

Song of Loving-Kindness

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From the *Metta Sutta*

Adapted by Jaime Manrique and Joel Feigin

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.

And may we find
freedom from fear
happiness
health
peace

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