



## Rhythm2Recovery Guided Mindfulness Exercise Honouring The Departed



### INTRODUCING A R2R MINDFULNESS EXERCISE

Most R2R Mindfulness exercises start by replicating the tempo of the everyday on the drum accompanied by a dialogue of association. "Let's play the rhythm of our day up until now as we go about our lives, getting things done, and then slowly let's come into the present, leave the outside world behind and slow our rhythm down".

Gradually the tempo is reduced to the desired rate of 60-80bpm, at which time the guided instructions begin, with an initial focus on paying attention to the Bass Pulse, Relaxing the body and Aligning the breath – slowing & deepening.

An invitation to relax into their chair, lower their eyes and transfer the drumming to their body (softly tapping their thigh) often follows. The facilitator/therapist continues to play the pulse softly on their drum.

Then the focus will shift depending on the theme of the practice for the day.

**All instructions are given in a soft, soothing voice and at a slow rate, with appropriate periods of silence in-between.**

### Uncertainty - Guided Script

#### **Pause between each dot point**

- *Notice your natural breath & breathe gently, slowly and in time with the pulse. Chest rising and falling, slowly and comfortably, feeling comfortably connected to the earth, grounded by the breath.*
- *Finding the rhythm of your soothing breath.*
- *And allowing all the weight of the world to fall from your shoulders, stepping away from your worries and fears and finding a sense of calm.*
- *Sense that your breath is emanating from your heart, your heart expanding in your chest*
- *Inhaling love and exhaling and exhaling any tension*
- *Inhaling peace and exhaling regret*
- *Now let your thoughts drift to those of your loved one who is no longer with you, and gradually feel their presence around you.*
- *Allow any feelings to rise to the surface, they are all justified*
- *Whatever you are feeling, simply let it rest there without judgement but with compassion.*
- *Every day you have the opportunity to be the change you want to see in the world, to be kind and to honour your loved one – let this intention settle into your heart with each inhale & exhale.*

*Repeat these phrases several times to the rhythm of your breath*

1. *'May my soul be at peace'*
2. *'May I be forgiven'*
3. *'May I be free from suffering'*
4. *'May I give love away to all who come before me in your honour' – picturing your loved one as you say this last sentence.*

- *Feel these feelings of loving kindness surround and envelop you*

*Now bring back the image of your loved one and repeat these phrases several times*

1. *'May your soul be at peace as I wish to be at peace'*
2. *'May you be forgiven as I wish to be forgiven'*
3. *'May you be free from suffering as I wish to be free from suffering'*
4. *'May I give away love in your honour'*

- *Feel your loving kindness flowing to your loved one and from there to all who have suffered, moving out across the world.*
- *In your own time, slowly move your focus back to the Bass note and when you are ready join me on your drum. Let the drum pulse fade slowly away and sit for a minute in the silence.*
- **Adapt this script & make it your own**

### CLOSING A R2R MINDFULNESS EXERCISE

At the end of each mindfulness session, after an appropriate length of silence the client/s are asked to rejoin the pulse on the drum (reconnect). Once all are reconnected the sound is brought down gradually until it disappears (Fade to nothing). Sometimes a single chime or gong can also be used as an alternative ending or final accent.

Stay still. Thank all for participating. Ask if anyone has anything they wish to share.