

3. Brāhmāvihārā

English words by
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Heavenly Abodes

Music by
Clif Hardin

Espressivo ♩ = 120

mf

5

9

mf Met - tā Ka - ru -

mf Met - tā Ka - ru -

8 *mf* Met - tā Ka - ru - nā

mf Met - tā Ka - ru - nā

13

nā Met - tā Ka - ru -

nā Met - tā Ka - ru -

Met - tā Ka - ru - nā

Met - tā Ka - ru - nā

17

nā Mu - di - tā U -

nā Mu - di - tā U -

Mu - di - tā U -

Mu - di - tā U -

21

U - pek - khā U - pek - khā

U - pek - khā U - pek - khā

pek - khā U - pek - khā U - pek - khā

pek - khā U - pek - khā U - pek - khā

26

Solo

May I let kind-ness flow in - to my heart as gen-tle rain,

30

May true com - pas - sion fill my soul as warm - ing fire,

34

May I be touched with joy as bright as cry - stal light of dawn,

38

May I be stea - dy as the wil - low greets the win - ter wind. _____

42

mf Met - tā Ka - ru -

mf Met - tā Ka - ru -

mf Met - tā

mf Met - tā

46

nā Met - tā Ka - ru -

nā Met - tā Ka - ru -

Ka - ru - nā Met - tā

Ka - ru - nā Met - tā

50

nā Mu - di - tā

nā Mu - di - tā

Ka - ru - nā Mu - di -

Ka - ru - nā Mu - di -

54

U - pek - khā U - pek - khā U -

U - pek - khā U - pek - khā U -

tā U - pek - khā U -

tā U - pek - khā U -

58

pek - khā Ah,

pek - khā Ah,

pek - khā May we let kind - ness flow in -

pek - khā May we let kind - ness flow in -

62

as — gen - tle rain, ————— as

as — gen - tle rain, ————— as

to our hearts as gen-tle rain, May true com - pas - sion fill our

to our hearts as gen-tle rain, May true com - pas - sion fill our

66

warm - ing fire, and may we be touched with joy as

warm - ing fire, and may we be touched with joy as

souls as warm - ing fire, ————— May we be touched with joy as

souls as warm - ing fire, ————— May we be touched with joy as

70

bright as crys - tal light of dawn, May we be stea - dy as the

bright as crys - tal light of dawn, May we be stea - dy as the

bright as crys - tal light of dawn, May we be stea - dy as the

bright as crys - tal light of dawn, May we be stea - dy as the

74

wil - low greets the win - ter wind.

wil - low greets the win - ter wind.

wil - low greets the win - ter wind.

wil - low greets the win - ter wind.

78

as gen-tle rain, as warm-ing

as gen-tle rain, as warm-ing

Met - tā Ka - ru - nā

Met - tā Ka - ru - nā

82

fire, as gen - tle rain, as warm-ing

fire, as gen - tle rain, as warm-ing

Met - tā Ka - ru - nā

Met - tā Ka - ru - nā

86

fire, _____ as cry - stal light _____ of

fire, _____ as cry - stal light _____ of

Mu - di - tā _____ U -

Mu - di - tā _____ U -

90

dawn, as the wil - low _____ as the wil - low _____

dawn, as the wil - low _____ as the wil - low _____

pek - khā _____ U - pek - khā _____

pek - khā _____ U - pek - khā _____

