
Song of Loving-Kindness

Joel Feigin

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; it can be sung by a soloist, chorus, or any combination of solo and choral singers. May all beings be at peace.

Song of Loving-Kindness

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.
And may we find
freedom from fear
happiness
health
peace
peace

Notes on Performance

This work can be performed in several different ways-- by a solo singer, by a chorus of any composition, and by any combination of solo and choral singers, alternating as desired.

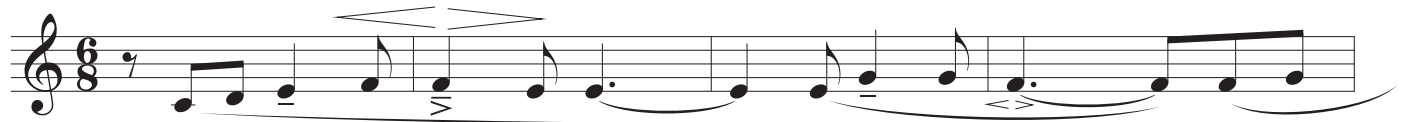
The work it may be transposed to any convenient key.

However performed, the goal is to make an impression of utter simplicity and peace.

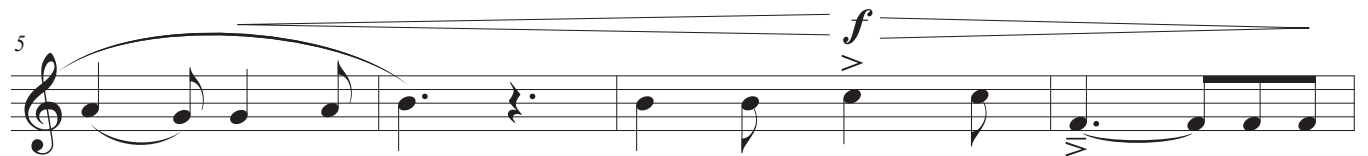
Song of Loving-Kindness

for Josho Pat Phelan Sensei

Joel Feigin



As a moth - er guards her child, _____ her on - ly child, _____ at the



risk _____ of her life, So owith bound - less heart, _____ let us



cher - ish all _____ be - ings, rad - i - at - ing kind - ness,



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



out - ward, un - bound - ed, ov - er - flow - ing the en - ti - re



world, _____ with kind - ness. As a mo - ther



guards her child, _____ her on - ly child, _____ at the risk _____ of her

Song of Loving-Kindness

2
29

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

33

be - ings, rad - i - at - ing kind - ness, up - ward to the

37

skies, and down - ward to the depths, out - ward, un -

41

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

45

kind - - - - ness; and may we find

49

free - dom from fear, hap - pi - ness health,

53

peace, free - dom from fear, hap - pi - ness, health,

Song of Loving-Kindness

57
peace, free - dom from fear; hap - pi -

61
ness, health, peace, peace,

65
pp free - dom from fear, *p* hap - pi - ness,

69
health, peace,

73
pp cantabile peace, peace,

77
peace,

81
peace, peace,

Song of Loving-Kindness

4
85

— peace, _____

89

peace, _____ peace, _____

93

piu pp e semplice
— peace, _____

97

— peace _____

101

—

105 *ppp*

— peace, _____

109

pppp
— peace _____

113

—