



Rhythm2Recovery Guided Mindfulness Exercise

Uncertainty



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.*
- *Bring your mind slowly to concept of impermanence and change; recognizing the truth that these are constants in our lives and that control and permanence are fleeting and largely illusions.*
- *Just as we may recognize that change can move us from contentment to discontent, so we must also recognize that the ongoing nature of change will bring us back again*
- *Now call to mind an aspect of your life that is undergoing great change, recognize the feelings that are associated with this thought and try to make room for these feelings without being overwhelmed by them – accepting and breathing around them.*
- *Breathe slowly, comfortably and naturally*
- *Let us now reflect on the many times we have experienced change and uncertainty in the past and how we have managed to work through these previously – recognizing our own abilities to learn and grow through these challenges, no matter how unnerving or uncomfortable.*
- *Breathe slowly, comfortably and naturally – trusting yourself.*
- *Allow yourself to release the bond of certainty and attachment that leads to fear and replace this with an acceptance and recognition of those things we cannot undo.*
- *Let us then picture the opportunities brought from change*
- *Bring to mind the wonder and hope of new beginnings that stem from this time of uncertainty – picture this as a new light shining through a doorway, offering a new pathway to happiness and fulfillment.*
- *Breathe slowly, comfortably and naturally*
- *Finally let us offer thoughts of loving kindness towards those who are struggling with uncertainty, fear and doubt. Breathe gently and slowly, and in time with your breath make individual statements of support.*
- *In your own time, slowly move your focus back to the Bass note.*
- ***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.