

Meal Chant

We reflect on the effort that brought us this food and consider how it comes to us

We reflect on our virtue and practice, and whether we are worthy of this offering

We regard it as essential to keep the mind free from excesses such as greed

We regard this food as good medicine to sustain our life

For the sake of enlightenment we now receive this food

O spirits, we now give you an offering

This food is for all of you in the ten directions

First, this is for the three treasures

Next, for the four benefactors

Finally, for the beings in the six realms

May all be equally nourished

The first bite is to end all evil

The second is to cultivate all good

The third is to free all beings

May we all realize the buddha way