntuku ngaalypatarrartu.**

Turn it over and lower it down, along with your breath.

**Mara tjampunguru katula puru nyuntuku ngaalypatarrartu katula.**

Then, put out your left hand and raise it up as you breathe in.

**Palunyalu kutjupanguru tjarula nyuntuku ngaalypatarrartu.**

Turn it over and lower it down, along with your breath.

**Kutjarraralu palyala palunya purinyartu.**

Do this two more times.

**Palunyalu nyuntuku mara waku puula yaaltji-yaaltjilun nyuntuku ngaalypa kulira.**

Now blow on your right hand and notice the feeling of your breath.

**Nyaapan kulira?**

What do you notice?

**Tjingurun palya kulira?**

How does it feel?

**Mara kutjupanguru puula.**

Turn your hand over and blow on it again.

**Nyaapan kulira?**

What do you feel?

**Puru mara tjampunguru puula.**

Then blow on your left hand.

**Tjingurun palya kulira?**

How does it feel?

**Mara yurritjingala.**

Shake out your hands.

**Nyaapan kulira?**

How do you feel?



**Tjarukutu yurritjingala palunyalu katukutu yurritjingala.**

Shake them down low and shake them up above.

**Mara nyuntuku tjarula.**

Put your hands down by your side.

**Tjilku pirni, turku-ya yinka!**

Children, let's sing a song!

**Nyuntuku ngaalypa kulikitja-lu.**

Pay attention to your breath.

**Mara wakunguru katula puru nyuntuku ngaalypatarrartu katula.**

Put out your right hand and raise it as you breathe in.

**Palunyalu kutjupanguru tjarula nyuntuku ngaalypatarrartu.**

Turn it over and lower it down, along with your breath.

**Mara tjampunguru katula puru nyuntuku ngaalypatarrartu katula.**

Then, put out your left hand and raise it up as you breathe in.

**Palunyalu kutjupanguru tjarula nyuntuku ngaalypatarrartu.**

Turn it over and lower it down, along with your breath.

**Kutjarraralu palyala palunya purinyartu.**

Do this two more times.

**Palunyalu nyuntuku mara waku puula yaaltji-yaaltjilun nyuntuku ngaalypa kulira.**

Now blow on your right hand and notice the feeling of your breath.

**Nyaapan kulira?**

What do you notice?

**Tjingurun palya kulira?**

How does it feel?

**Mara kutjupanguru puula.**

Turn your hand over and blow on it again.

**Nyaapan kulira?**

What do you feel?

**Puru mara tjampunguru puula.**

Then blow on your left hand.

**Tjingurun palya kulira?**

How does it feel?

**Mara yurritjingala.**

Shake out your hands.

**Nyaapan kulira?**

How do you feel?

**Tjarukutu yurritjingala palunyalu katukutu yurritjingala.**

Shake them down low and shake them up above.

**Mara nyuntuku tjarula.**

Put your hands down by your side.

**Tjilku pirni, turku-ya yinka!**

Children, let's sing a song!

**Tjilku Pirni Kulila-ya!**

Children listen up!

**Monday, Tuesday, Wednesday, Thursday, Friday.**

Monday, Tuesday, Wednesday, Thursday, Friday.

**Ngayulu-lan kuurlta nintirringkupayi.**

We learn at school.

**Pitja-ya tjilku pirni nintirriwa.**

Come along children and learn.

**Yuwa, kuurlpa walykumunu.**

Yes, school is good.

**Yuwa, walykumunu!**

Yes, it's good!

## **Puntu Winki Walytjangku Kulintjatjara A Body Scan Meditation**

**Chair-ngka nyinara kulinma munta pululanguru ngarira kulinma.**

Sit in a chair and listen or otherwise lie on the floor and listen.

**Nyuntumpa puntu munu ngalypa 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 chair-ngka nyinanyi munta floor-ngka ngarira kulinma puntu nyuntumpa.**

Sit on the chair or lie on the floor and focus on your body.

**Kuru patiriwa munu urintja wiyangku pilunpangku puntu nyuntunku kutju kulinma.**

Close your eyes, lie still and quietly focus just on your body.

**Palyan kulini?**

You feeling okay?

**Palulanguru puntu nyuntumpa kulinma nyuntumpa katangku munu ngukunytju.**

So now keep focusing on your body, with your head, with your mind.

