

# 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  
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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

