

Filled with Loving Kindness

♩ = 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.

Words: Traditional Buddhist Meditation
 ♪ adapted by Mark W. Hayes, 1949-
 ♪ Music: Ian W. Riddell, 1968-
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* 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

