

PEBBLE MEDITATION

Recommended for guitar: play in G (see other song sheet) and capo on 3rd fret or higher for most voices (video and recording are 3rd fret, so key of B♭)

Verse 1

B♭ E♭ sus2 **B♭ E♭ sus2**
Breathing in, I see myself as a flower

B♭ E♭ sus2 **F sus4 E♭ sus2**
Breathing out, I feel fresh and new

B♭ E♭ sus2 **B♭ E♭ sus2**
Breathing in, I see myself as a flower

B♭ E♭ sus2 **B♭ E♭ sus2 B♭ E♭ sus2**
Breathing out, I feel fresh and new

C E♭ B♭ F
Flower, fresh

C E♭ B♭ F
Flower, fresh

C E♭ B♭ E♭ sus2 B♭ E♭ sus2
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

Gm B♭ C E♭
Fresh, solid, reflecting and free

Gm B♭ C E♭
Patient, understanding, full of generosity

Gm B♭ C E♭
Peaceful and grateful, kind, awake & true

Gm B♭ C E♭
Full of love for me, & full of love for you

Gm B♭ C E♭(2x)
Joyful & mindful, remembering how to be

B♭ E♭ F sus2 sus4
Fresh, solid, reflecting

B♭ E♭ sus2 B♭ E♭ sus2 B♭ E♭ sus2 B♭
And free