

# Upload-Spirit

Mindflow  
Mind over Body

Words & Music by Rodrigo Hidalgo

Standard tuning

♩ = 135

E-Gt7

T  
A  
B

*f*

T  
A  
B

T  
A  
B

T  
A  
B

6

TAB

5 5 5 5 5 5 5 5 5 5 3 3 3 3 3 3

7

TAB

5 5 6 8 7 5 6 5 5 6 3 5 6 8

9

TAB

5 5 6 8 7 5 6 5 5 6 3 5 6 10

11

TAB

4 4 5 6 4 4 5 6 0 4 0 4 5 6 4 0 4 0 5 6

13

TAB

4 4 5 6 4 4 5 6 0 4 0 4 5 6 4 0 4 0 5 6

15

TAB

3	3	4	6	0	3	4	3	3	4	1	3	4	6
1								1					

17

TAB

3	3	4	6	0	3	4	3	3	4	1	3	4	8
1								1					

19

TAB

3	3	0	3	4	0	4	6	0	3	4	0	1	3	0	3	4	0
1	1	1															

20

TAB

3	3	0	3	4	0	4	6	0	3	4	0	1	3	0	3	4	0
1	1	1															

21

TAB

4	4	0	3	4	0	4	6	0	3	4	0	1	3	0	3	4	0
2	2	2															

22

TAB 2 2 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

0 0 0

23

TAB 3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

1 1 1

24

TAB 3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

1 1 1

25

TAB 3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3

1 1 1

26

TAB 4 0 3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

1 1 1

27

TAB

3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

1 1 1

28

TAB

3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

1 1 1

29

TAB

3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3

1 1 1

30

TAB


4 0 3 3 0 3 4 0 4 6 0 3 4 0 1 3 17 16 15 15-16-15 15 16 17

31

TAB

3 3 3 4 6 3 3 3 3 4 6

32

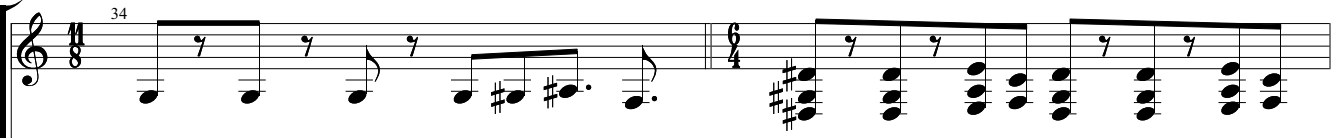


TAB

3 3 3 4 6 3 3 3 6 3 3 3 4 6 3 3 3 1 0

This system contains measures 32 and 33. The guitar tab for measure 32 is: 3 3 3 4 6 3 3 3 6. The guitar tab for measure 33 is: 3 3 3 4 6 3 3 3 1 0.

34




TAB

3 3 3 3 4 6 6 6 6 7 6 6 7 8 6 7 8

This system contains measures 34 and 35. Measure 34 has a guitar tab of 3 3 3 3 4 6 6. Measure 35 has a guitar tab of 6 6 6 7 6 6 7 8 6 7 8.

36




TAB

6 6 7 6 7 8 6 6 7 8

This system contains measure 36. The guitar tab is: 6 6 7 6 7 8 6 6 7 8.

37




TAB

4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4

This system contains measures 37 and 38. Measure 37 has a guitar tab of 4 4 4 4 4 4 4 4 4 4. Measure 38 has a guitar tab of 4 4 4 4 4 4 4 4 4 4.

39



TAB

6 6 7 8 6 6 7 8 6 6 7 8 6 6 7 8 4 4 4 4 4 4 4 4 4 4

This system contains measures 39, 40, and 41. Measure 39 has a guitar tab of 6 6 7 8 6 6 7 8. Measure 40 has a guitar tab of 6 6 7 8 6 6 7 8. Measure 41 has a guitar tab of 4 4 4 4 4 4 4 4 4 4.

