

# Pebble Meditation



*Cahaba River Sangha*

## **Materials:**

*Four pebbles or stones, and a purchased or homemade pouch that pulls closed, to store the stones.*

**Watch** the short, edited version of Bro. Phap HUU's Dharma talk and instructions from YouTube: *Pebble Meditation for Adults*: <https://cahabariversangha.com/pebble-meditation/>

*As you select each pebble, place it in the palm of your hand. Three breaths are taken with each pebble. After you finish with each pebble, place it back down and choose the next.*

**The following words are written by Thich Nhat Hanh:**

## **Flower**

*Breathing in, I see myself as a flower.*

*Breathing out, I feel fresh.*

*Flower, Fresh\**

## **Mountain**

*Breathing in, I see myself as a mountain.*

*Breathing out, I feel solid.*

*Mountain, Solid*

## **Water**

*Breathing in, I see myself as still water.*

*Breathing out, I reflect things as they truly are.*

*Water, Reflecting*

## **Space**

*Breathing in, I see myself as space.*

*Breathing out, I feel free.*

*Space, Free.*