

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