♩ = 140

42

TAB 4 4 4 4 4 4 4 4 4 4 2 2 2 2 2 2 2 2 1 1 1 2 1 6 4 6 4 3 4 6

44

TAB 1 1 1 2 1 4 2 4 1 4 2 1 1 2 1 6 4 6 4 3 4 6

46

TAB 1 1 1 2 1 6 4 6 4 3 4

47

TAB 3 3 3 4 3 6 4 6 4 6 3 3 3 4 3 6 4 3 4 3 4

49

TAB 3 3 3 4 3 6 4 6 4 3 4 6 3 3 3 4 3 6 4 3 4 3 4

51

T  
A  
B

3 1 3 1 3 1 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

52

T  
A  
B

3 1 3 1 3 1 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

53

T  
A  
B

3 1 3 1 3 1 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

54

T  
A  
B

3 1 3 1 3 1 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

55

$\text{♩} = 135$

T  
A  
B

3 6 4 3 4 6 5 8 6 5 6 8 5 10 8 7 8 10 8 10 12 15



56

TAB

13	12	15	13	12	15	17	15	17	15	13	12	13	12	15
----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

61

♩ = 90

TAB

13	12	15	17	15	17	15	13	12						
												4		
												4		
												2		

66

TAB

						5	5	5	5	5	5			
						4	4	4	4	4	4			
						3	3	3	3	3	3			
						2	2	2	2	2	2			

69

TAB

						5	5	5	5	5	5			
						4	4	4	4	4	4			
						3	3	3	3	3	3			
						2	2	2	2	2	2			

71

♩ = 135

TAB

						5	5	5	5	5	5			
						4	4	4	4	4	4			
						3	3	3	3	3	3			
						2	2	2	2	2	2			

74

Musical notation for measures 74-76. The top staff is in 4/4 time with a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes. The bottom staff is a guitar TAB with fret numbers: 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2.

77

Musical notation for measures 77-79. The top staff is in 4/4 time with a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes. The bottom staff is a guitar TAB with fret numbers: 4 2-5-2-3-2-5-0-0-0-0, 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2.

80

Musical notation for measures 80-81. The top staff is in 4/4 time with a treble clef and a key signature of one sharp (F#). Measure 81 has a 3/4 time signature. The bottom staff is a guitar TAB with fret numbers: 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5.

82

Musical notation for measures 82-84. The top staff is in 4/4 time with a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes. The bottom staff is a guitar TAB with fret numbers: 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2.

85

Musical notation for measures 85-87. The top staff is in 4/4 time with a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes. The bottom staff is a guitar TAB with fret numbers: 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2.

88

Musical notation for measures 88-90. The top staff is in 4/4 time with a treble clef and a key signature of one sharp (F#). The melody consists of eighth notes. The bottom staff is a guitar TAB with fret numbers: 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2, 4 2-5-2-3-2-5-3-2.

91

TAB 4 2 5 2 3 2 5 3 2

94

TAB 4 2 5 2 3 2 5 3 2

97

TAB 4 2 5 2 3 2 5 3 4 2 5 2 3 2 5 3 2

99

TAB 4 2 5 2 3 2 5 3 4 2 5 2 3 2 5 3

102

TAB 2 4 5 3 1 2

106

TAB 4 5 3 3 1 2 4 5

110

Musical notation for measure 110: Treble clef, 4/4 time signature. The staff contains a whole note chord (D4, F#4, A4) with a 7 (slide) and a whole note chord (B4, D5). The guitar tablature shows a 3-finger pull-off (3-3-1) on the D string and a 2-finger pull-off (2-2) on the G string, followed by a 4-finger pull-off (4-4) on the D string and a 5-finger pull-off (5-5) on the G string, and finally a 3-finger pull-off (3-3-1) on the D string.