**Uwa, kulintja nyuntumpanguru nyuntumpa puntuwanu 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.

**Pulkara 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?

**Pulkara ngaakampara kututu kulila.**

Take a really deep breath and bring it into your heart.

**Nganampa puntungka tjuta ngaranya. Pulyku, tarka, ilytjanpa, munu alu, kiri-kiri, kapulpa, 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, tjalinypa, 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, alipiri.**

Then travel down, focusing on your throat, your neck, your shoulders.

**Alipiringuru mina, nyiiku, mara, miltji. Uwa miltjingku kulila.**

From your shoulders move to your arms, elbows, hands, fingernails. Yes, focus on your fingernails.

**Nyuntumpa pilpirpa kulinma, munu palulanguru witapi, angkaipa, 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, tari.**

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. Wiggle 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, watarkuringkunyitja wiyangku.**

Think about this often, don't forget.

**Palyalta munu kuru alariwa.**

Okay it is finished and you can open your eyes.

## **Wuyurra Walykumunurriku Healing Your Spirit**

**Yuwa ngarlitjarra. Walykumunu-muntan nyinarra?**

Hello, you poor thing. Are you okay?

**Mukurringkula-muntan ngangkari nyakukitja?**

Would you like to see a traditional healer?

**Tjiingurun kata pikatjarra puru kurrurnpatarrartu kumpirnu.**

Maybe your head is aching and your spirit has moved out of place.

**Nyangkantayi ngangkarilu pitja marntupuwa,**

Wait, let the healer come and blow on you,

**puru kurrurnpatarrartu tjukarurrula wanti,**

and straighten your spirit,

**nyangkayin wuyurra palyarriwa.**

to make you feel better.

**Palunyalunku ngaalya kulinma walykumunu ngaalymaranytjalu.**

Listen to your breath and notice how you are feeling now.

**Kata, ngurnti, yarlipiri, yamirri, murti, yangkarlpa, wilurru, tjina, mara walykumunu ngaratjaku.**

Notice how you feel in your head, neck, shoulder, arms, knees, hips, thighs, feet and hands.

**Purrkaralu parrayurritjingara kulinma walykumununta.**

Gently move your body around, noticing how your body feels.

**Palunyalu pakala ngaralalpi wartura kulinma.**

Then stand up, stretch, and keep paying attention to your body.

**Yuwa palya.**

Yes, that's it.

**Yuwa, walykumunu.**

Yes, hello.

**Yuwa, tjingurun kulintja purlkatjarra nyinarra yipilypa wiya.**

Yes, maybe you have many worries and are not happy.

**Nyangka ngayulu-rnanku watjalku Turlku 23-languru kuliltjakun.**

So, I will read Psalm 23 for you to listen.

**Turlku 23**

Psalm 23

**Puurr, nyuntulu-rnin miranykanyira kanyilpayi.**

Lord, you care for me.

**Yuwa Puurr, nyuntulu-rnin miranykanyira kanyilpayi.**

Yes Lord, you care for me.

**Tjiinyakurlu watilu tjiipu miranykanyinma.**

It's like when a man cares for sheep.

**Palunyapirinytju-rnin miranykanyira kanyilpayi.**

In the same way, you keep and care for me.

**Nyangka-rna pirnipurlka kanyira nyuntulu-tjun nintiranyangka.**

And you provide all I need.

**Patalypa-rna nyinarranyangka nyuntulu-rnin nyinatjunkupayi yukiri walykumunungka.**

When I am weak you set me in good grass.

**Palunyalu-rnin walara katipayi kapi warla walykumunukutu.**

And you lead me to springs of good water.

**Kurltjirr-kurltjirra-rna nyinarranyangka nyuntulu-rnin kurrurnpa yipilymara kanyilpayi.**

When I am discouraged, you make my heart glad.

**Puru-rnin yiwarra tjukarurruwanalu walara katipayi, tjiinyamarntu-rnin kalkurnu wantinytjatjanulu.**

And you lead me by the good road, as you promised.

**Yuwa, palya. Palunya.**

Yes, okay. That's the end.

# Yangupala Kukaku Ananyi Young Fella Hunting

**Ai yangupala!**  
Hey young fella!

**Pitjala nyinakatira kulila!**  
Come sit down and listen!

**Nyuntu nyinara kulintjikitja mukuringanyi munta tjukutjuku para-ngarala kulinma?**

Do you want to sit down and listen, or perhaps take a little walk as you listen?

