



Mountain and Sea

♩ ≈ 110

Words and music: Anders Nyberg

S-Solo

Cm Fm⁹ Fm⁷/G Gsus⁴⁻³ Cm Fm⁹

I am crad-led so safe bet-ween mountain and sea. So pro-tec-ted yet float-ing so

7 B^b9sus⁴ B^b7 E^bΔ⁹ A^bΔ Dm(^b₅) G⁷sus⁴ G⁷ Cm^Δ Cm⁷ Fm⁷

flaw-less-ly free. I am wave, I am par-tic-le, child, I am God, I'm the fish, I'm the

14 Fm⁷/G G⁷ Cm Fm⁹ Fm⁷/G Gsus⁴⁻³ Cm

star I'm the kick in your womb, I'm the kiss in your ear. I'm the "I AM" tran-

21 Fm⁹ B^b7 E^bΔ⁹ A^bΔ Dm(^b₅) G⁷sus⁴ G⁷ Cm^Δ Cm⁷

scend-ing the time and the sphere. I am here, I am near, I am now, I am dear, I'm the

28 Fm⁷ Fm⁷/G G⁷ A^bΔ B^b C

child of all your dreams. I'm the dream come true, I am You!

35 **A** Am Em F G Am

S
A

The rea-son for be-ing born in flesh is to learn to

T
B

The rea-son for be-ing born in flesh is to learn to

41 Em/G Em F^Δ Gsus⁴ G Am Em

see way be-yond it. The rea-son for leav-ing my-

see way be-yond it. The rea-son for leav-ing my-

46 F^{Δ} Am Dm $Gsus^4$ G

moth-er's deep warm sea is to learn the one-ness of all.

moth-er's deep warm sea is to learn the one-ness of all.

52 **B** Cm^9 Fm^9 Fm^7/G G Cm^9 Fm^9

S-solo
A

My kicks are a tap-dance with time and with space. I am learning from the beats of my Ooh Ooh

59 Bb^7 $E^b\Delta^9$ $A^b\Delta$ $Dm(b^9_{b5})$ G^7 Cm^9 Cm^7

moth-er's heart's embrace, and from the soft of the floors and the walls of her womb I will Ooh

65 Fm^7 Fm^7/G G^7 $A^b\Delta$ B^b C

in-car-nate soon. I'm the dream come true, I am You! Ooh I'm the dream come true, I am You!

72 **C** Am Em F G Am Em/G Em F^{Δ}

S
A
T
B

The reason for being born in flesh is to learn to see way beyond

The reason for being born in flesh is to learn to see way beyond

The reason for being born in flesh is to learn to see way beyond

80 Gsus⁴ G Am Em F^Δ Am
 it. The rea - son for leav - ing my moth - er's deep warm sea is to
 it. The rea - son for leav - ing my moth - er's deep warm sea is to
 it. The rea - son for leav - ing my moth - er's deep warm sea is to

85 1. Dm Gsus⁴ G 2. Em⁷ Asus⁴ A
 learn the one - ness of all. one - ness of all.
 learn the one - ness of all. one - ness of all.
 learn the one - ness of all. one - ness of all.

92 **D** Dm⁹ Gm⁹ Gm⁷/A Asus⁴ A Dm⁹
 S I am crad - led so safe bet - ween moun - tain and sea. So pro - tec - ted yet
 I am crad - led 'tween moun - tain and sea. So pro -
 A1 I am moun - tain and sea. I am sea. So pro -
 A2 I am moun - tain and sea. I am sea. So pro -
 B T I am moun - tain and sea. I am sea. So pro -

98 Gm⁹ C¹¹ C⁷ F^{Δ9} Bb^Δ Em(^{b9}/₅) A⁷sus⁴ A⁷
 float - ing so flaw - less - ly free. I am wave, I am par - tic - le, child, I am
 tec - ted yet flaw - less - ly free. I am wave, I am child, I am
 So pro - tec - ted yet free. I am
 So pro - tec - ted yet free. I am wave, I am
 float - ing, so free. Wave, par - ti - cle, child,