

# Metta

Mary Grigolia

*A<sup>b</sup>* *Cm7* *B<sup>b</sup>m11* *Fm7* *B<sup>b</sup>m7 E<sup>b</sup>7*

May I be at peace and ease and know the joy of my true na - ture, know the joy of my  
May you be at peace and ease and know the joy of your true na - ture, know the joy of your  
May we be at peace and ease and know the joy of our true na - ture, know the joy of our

6 *E<sup>b</sup>7* *A<sup>b</sup>* *Cm7* *B<sup>b</sup>m11* *Fm7* *B<sup>b</sup>m7*

— true na - ture. — May I be at one and well with - in a sea of lo-ving kind - ness,  
— true na - ture. — May you be at one and well with - in a sea of lo-ving kind - ness,  
— true na - ture. — May we be at one and well with - in a sea of lo-ving kind - ness

11 Eb7 Ab Bbm7 Eb7 Ab

in a sea of lo - ving kind-ness. May I be free from suf-fer-ing. May I be safe  
 in a sea of lo - ving kind-ness. May you be free from suf-fer-ing. May you be safe  
 in a sea of lo - ving kind-ness. May we be free from suf-fer-ing. May we be safe

16 Ab Bbm7 Eb Ab Cm7 Bbm11

from harm. O-pen in deep com-pas-sion, may I live the joy of lo-ving kind - ness,  
 from harm. O-pen in deep com-pas-sion, may you live the joy of lo-ving kind - ness,  
 from harm. O-pen in deep com-pas-sion, may we live the joy of lo-ving kind - ness,

22 Fm7 Bbm7 Eb7 Ab

my true na - ture, lo-ving kind - ness, my true na - ture.  
 your true na - ture, lo-ving kind - ness, my true na - ture.  
 our true na - ture, lo-ving kind - ness, my true na - ture.