

Filled with Loving-Kindness: A Round

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♩ = 150

The musical score is written on two staves in 3/4 time, with a key signature of two flats (B-flat and E-flat). The tempo is marked as ♩ = 150. The melody consists of quarter and eighth notes, with some rests. The lyrics are written below the notes, with some words stacked vertically to align with the notes. The first staff contains the first two verses, and the second staff contains the last two verses. The piece ends with a double bar line.

May I be filled with lov - ing - kind-ness. May I be well.
you
we
all

9
May I be peace - ful and at ease. May I be whole.
you
we
all

You may approach this round in various ways depending on context and singing ability.

Singing all four verses in unison before singing as a round is recommended in order to engage in the meditation itself before focusing on the complexity of the overlapping lines.

Similarly, ending the round (however the round is sung) with the fourth verse ("May all be filled with loving-kindness...") in unison is a meditative way to close the piece.

The melody was written so that multiple parts can come in a measure apart, two measures apart, three measures apart, or four measures apart. Feel free to experiment with the round structure as you are inspired; it should work as a two-part round, a three-part round, or a four-part round. The whole piece can be as brief or long as you like, repeating multiple times or sung only in unison (all four verses) without using the round structure at all. Use whatever arrangement works best for you.

Text: traditional Buddhist meditation

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