

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

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.

So, may we find
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

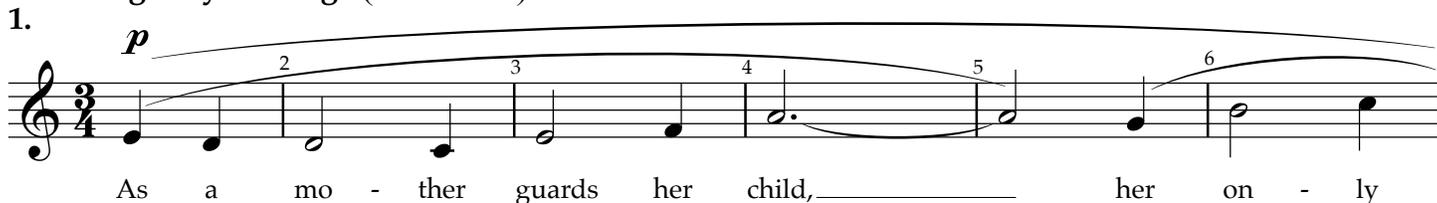
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Text adapted from the
The Metta Sutta and Metta phrases
 by Jaime Manrique
 and Joel Feigin

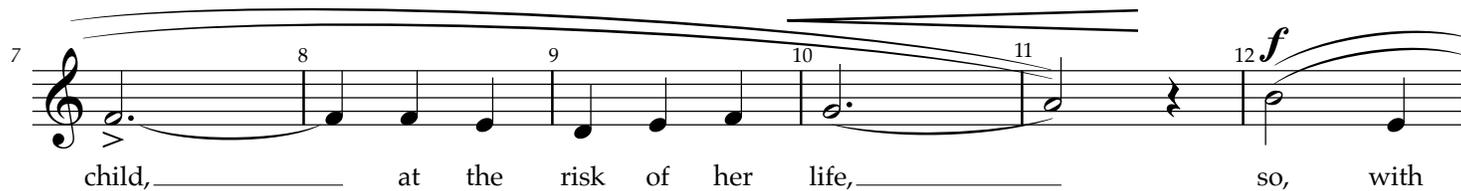
Music: Joel Feigin

1. **gently flowing** (♩. = 44-50)

