

Pebble Meditation Instructions

- * Find a quiet spot
- * Sit in a comfortable position (sitting on a cushion or pillow helps)
- * Sit with your back straight and shoulders relaxed
- * Place your pebbles on the ground on your left side
- * Notice your in-and-out breath (placing your hand on your belly helps)
- * If you like, have someone ring a bell or invite a singing bowl to begin the meditation
- * Pick up the first pebble, look at it, and then hold it in the palm of your hand, resting this hand in your other hand

- * The first pebble represents a flower. Say out loud, "Breathing in, I see myself as a flower. Breathing out, I feel fresh."
- * Breathe three times, reciting (in your mind) "Flower" with each in-breath, and "Fresh" with each out-breath
- * You may either keep looking at the pebble while you breathe, or close your eyes
- * When you are finished, place your pebble down on your right side

- * Repeat with the remaining three pebbles, one at a time:
 - * "Breathing in, I see myself as a mountain. Breathing out, I feel solid."
Mountain/Solid.
 - * "Breathing in, I see myself as still water. Breathing out, I reflect things as they are."
Still Water/Reflecting
 - * "Breathing in, I see myself as space. Breathing out, I feel free."
Space/Free.

- * When you are finished, it's always nice to sit for a moment and just notice what and how you're feeling, and also share with each other how you feel.

- * Enjoy!

Adapted with gratitude from the book, Planting Seeds, by Thich Nhat Hanh and the Plum Village Community