114

Musical notation for measure 114: Treble clef, 4/4 time signature. The staff contains eighth notes: D#4, F#4, A4, G4, F#4, E4, D4. The guitar tablature shows: 2 (D), 2 (F#), 4 (A), 4 (G), 5 (F#), 5 (E), 1 (D), 1 (D).

115

Musical notation for measure 115: Treble clef, 4/4 time signature. The staff contains eighth notes: D#4, F#4, A4, G4, F#4, E4, D4. The guitar tablature shows: 2 (D), 4 (F#), 4 (A), 5 (G), 5 (F#), 1 (E), 2 (D), 1 (D).

116

Musical notation for measure 116: Treble clef, 4/4 time signature. The staff contains eighth notes: D#4, F#4, A4, G4, F#4, E4, D4. The guitar tablature shows: 2 (D), 2 (F#), 4 (A), 4 (G), 5 (F#), 5 (E), 1 (D), 1 (D), 1 (D), 1 (D), 2 (D), 2 (F#), 4 (A), 4 (G), 5 (F#).

118

Musical notation for measure 118: Treble clef, 8/4 time signature. The staff contains chords: D4-F#4-A4, D4-F#4-A4, D4-F#4-A4, D4-F#4-A4, D4-F#4-A4, D4-F#4-A4, D4-F#4-A4. The guitar tablature shows: 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1, 3-3-1.

124

Musical notation for measure 124: Treble clef, 8/4 time signature. The staff contains eighth notes: D#4, F#4, A4, G4, F#4, E4, D4, C#4. The guitar tablature shows: 13-11, 11-11, 11-13, 14-14, 12-14, 12-11, 14-11, 12-11, 7-14, 23.

121

T  
A  
B

122

T  
A  
B

123

T  
A  
B

124

T  
A  
B

125

T  
A  
B

126

TAB 5 5 6 8 7 5 6 5 5 6 3 5 6 8

128

TAB 5 5 6 8 7 5 6 5 5 6 3 5 6 10

130

A.H.

TAB 3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0  
1 1 1

131

TAB 3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0  
1 1 1

132

TAB 3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0  
1 1 1

133

TAB 3 3 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0 3 3 1  
1 1 1

135

T  
A  
B

6 4 4 6 4 3 1

139

T  
A  
B

6 4 4 3 3 0 0 0 3 6 4 0 0

142

T  
A  
B

3 1 3 1 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0

143

T  
A  
B

3 1 3 1 0 3 4 0 4 6 0 3 4 0 1 3 0 3 4 0 3 3 1

145

T  
A  
B

6 4 4 3 3 0 0 0 3 6 4 0 0 3 1

149

T  
A  
B

152

T  
A  
B

154

T  
A  
B

156

T  
A  
B

158

T  
A  
B



160

Musical notation for measures 160-161. The melody consists of eighth notes with a sequence of sharps and naturals. The guitar tab below shows the corresponding fret numbers: 3, 1, 4, 1, 2, 1, 4, 2, 1 for the first measure, and 3, 1, 4, 1, 2, 1, 4, 2, 1 for the second measure.

162

Musical notation for measures 162-163. The melody continues with eighth notes. The guitar tab shows fret numbers: 3, 1, 4, 1, 2, 1, 4, 2, 1 for the first measure, and 3, 1, 4, 1, 2, 1, 4, 2, 1 for the second measure.

164

Musical notation for measures 164-165. The melody continues with eighth notes. The guitar tab shows fret numbers: 3, 1, 4, 1, 2, 1, 4, 2, 1 for the first measure, and 3, 1, 4, 1, 2, 1, 4, 2, 1 for the second measure.

166

Musical notation for measures 166-167. The melody continues with eighth notes. The guitar tab shows fret numbers: 3, 1, 4, 1, 2, 1, 4, 2, 1 for the first measure, and 3, 1, 4, 1, 2, 1, 4, 2, 1 for the second measure.

168

Musical notation for measure 168. The melody consists of a single eighth note followed by a quarter rest. The guitar tab is empty.