

Filled with Loving Kindness

♩ = 88 Dm Dm Am Dm C7 Dm C B♭ Am7

*May I be filled with lov-ing kind-ness. May I be

5 Dm Dm Am Am C7 Dm

well. May I be filled with lov-ing kind-ness.

8 C B♭ Am7 Am B♭ Am B♭

May I be well. May I be peace-ful and at

11 Dm C B♭M7 Am Dm

ease. May I be whole.

Words: Traditional Buddhist Meditation
 ♪ adapted by Mark W. Hayes, 1949-
 ♪ Music: Ian W. Riddell, 1968-
 Singing the Journey #1031
 © 2001 Mark W. Hayes and Ian W. Riddell
 Sing Out Love expiration September 2028

* Note: Second time: Replace each "I" with "you."
 Third time: Replace each "I" with "we."

Arrangement Permissions

👉 One-time Adaptation

👍 New Arrangement OK

🚫 ~~Seek permission to arrange~~

Look at the Sing Out Love "Permissions" section for further explanation



Filled with Loving Kindness

♩ = 88 C#m C#m G#m C#m B7 C#m B A G#m7

*May I be filled with lov-ing kind - ness. May I be

5 C#m C#m G#m G#m B7 C#m

well. May I be filled with lov - ing kind - ness.

8 B A G#m7 G#m A G#m A

May I be well. May I be peace - ful and at

11 C#m B AM7 G#m C#m

ease. May I be whole.

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*May I be filled with lov-ing kind - ness. May I be

5 Cm Cm Gm Gm Bb7 Cm

well. May I be filled with lov - ing kind - ness.

8 Bb Ab Gm7 Gm Ab Gm Ab

May I be well. May I be peace - ful and at

11 Cm Bb AbM7 Gm Cm

ease. May I be whole.

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Filled with Loving Kindness

♩ = 88 Bm Bm F#m Bm A7 Bm A G F#m7

*May I be filled with lov-ing kind - ness. May I be

5 Bm Bm F#m F#m A7 Bm

well. May I be filled with lov - ing kind - ness.

8 A G F#m7 F#m G F#m G

May I be well. May I be peace - ful and at

11 Bm A GM7 F#m Bm

ease. May I be whole.

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♩ = 88 B♭m B♭m Fm B♭m A♭7 B♭m A♭ G♭ Fm7

*May I be filled with lov-ing kind-ness. May I be

5 B♭m B♭m Fm Fm A♭7 B♭m

well. May I be filled with lov-ing kind-ness.

8 A♭ G♭ Fm7 Fm G♭ Fm G♭

May I be well. May I be peace-ful and at

11 B♭m A♭ G♭M7 Fm B♭m

ease. May I be whole.

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♩ = 88 A#m A#m E#m A#m G#7 A#m G# F# E#m7

*May I be filled with lov-ing kind-ness. May I be

5 A#m A#m E#m E#m G#7 A#m

well. May I be filled with lov-ing kind-ness.

8 G# F# E#m7 E#m F# E#m F#

May I be well. May I be peace-ful and at

11 A#m G# F#M7 E#m A#m

ease. May I be whole.

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♩ = 88 Am Am Em Am G7 Am G F Em7

*May I be filled with lov-ing kind-ness. May I be

5 Am Am Em Em G7 Am

well. May I be filled with lov-ing kind-ness.

8 G F Em7 Em F Em F

May I be well. May I be peace-ful and at

11 Am G FM7 Em Am

ease. May I be whole.

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Filled with Loving Kindness

♩ = 88 $A\flat m$ $A\flat m$ $E\flat m$ $A\flat m$ $G\flat 7$ $A\flat m$ $G\flat$ $F\flat$ $E\flat m 7$

*May I be filled with lov-ing kind-ness. May I be

5 $A\flat m$ $A\flat m$ $E\flat m$ $E\flat m$ $G\flat 7$ $A\flat m$

well. May I be filled with lov-ing kind-ness.

8 $G\flat$ $F\flat$ $E\flat m 7$ $E\flat m$ $F\flat$ $E\flat m$ $F\flat$

May I be well. May I be peace-ful and at

11 $A\flat m$ $G\flat$ $F\flat M 7$ $E\flat m$ $A\flat m$

ease. May I be whole.

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♩ = 88 G#m G#m D#m G#m F#7 G#m F# E D#m7

*May I be filled with lov-ing kind-ness. May I be

5 G#m G#m D#m D#m F#7 G#m

well. May I be filled with lov-ing kind-ness.

8 F# E D#m7 D#m E D#m E

May I be well. May I be peace-ful and at

11 G#m F# EM7 D#m G#m

ease. May I be whole.

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♩ = 88 Gm Gm Dm Gm F7 Gm F Eb Dm7

*May I be filled with lov-ing kind - ness. May I be

5 Gm Gm Dm Dm F7 Gm

well. May I be filled with lov - ing kind - ness.

8 F Eb Dm7 Dm Eb Dm Eb

May I be well. May I be peace - ful and at

11 Gm F EbM7 Dm Gm

ease. May I be whole.

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Filled with Loving Kindness

♩ = 88 F#m F#m C#m F#m E7 F#m E D C#m7

*May I be filled with lov-ing kind - ness. May I be

5 F#m F#m C#m C#m E7 F#m

well. May I be filled with lov - ing kind - ness.

8 E D C#m7 C#m D C#m D

May I be well. May I be peace - ful and at

11 F#m E DM7 C#m F#m

ease. May I be whole.

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♩ = 88 Fm Fm Cm Fm Eb7 Fm Eb Db Cm7

*May I be filled with lov-ing kind-ness. May I be

5 Fm Fm Cm Cm Eb7 Fm

well. May I be filled with lov-ing kind-ness.

8 Eb Db Cm7 Cm Db Cm Db

May I be well. May I be peace-ful and at

11 Fm Eb DbM7 Cm Fm

ease. May I be whole.

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Filled with Loving Kindness

♩ = 88 E♭m E♭m B♭m E♭m D♭7 E♭m D♭ C♭ B♭m7

*May I be filled with lov-ing kind-ness. May I be

5 E♭m E♭m B♭m B♭m D♭7 E♭m

well. May I be filled with lov-ing kind-ness.

8 D♭ C♭ B♭m7 B♭m C♭ B♭m C♭

May I be well. May I be peace-ful and at

11 E♭m D♭ C♭M7 B♭m E♭m

ease. May I be whole.

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Filled with Loving Kindness

♩ = 88

Em Em Bm Em D7 Em D C Bm7

*May I be filled with lov-ing kind - ness. May I be

5 Em Em Bm Bm D7 Em

well. May I be filled with lov - ing kind - ness.

8 D C Bm7 Bm C Bm C

May I be well. May I be peace - ful and at

11 Em D CM7 Bm Em

ease. May I be whole.

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♩ = 88 D#m D#m A#m D#m C#7 D#m C# B A#m7

*May I be filled with lov-ing kind - ness. May I be

5 D#m D#m A#m A#m C#7 D#m

well. May I be filled with lov-ing kind - ness.

8 C# B A#m7 A#m B A#m B

May I be well. May I be peace - ful and at

11 D#m C# BM7 A#m D#m

ease. May I be whole.

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