**Nyaan kulini?**  
What do you think?

**Wiru. Palya.**  
Good. Okay.

**Wanyuli ara putikutu kukaku.**  
Let's you and I go hunting out bush.

**Ankukuli putikutu.**  
Let's go bush.

**Kutjupa kutjupa tjutalimpa mantjila paltjaringkunyjtaku.**  
Let's get our things together so we have everything we need.

**Nyaa tju<sup>u</sup>tan kulini?**  
What can you hear?

**Anangu tju<sup>u</sup>taya ngurangka nyanga wangkara waninyi.**  
People in the community are throwing their voices around.

**Kali ara putikutu pilunpa para-ngarala pitjantjikitja.**  
So let's go bush so we can have some quiet time and return later.

**Munturtjingala kali ara.**  
Start the car and let's go.

**Kutjupa kutjapan nyanganyi?**  
Can you see anything?

**Nyuntu iwara nyangatja nyaa kulini? Wiru?**

Is this a good road, do you think?

**Iwara nyangatja uri pulka, purkarali anama.**

This road is bumpy, let's go carefully and slow.

**Ai! Nyangatja puṭi wiru mulapa, maluku ngura – malu nyinapai nyanga purunypangka.**

Hey, this is lovely bush, kangaroo country – this is the kangaroo's area.

**Purkarari! Kali purkarangku para-nyangama.**

Slow down! Let's slowly look around.

**Palatja punu wanaringka nyawa!**

Hey look there in that mulga tree!

**Tarilpana nyangu.**

I saw a flash of something!

**Wanyu tjutukati!**

Reverse!

**Mulapa! Palatja ngarinyi!**

For real! Lying there!

**Pala punu wanaringka nyawa! Nyangun?**

Look there in the mulga! Can you see it?

**Pilunari! Walpa yaaltjinguru wangkanyi?**

Shhh! Where's the wind blowing from?

**Kakararanguru wangkanyi.**

It's blowing from the east.

**Pukularingin kuka nyakula? Uwa.**

Are you happy to see a kangaroo? Yes.

**Paulkuli? Paltjantjikitjangku Anangu tjuta.**

Shall we shoot it? To feed the families?

**Ai! Tjukururungkun tjalpa katantanu!**

Hey! You shot straight to the leg and broke it!

**Nyaaringun? Pukularingu? Pukularingu nyuntu? Uwa.**

How are you feeling? Excited? Are you happy? Yes.



**Punu mantjira ngunti puwa!**

Grab a stick and hit the back of its neck!

**Wanyu tjuni alara nyawa. Palya?**

Take a moment to open the stomach and inspect the guts.

**Kuka palya. Uwa.**

Yes, it's good.

**Muturka pulka palatja. Mutukangka walangku utitjura.**

It's got good fatty reserves! Put it in the car.

**Kukali paulku nyanga putingka? Warungkalpi?**

Shall we cook it here in the bush where there is a lot of firewood?

**Kurunpan wiruringu putingka para-ngarala?**

Is your spirit feeling uplifted cruising around out bush?

**Walangku tjararpuwa munu tjiwuru mantjila.**

Let's dig a pit and gather some kindling.

**Palya? Warulta ma-tilila.**

Alright? Now light a fire.

**Tjuni mantjinu munu tipiny tjunu.**

We've taken out the stomach and stitched it closed again with a stick.

**Tjunta pala karulytjingala.**

Dislocate its legs.

**Pulyku mantjinmatu kulataku panya.**

Don't forget to pull out the sinew for making spears.

**Warungka ma-tjura munu kampa-kutjupara para-uritjinganma.**

Put it in the fire, then turn it over on its other side.

**Tjina kutjara katala wipu kulu.**

Cut off the two feet and the tail.

**Waru pala nyangama ma-tjukutjukuringkunyangka.**

Watch the fire burn down.

**Uwa kuka nyangatja tangkaringu.**

Yes, this meat is cooked and ready.

**Tjirpika nyara mantjila.**

Bring over those branches.

**Ngalya-katira tjirpikangka katu tjura.**

Bring it here and place it on the branches.

**Munu malu pala palyala, munu kutju kutju tjura.**

Prepare the meat by cutting it into the different sections.

**Tjunta, kantilypa, witapi, kata,angkalpa, mana.**

Thigh, ribs, lower back, head, hip section, hind part.

**Nyuntu mukuringanyi tjunta maumau arkantjikitja? Uwa.**

Do you want to try the special fatty part of the upper thigh? Okay.

