

# Filled with Loving Kindness

♩ = 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.

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

