

LOVINGKINDNESS

Lyrics and Music by
Charity and the JAMband

Pictures and Everything Else by:

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

Listen here:

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

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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"

"Well you can sing your love"

"And you can dance your love"

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

"And you can laugh your love"

"And you can cry your love"

"And you can walk your love"

"And you can fly your love
All around"

"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"

"Well you can sit with your love"

"And you can breathe with your love"

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

"And you can share your love"

"And you can shine your love"

"And you can be your love"

"And you can spread your love
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"

"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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