



Rhythm2Recovery Guided Mindfulness Exercise

Loving Kindness



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.*
- *Now turn your focus towards yourself, as though you were a child and send yourself loving thoughts – may I be safe and happy, may I be free from suffering, may I be at peace and content with my life, may my heart be filled with love and kindness. Feel your inward breath taking these thoughts deep into your heart and soul.*

Repeat:

- *With the inbreath – May I be free from suffering*
- *With the outbreath – May I be at peace*
- *Now turn your focus towards someone you truly love or care for, and send them the same loving thoughts – may they be safe and happy, may they be free from suffering, may they be at peace. Continue this dialogue with them as you breathe slowly in and out. Send them your love, compassion and care.*
- *Now expand your focus towards the broader community, your family, friends, colleagues, and all those you interact with. May they be safe and happy, may they be free from suffering, may they be at peace. Continue this dialogue with them as you breathe slowly in and out. Send them love, compassion and care from deep in your heart. Extend this to all the world, creatures great and small and all living things.*

Repeat:

- *With the inbreath – May all beings be free from suffering*
- *With the outbreath – May all beings be at peace*
- *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.