**Kapulpa munu alu.**

The kidneys and the liver.

**Nyiiku, wanyu arkala.**

Here you go, have a try.

**Wirunya.**

It's good.

**Mungaringu nyangatja, ngurakutuli ara.**

It's gotten dark, let's go home.

**Wiruran pitjangu ngayula.**

It's so great that you came with me.

**Ngulala yangupala tjuta kati.**

At another time let's take a group of young fellas.

**Nyaan kulini ankunytjatjanungku?**

How are you feeling after this journey?

**Nyuntumpa kulintja wiruringu?**

Has your state of mind improved?

**Uwa palyaringuna.**

I'm feeling better.

**Uwa, ngayuku kurunpa palyaringu.**

Yes, I've recovered my spirit.

**Rawangku kulinma putikutu ankunytjatjanungku kukaku.**  
Keep thinking about the feeling of having just been hunting.

**Uwa palya.**  
Alright.

## **Waumananyi**

### **The Song on the Wind**

#### **Ngaanyatjarra/English**

**Visualisation – Ngura wirunya**  
From the Top of the hill

**Karnkara ngarikatiralpi yamirri tiwa-tiwa tjura.**  
Lie on your back.

**Yarnangunku pampuntjamaaltu wanti.**  
Keep your arms apart from your body.

**Palunyalu kuru tjuturiwa.**  
Close your eyes.

**Kutjupa kutjupa kulintjamaaltu wanti.**  
Don't think about anything.

**Pirriya kutju kulinma puur-puuranyangka.**  
Feel the breeze blowing.

**Palunyalu nyawa yapu katalarran ngarala nyakula tjirntu matjaparanyangka.**  
Picture yourself standing on top of a hill, watching the sun going down.

**Kuliran pirriyalunta puur-puuranyangka, pirriya warri walykumunu wangkara.**  
Feel the wind blowing, the cool breeze.

**Tjirntu puru ngalyapa kanyangka.**  
When the sun comes up.

**Nyurntuku kuurunpa yurn-yuurnariku.**  
Your spirit will become warm.

**Nyangkan yipilyariralpi purkulpa tirtu ngarama.**  
Then you'll feel encouraged; happiness will remain in your body.

**Palunya.**

Let it be.

**Kuru yalariwa. Pakala nyina. Palya.**

Open your eyes. Sit up. That's it.

**Waumananyi**

**The Song on the Wind**

**Pitjantjatjara/English**

**Ngura Wirukutu Katintjatjara**

From the Top of the Hill

**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 munu mara nyuntumpa tjuningka 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 wiru kutju kulinma.**

Focus on the positive.

**Purkararira kulinma ngaalypa nyuntumpa.**

Gently listen to your own breathing.

**Kuranyukutu nyangama wiru palyantjikitjangku kulinma.**

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



**Ngayula pitja kali ara kata palyaringkunyjtjikitja.**

Come with me and we will go on a healing journey.

**Yaaltjikutuli ananyi? Talikutuli ananyi.**

Where are we going? We're going to a sandhill.

**Talingka para-ngarantjikitja.**

To move around in the sandhill.

**Ai wirunranatju tjinangku paltjunu?**

Oh isn't it a lovely surface to walk on?

**Awari tjinanitju wiruringu manta wirungka.**

Oh how my feet feel wonderful in the lovely sand.

**Manta tjula wirunya.**

It is soft and beautiful earth.

**Alatji kanatju wiruriwa. Kurunpani palyaringu.**

In this way I am feeling better. My spirit is recovering.

**Wirurana 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 wiru kulini tjulpu tjuta wangkanyangka munuli wiru 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.**

OK, now we're going to take a return journey home but you can always remember this sandhill.

**Watarkuringkuntja wiyangku kulinma.**

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.

**Purkurangku watula mara katula, tjina katula.**

Gently stretch out your hands and your feet.

All meditations produced in partnership with Smiling Mind. With thanks to NPY Women's Council staff, including Ngangkari Program Manager Angela Lynch; Atatjura Kulinma content curator Julia Burke; Exhibition supporters Emma Trenorden and Beth Sometime; and Language translators Beth Sometimes (Pitjantjatjara), Kathy Tozer (Pitjantjatjara) and Jan Mountney (Ngaanyatjarra).



# Archives of Feeling:

**Sensation,  
Connection,  
Community**

**RMIT  
Design Hub Gallery  
19 AUG – 8 OCT 2022**