

PEBBLE MEDITATION

Recommended: capo on 3rd fret or higher for most voices (video is 3rd fret, so key of Bb)

Verse 1

G Csus2 G Csus2
Breathing in, I see myself as a flower

G Csus2 Dsus4 Csus2
Breathing out, I feel fresh and new

G Csus2 G Csus2
Breathing in, I see myself as a flower

G Csus2 G Csus2 G Csus2
Breathing out, I feel fresh and new

A C G D
Flower, fresh

A C G D
Flower, fresh

A C G Csus2 G Csus2
Flower, fresh

Verse 2

Breathing in, I see myself as a mountain
Breathing out, I feel solid and sure
Breathing in, I see myself as a mountain
Breathing out, I feel solid and sure

Mountain, solid
Mountain, solid
Mountain, solid

Verse 3

Breathing in, I see myself as still water
Breathing out, I reflect things as they are
Breathing in, I see myself as still water
Breathing out, I reflect things as they are

Still water, reflecting
Still water, reflecting
Still water, reflecting

Verse 4

Breathing in, I see myself as space
Breathing out, I feel free
Breathing in, I see myself as space
Breathing out, I feel free

Space, free
Space, free
Space, free



Bridge

Em G A C
Fresh, solid, reflecting and free

Em G A C
Patient, understanding, full of generosity

Em G A C
Peaceful and grateful, kind, awake & true

Em G A C
Full of love for me, & full of love for you

Em G A C
(2x)
Joyful & mindful, remembering how to be

G C Dsus2sus4
Fresh, solid, reflecting

G Csus2 G Csus2 G Csus2 G
And free