

Lyrics and Music by Charity and the JAMband

Pictures and Everything Else by:

Words and Music Copyright 2010 Charity Kahn.

The "Lovingkindness" song appears on the 2012 album "Family Values", by artist "Charity and the JAMband".

Listen here:

<u>www.jamjamjam.com/lovingkindness</u> or on your favorite streaming service.

For more info, contact Charity: charity@jamjamjam.com . 415-425-0372 . <u>www.jamjamjam.com</u>

Donations welcome!

<u>PayPal.me/jamjamjam</u> OR <u>Venmo.com/Charity-Kahn</u>

Thank you!!!

"May I be happy, may I be well
May I be safe and sound
May I be peaceful, may I be at ease
With love in my heart and all around"

"May *you* be happy, may *you* be well May *you* be safe and sound May *you* be peaceful, may *you* be at ease With love in *your* heart and all around"





"And you can play your love Today, my love"



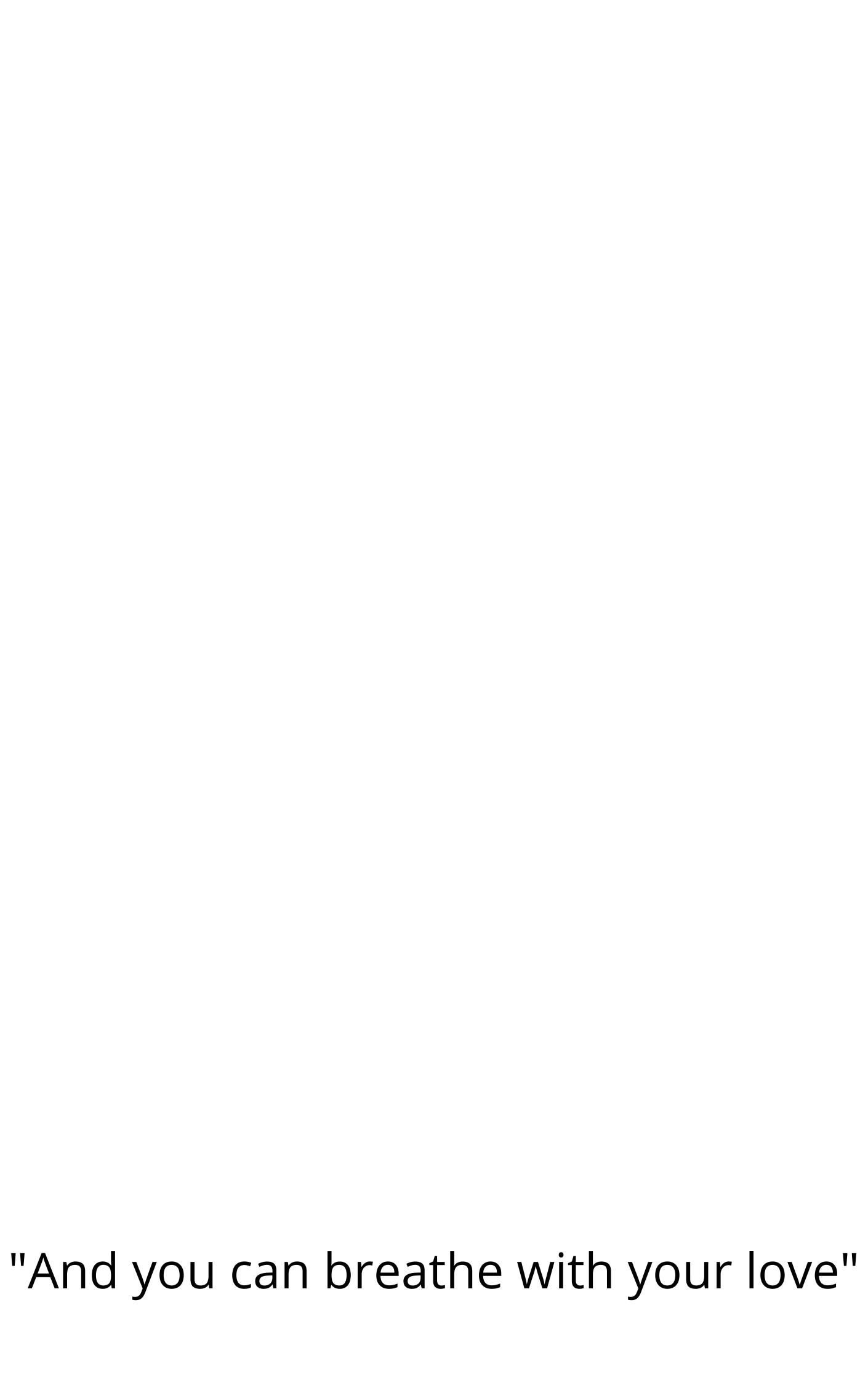




