

Filled With Loving Kindness  
Traditional Buddhist Meditation  
arr. Julie Keefer

May I be filled with loving kindness,  
may I be well.

May I be filled with loving kindness,  
may I be well.

May I be peaceful and at ease,  
may I be whole.

May you be filled with loving kindness,  
may you be well.

May you be filled with loving kindness,  
may you be well.

May you be peaceful and at ease,  
may you be whole.

May we be filled with loving kindness,  
may we be well.

May we be filled with loving kindness,  
may we be well.

May we be peaceful and at ease,  
may we be whole.