

Song of Loving-Kindness

Joel Feigin

Notes on Performance

This piece can be performed by a mixed chorus, woman's chorus, or men's chorus. It can be performed in non-traditional venues as well as in traditional venues. It can be transposed if desired to any convenient pitch. Solo singers of all voice types are welcome to perform it.

Various sections may be sung by women, others by men, others by solo voices, as desired.

Spatial performance is possible. For the singers to completely surround the audience might be particularly effective

Song of Loving-Kindness

by Joel Feigin

from the *Metta Sutta*

adapted by Jaime Manrique and Joel Feigin

Invocation:

awaken, awaken—

Prayer:

as a mother
guards her child
her only child
at the risk
of her life
so
with boundless
heart
let us
cherish all
beings,
radiating kindness
upward
to the skies
downward
to the depths,
outward
unbounded
overflowing
the entire world
with kindness.

Call to Meditation:

praying, praying

Meditation:

freedom from fear
happiness
health
peace
peace

Song of Loving-Kindness

Program Note

Song of Loving-Kindness is a setting of an adaptation, by Jaime Manrique and myself, of the Metta-Sutta, the sutra of loving-kindness, one of the earliest surviving Buddhist texts. Commissioned in 2000 by the Nuclear Age Peace Foundation, it won top honors in the 2002 Waging Peace Through Singing Competition.

“Loving-kindness” is the first of the Brahmaviharas, the Four Blessed Dwelling Places-- loving-kindness, compassion, joy in the success of others, and equanimity. It is said that when a group of monks were terrified after entering a forest, Shakyamuni Buddha sent them back, having taught them the Metta-Sutta, saying it was all the protection they would need. The piece is a simple one-line setting of the central part of the sutra, and I hope it will be of some help and consolation, especially, perhaps, for children.

Song of Loving-Kindness

for Hildy

Text adapted from the
The Metta Sutta and Metta phrases
 by Jaime Manrique
 and Joel Feigin

Music: Joel Feigin

1. **gently flowing** (♩. = 44-50)

p

As a mo - ther guards her child, _____ her on - ly

child, _____ at the risk of her life, _____ so, with

bound - less heart, _____ let us cher - ish all _____ be -

ings, ra - di - at - ing kind _____ - ness up - ward

to the skies _____ and down - ward to the depths,

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31 32 33 34 35 36

out - ward, un - bound - ed, ov - er -

37 38 *espress.* 39 40 41 *p* 42

flow - ing the en - ti - re world with kind -

43 44 45 *pp* 46 47 48

ness. As a mo - ther guards her child,

49 50 51 52 53 54

her on - ly child, at the risk of her life,

55 56 57 58 *sfpp* 59 60

so, with bound - less heart, let us cher - ish

61 62 63 64 65 66

all be - ings, ra - di - at - ing kind

67 68 69 70 *mf* 71 *pp* 72

ness up - ward to the skies, and down - ward

73 to the depths, out - ward, un - bound -

79 ed, ov - er - flow - ing the en - ti - re world

85 with kind - ness. And may we

91 find free - dom from fear,

97 hap - pi - ness, health,

103 peace, free - dom from fear; hap -

109 - pi - ness, health, peace,

rit. *poco* *a* *poco* *accel.*

pp *p* *a tempo* *pp*

espress.

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116 2 118 *molto p* 119 120 2 122 123 124

peace, _____

peace, _____

Detailed description: This musical staff contains measures 116 through 124. It begins with a whole rest in measure 116, followed by a fermata. Measures 117-118 contain a pair of eighth notes. Measure 119 has a quarter note. Measures 120-121 contain a pair of eighth notes. Measure 122 has a quarter note. Measures 123-124 contain a pair of eighth notes. The word 'peace,' is written below the staff with a long horizontal line underneath it.

125 2 127 128 129 3 132 133 134 135

peace, _____

peace, _____

Detailed description: This musical staff contains measures 125 through 135. It begins with a whole rest in measure 125, followed by a fermata. Measures 126-127 contain a pair of eighth notes. Measure 128 has a quarter note. Measures 129-131 contain a pair of eighth notes. Measure 132 has a quarter note. Measures 133-134 contain a pair of eighth notes. Measure 135 has a quarter note. The word 'peace,' is written below the staff with a long horizontal line underneath it.

136 137 138 139 140 141 2

peace, _____

Detailed description: This musical staff contains measures 136 through 141. It begins with a whole rest in measure 136, followed by a fermata. Measures 137-138 contain a pair of eighth notes. Measure 139 has a quarter note. Measure 140 has a quarter note. Measure 141 contains a pair of eighth notes. The word 'peace,' is written below the staff with a long horizontal line underneath it.

143 144 145 146 147 148 149 150 151 152

peace, _____

Detailed description: This musical staff contains measures 143 through 152. It begins with a pair of eighth notes. Measures 144-145 contain a pair of eighth notes. Measure 146 has a quarter note. Measure 147 has a quarter note. Measure 148 has a quarter note. Measure 149 has a quarter note with a hairpin crescendo and decrescendo symbol above it. Measure 150 has a quarter note. Measure 151 has a quarter note. Measure 152 has a quarter note. The word 'peace,' is written below the staff with a long horizontal line underneath it.

153 3 156 157 158 159 160 4 164 *pp* 165 166 167

peace, _____

peace, _____

Detailed description: This musical staff contains measures 153 through 167. It begins with a whole rest in measure 153, followed by a fermata. Measures 154-155 contain a pair of eighth notes. Measure 156 has a quarter note. Measure 157 has a quarter note. Measure 158 has a quarter note. Measure 159 has a quarter note. Measure 160 contains a pair of eighth notes. Measure 161 contains a pair of eighth notes. Measure 162 contains a pair of eighth notes. Measure 163 contains a pair of eighth notes. Measure 164 has a quarter note. Measure 165 has a quarter note. Measure 166 has a quarter note. Measure 167 has a quarter note. The word 'peace,' is written below the staff with a long horizontal line underneath it.

168 5 173 *ppp* 174 175 176 177 178

peace, _____

Detailed description: This musical staff contains measures 168 through 178. It begins with a whole rest in measure 168, followed by a fermata. Measures 169-172 contain a pair of eighth notes. Measure 173 has a quarter note. Measure 174 has a quarter note. Measure 175 has a quarter note. Measure 176 has a quarter note. Measure 177 has a quarter note. Measure 178 has a quarter note. The word 'peace,' is written below the staff with a long horizontal line underneath it.

179 2 181 7

Detailed description: This musical staff contains measures 179 through 181. It begins with a whole rest in measure 179, followed by a fermata. Measure 180 contains a pair of eighth notes. Measure 181 contains a pair of eighth notes. The staff ends with a double bar line.