p

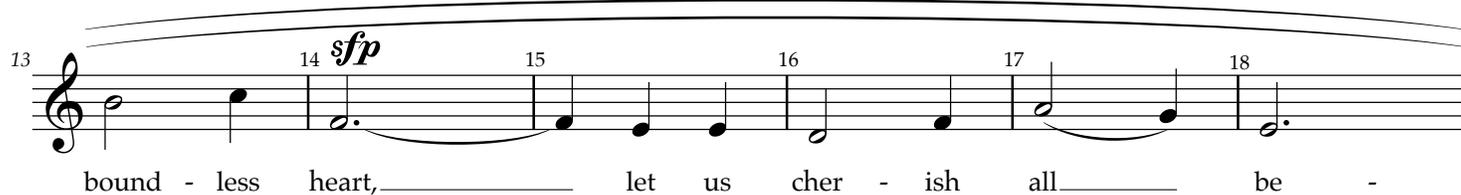


As a mo - ther guards her child, her on - ly

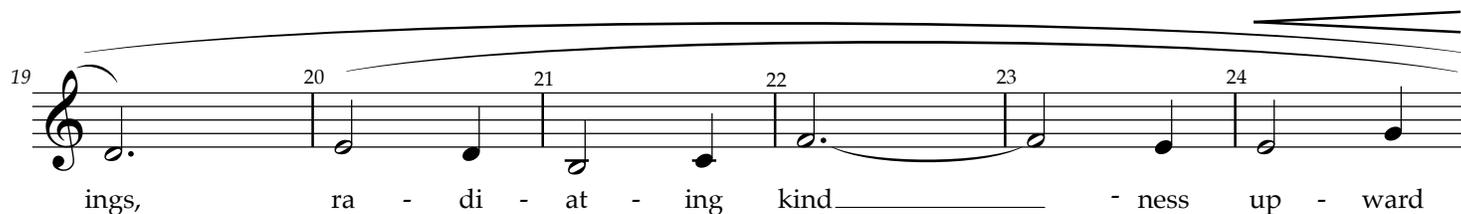


child, at the risk of her life, so, with

sf

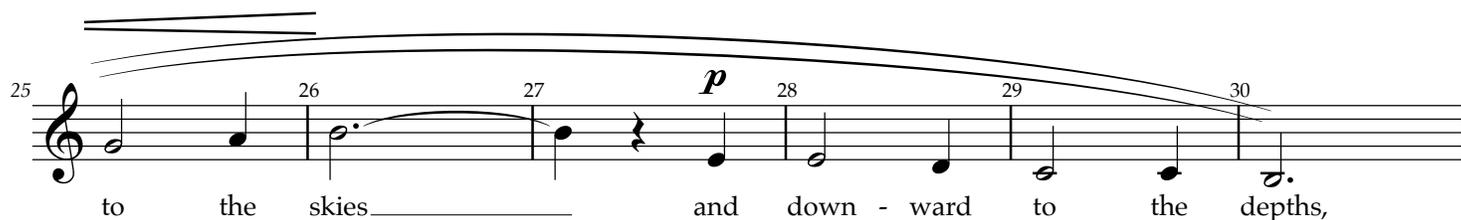


bound - less heart, let us cher - ish all be -



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

p



to the skies and down - ward to the depths,

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

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

43 ^{2.} - ness. As a mo - ther guards her child,

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

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

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

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

espress.

p

pp

mf

p

mf

pp

73 to the depths, 74 75 76 out - ward, 77 un - bound - 78

Musical staff 73-78: Treble clef, 4/4 time. Notes: 73 (G4), 74 (A4), 75 (B4), 76 (C5), 77 (B4), 78 (A4). Lyrics: to the depths, out - ward, un - bound -

79 ed, 80 ov - er - flow - ing the en - ti - 81 re world. 82 83 *espress.* 84

Musical staff 79-84: Treble clef, 4/4 time. Notes: 79 (G4), 80 (A4), 81 (B4), 82 (C5), 83 (B4), 84 (A4). Lyrics: ed, ov - er - flow - ing the en - ti - re world.

85 *pp* with kind - 86 ness. 87 88 89 *p* So, 90 may we

Musical staff 85-90: Treble clef, 4/4 time. Notes: 85 (G4), 86 (A4), 87 (B4), 88 (C5), 89 (B4), 90 (A4). Lyrics: with kind - ness. So, may we

91 find 92 free - 93 dom from fear, 94 95

Musical staff 91-95: Treble clef, 4/4 time. Notes: 91 (G4), 92 (A4), 93 (B4), 94 (C5), 95 (B4). Lyrics: find free - dom from fear,

96 *p* hap - pi - ness, 97 health, 98 99 peace, 100 101 free - 102 dom from

Musical staff 96-102: Treble clef, 4/4 time. Notes: 96 (G4), 97 (A4), 98 (B4), 99 (C5), 100 (B4), 101 (A4), 102 (G4). Lyrics: hap - pi - ness, health, peace, free - dom from

103 fear; 104 hap - 105 pi - ness, 106 health, 107

Musical staff 103-107: Treble clef, 4/4 time. Notes: 103 (G4), 104 (A4), 105 (B4), 106 (C5), 107 (B4). Lyrics: fear; hap - pi - ness, health,

108 peace, 109 110 111 112 113 114 peace,

Musical staff 108-114: Treble clef, 4/4 time. Notes: 108 (G4), 109 (A4), 110 (B4), 111 (C5), 112 (B4), 113 (A4), 114 (G4). Lyrics: peace, peace,

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115 *molto p* 116 117 118 119

peace, _____ peace, _____

Detailed description: This musical staff covers measures 115 to 119. It begins with a treble clef and a key signature of one flat. Measure 115 contains a dotted quarter note. Measures 116 and 117 contain dotted quarter notes. Measure 118 contains a dotted quarter note. Measure 119 contains a dotted quarter note. A slur spans from measure 115 to 119. The lyrics 'peace,' are written below measures 115 and 119. A hairpin crescendo symbol is positioned above the staff at the end of measure 119.

