

Happiness in Four Pebbles

FLOWER, MOUNTAIN, WATER, SPACE

The pebble practice is very simple. For this meditation, find four pebbles you really like. Each of the pebbles represents a different image in nature. And each image - flower, mountain, water, space - has a different quality.



The first pebble

FLOWER - "Breathing in, I see myself as a flower. Breathing out, I feel fresh. Flower, fresh."

Silently say the words "Flower, Fresh" to yourself as you breathe in and out three times.



The second pebble

MOUNTAIN - "Breathing in, I see myself as a mountain. Breathing out, I feel solid. Mountain, Solid."

Silently say the words "Mountain, Solid" as you breathe in and out three times.



The third pebble

WATER - "Breathing in, I see myself as still water. Breathing out, I reflect things as they truly are. Water, reflecting."

Silently say the words "Water, Reflecting" as you breathe in and out three times.



The fourth pebble

SPACE - "Breathing in, I see myself as space. Breathing out, I feel free. Space, free."

Silently say the words "Space, Free" as you breathe in and out three times.

That's the end of breathing with the four pebbles. If you enjoy it and want to continue, you can move the four pebbles again.

After practicing pebble meditation this way, you might find other qualities that you want each pebble to represent. You may want to say that the pebbles represent love, compassion, joy,

and inclusiveness. The pebbles could represent loved ones, such as a mother, father, sibling, close friend, or grandparent. Holding each pebble, we can send our love to that person as we breathe three times.

Making a Pebble Meditation Bag

Materials: yarn, watercolors or fabric paints, markers, ribbons, tapestry needles, children's scissors, buttons, beads, and other decorative items; one 8-inch diameter (the size of an adult plate) circle of soft, thin, white or light-colored cloth for each child. (For very young children, it is helpful to cut small holes all around the cloth, one inch from the edge, with about one inch between each hole.)



Decorate your cloth circle with the materials you have at hand. If you are using paint or watercolors, allow time for the cloth to dry. When you have finished decorating the cloth, thread the yarn through the holes. An adult can help. When you have woven the yarn all the way around, pull the yarn closed to make a pouch. Each time you finish practicing pebble meditation, put the pebbles into your bag until the next time you practice.

Flower, Mountain, Water, Space

Metta Practice



Some pebbles are painted

**May I be fresh like a flower
May I be solid like a mountain
May I be as calm as still water
May I be spacious and free**

**May we be fresh like a flower
May we be solid like a mountain
May we be as calm as still water
May we be spacious and free**

**May all beings be fresh like a flower
May all beings be solid like a mountain
May all beings be calm as still water
May all beings be spacious and free**

