

# The Fire of My Heart

(A Tonglen Meditation)

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$\text{♩} = 72$

Musical staff with notes and chords: F m2, D♭maj7, B♭m9, G7+

1. I breathe in. I breathe in the trouble of a  
 2. *I breathe in.* *I breathe in the despair of a*  
 3. I breathe in. I breathe in the sadness of a  
 4. *I breathe in.* *I breathe in the cruelty of a*

Musical staff with notes and chords: C m7, B♭m6, F m2, E♭maj7, B♭/D, B♭7(♭9)

hurt - ing world. I breathe it down, down in - to the fire of my heart, where the  
*hurt - ing world. I breathe it down, down in - to the fire of my heart, where the*  
 hurt - ing world. I breathe it down, down in - to the fire of my heart, where the  
*hurt - ing world. I breathe it down, down in - to the fire of my heart, where the*

Musical staff with notes and chords: F2/A, A♭m6, E♭/G, G/B, A♭/C, D♭, B♭2/D

flames of com - pas-sion con - sume and trans - form all the trou - ble in - to peace.  
*flames of com - pas-sion con - sume and trans - form all de - spair in - to hope.*  
 flames of com - pas-sion con - sume and trans - form all the sad - ness in - to joy.  
*flames of com - pas-sion con - sume and trans - form all the cruel - ty in - to love.*

Musical staff with notes and chords: E♭7/D♭, A♭2/C, A♭m6/B, E♭maj7/B♭, A m7(♭5), F m7

I breathe out peace, I breathe out peace, as a prayer for a  
*I breathe out hope, I breathe out hope, as a prayer for a*  
 I breathe out joy, I breathe out joy, as a prayer for a  
*I breathe out love, I breathe out love, as a prayer for a*

Musical staff with notes and chords: A♭m7/B♭, B♭2/D, E♭7/D♭, A♭2/C, A♭m6/B, E♭maj7/B♭

world in need. I breathe out peace, I breathe out peace:  
*world in need. I breathe out hope, I breathe out hope:*  
 world in need. I breathe out joy, I breathe out joy:  
*world in need. I breathe out love, I breathe out love:*

The Fire of My Heart - p. 2 of 2

Am7(b5)                      Fm7                      Abm6/Bb                      Absus2

peace for all,      peace for you,      and for \_\_\_\_\_ me. \_\_\_\_\_  
 hope for all,      hope for you,      and for \_\_\_\_\_ me. \_\_\_\_\_  
 joy for all,      joy for you,      and for \_\_\_\_\_ me. \_\_\_\_\_  
 love for all,      love for you,      and for \_\_\_\_\_ me. \_\_\_\_\_

1. Absus2                      2. E maj7(#11)                      Ebsus4/Db                      Ebsus2

2. *I breathe*  
 3. *I breathe*  
 4. *I breathe*

*molto rit.*