

Met-ta Meditation Tag

By MANOJ PADKI

The musical score is written in 4/4 time and consists of two systems. The first system includes a Tenor Lead part and a Bari Bass part. The Tenor Lead part begins with a whole note chord (Hm) and a melodic line starting on a whole note, followed by quarter notes. The lyrics are: "May you be healthy and strong. May you be hap-py. And". The Bari Bass part provides a harmonic accompaniment with chords and single notes. The second system continues the Tenor Lead part with lyrics: "may you be filled with peace! filled with peace!". The Bari Bass part continues with chords and single notes. The score includes measure numbers 1 through 8 and a final measure marked with a double bar line.

1
2
3
4

May you be healthy and strong. May you be hap-py. And

5
6
7
8

may you be filled with peace! filled with peace!