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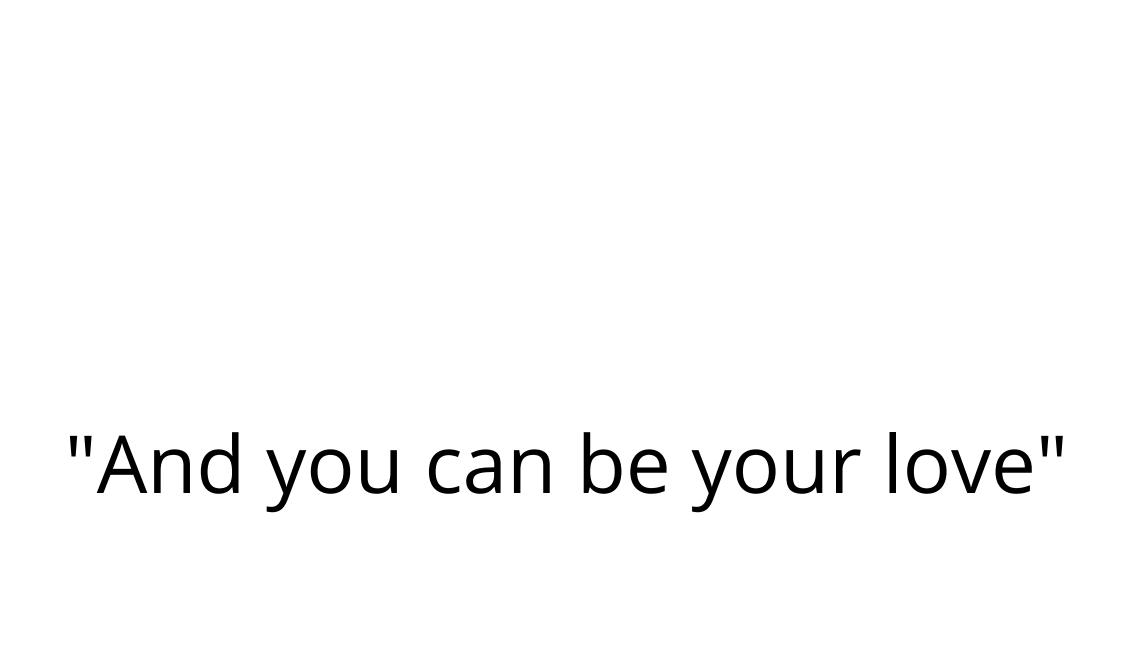




"And you can listen to your love It's in your heart, my love"









"May we be happy, may we be well
May we be safe and sound
May we be peaceful, may we be at ease
With love in our hearts and all around"

"May we be happy, may we be well
May we be safe and sound
May we be peaceful, may we be at ease
With love in our hearts and all around"

Who would you like to send your love to today?

Use the empty pages to draw and write about the love, kindness, and friendship you're feeling and sending out into the world.

You can invite your family and friends to add to your LOVINGKINDNESS book, too, and add more pages any time!

Thank you for spreading your love and kindness all around!

Love, Charity



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