120 *molto pp* 122 123 124 125

peace, _____

Detailed description: This musical staff covers measures 120 to 125. Measure 120 contains a whole rest. Measure 121 contains a whole rest with a '2' above it. Measures 122 and 123 contain dotted quarter notes. Measure 124 contains a dotted quarter note. Measure 125 contains a dotted quarter note. A slur spans from measure 122 to 125. The lyrics 'peace,' are written below measure 122. The dynamic marking *molto pp* is placed above measure 122.

126 127 128 129 130 131 132 133 2

peace, _____

Detailed description: This musical staff covers measures 126 to 133. Measures 126 and 127 contain eighth notes. Measures 128, 129, and 130 contain dotted quarter notes. Measure 131 contains a dotted quarter note. Measure 132 contains a dotted quarter note. Measure 133 contains a dotted quarter note. A slur spans from measure 126 to 133. The lyrics 'peace,' are written below measure 126. A hairpin crescendo symbol is positioned above measure 130. Measure 133 contains a whole rest with a '2' above it.

135 *pp* 136 137 138 3 141 *pp* 142 143 144

peace, _____ peace, _____

Detailed description: This musical staff covers measures 135 to 144. Measures 135 and 136 contain dotted quarter notes. Measure 137 contains a dotted quarter note. Measure 138 contains a dotted quarter note. Measure 139 contains a dotted quarter note. Measure 140 contains a dotted quarter note. Measure 141 contains a dotted quarter note. Measure 142 contains a dotted quarter note. Measure 143 contains a dotted quarter note. Measure 144 contains a dotted quarter note. A slur spans from measure 135 to 144. The lyrics 'peace,' are written below measures 135 and 141. The dynamic marking *pp* is placed above measure 135. A hairpin crescendo symbol is positioned above measure 141.

145 *piu pp* 149 150 151 152 153 154

peace, _____

Detailed description: This musical staff covers measures 145 to 154. Measure 145 contains a whole rest with a '4' above it. Measure 146 contains a whole rest. Measure 147 contains a whole rest. Measure 148 contains a whole rest. Measure 149 contains a dotted quarter note. Measure 150 contains a dotted quarter note. Measure 151 contains a dotted quarter note. Measure 152 contains a dotted quarter note. Measure 153 contains a dotted quarter note. Measure 154 contains a dotted quarter note. A slur spans from measure 149 to 154. The lyrics 'peace,' are written below measure 149. The dynamic marking *piu pp* is placed above measure 149. A hairpin crescendo symbol is positioned above measure 154.

155 160 *ppp* 161 162 163 164 165

peace, _____

Detailed description: This musical staff covers measures 155 to 165. Measure 155 contains a whole rest with a '5' above it. Measure 156 contains a whole rest. Measure 157 contains a whole rest. Measure 158 contains a whole rest. Measure 159 contains a whole rest. Measure 160 contains a dotted quarter note. Measure 161 contains a dotted quarter note. Measure 162 contains a dotted quarter note. Measure 163 contains a dotted quarter note. Measure 164 contains a dotted quarter note. Measure 165 contains a dotted quarter note. A slur spans from measure 160 to 165. The lyrics 'peace,' are written below measure 160. The dynamic marking *ppp* is placed above measure 160. A hairpin crescendo symbol is positioned above measure 165.

166 7

Detailed description: This musical staff covers measures 166 to 172. Measure 166 contains a whole rest with a '7' above it. Measure 167 contains a whole rest. Measure 168 contains a whole rest. Measure 169 contains a whole rest. Measure 170 contains a whole rest. Measure 171 contains a whole rest. Measure 172 contains a whole rest. The staff ends with a double bar line.