



# Metta Sutta

words from Buddhist text

Spanish translation by Diana Shapiro

music by Unknown\*

arranged by Kate Munger

The musical score is written for three voices (Soprano, Alto, and Tenor/Bass) in 4/4 time with a key signature of one sharp (F#). The lyrics are in Spanish, with English translations provided below. The score is divided into two systems. The first system contains the first two lines of the song, and the second system contains the next two lines. The lyrics are: May you dwell in the heart. May you be free from suffering. Que te llene el amor de luz y alegría. The second system contains the next two lines: May you be healed. May you be at peace. Que estés en paz y no sufras más.

May you dwell in the heart. May you be free from suf-fring.  
Que te llene el a - mor de luz y a - le - grí - a.

melody May you dwell in the heart. May you be free from suf-fring.  
Que te llene el a - mor de luz y a - le - grí - a.

May you dwell in the heart. May you be free from suf-fring.  
Que te llene el a - mor de luz y a - le - grí - a.

5 May you be healed. May you be at peace.  
Que estés en paz y no su - fras más.

May you be healed. May you be at peace.  
Que estés en paz y no su - fras más.

May you be healed. May you be at peace.  
Que estés en paz y no su - fras más.

Translator's Note: The Spanish above is in the "familiar" form. The "formal" form requires only two small changes. Que le llene el amor de luz y alegría. Que esté en paz, y no sufra más.

\* We in the Threshold Choir have searched for the songwriter, to no avail. We love the song and would like to credit the appropriate songwriter. Please contact us at [GuideMe@thresholdchoir.org](mailto:GuideMe@thresholdchoir.org) if you know who this person might be, so we can request formal permission. Meanwhile, please limit distribution of this song to Threshold Choir members for Threshold Choir purposes.

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