

naar S.N. Goenka

Mettā Bhāvanā

YENTL TIJSSENS

(♩ = 172)

* toneless grunt

Pu-rat-thi-mā - ya di - sā - ya, pu-rat-thi-māya a - nudi - sā - ya,

pp *ppp* *pp* *ppp*

Ped. 8 Ped. 8

dak - khi - ṇā - ya di - sā - ya, dak - khi - ṇā - ya a - nu - di - sā - ya,

ppp *pp* *ppp* *ppp*

Hold in the same way as previous measures

Ped. simile 8 8

pac - chi - mā - ya di - sā - ya, pac - chi - mā - ya a - nu - di - sā - ya,

p *ppp* *p* *ppp*

8 8

ut - ta - rā - ya di - sā - ya, ut - ta - rā - ya a - nu - di - sā - ya,

p *ppp* *p* *ppp*

8 8