

MEAL CHANT

(Before Serving)

All: Buddha was born in Kapilavastu,
Enlightened in Magadha,
Taught in Varanasi,
Entered nirvana in Kushinagara.

Now we set out Buddha's bowls;
may we, with all beings
realize the emptiness of the three wheels:
giver, receiver, and gift.

(After Bowls Are Opened)

Kokyo: In the midst of the Three Treasures
Which verify our understanding,
Entrusting ourselves to the sangha,
We invoke:

All: Vairochana Buddha, pure Dharmakaya
Lochana Buddha, complete Sambhogakaya
Shakyamuni Buddha, myriad Nirmanakaya
Maitreya Buddha, of future birth,
All buddhas throughout space and time
Lotus of the Wondrous Dharma, Mahayana sutra
Manjushri Bodhisattva, great wisdom.
Samantabhadra Bodhisattva, great activity.
Avalokiteshvara Bodhisattva, great compassion
All honored ones, Bodhisattva Mahasattvas,
Wisdom beyond wisdom, Maha-Prajnaparamita.

Kokyo/shuso at breakfast:

This morning meal of ten benefits nourishes us in our practice.
Its rewards are boundless, filling us with ease and joy.

Kokyo/shuso at lunch:

The three virtues and six tastes of this meal
Are offered to buddha and sangha.
May all sentient beings in the universe be equally nourished.

(After Serving, Before Eating - Verse of Five Contemplations)

All:

We reflect on the effort 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.

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 portion is to end all evil;
The second is to cultivate every good;
The third is to free all beings.
May we all realize the Buddha Way.

(After Washing Bowls - As Buckets Enter)

All: This water we use to wash our bowls tastes like ambrosia.
We offer it to the many spirits to satisfy them,
Om Mahakushalaya Svaha!

(At the end of the meal)

Kokyo: Abiding in this ephemeral world
Like a lotus in muddy water,
The mind is pure and goes beyond.
Thus we bow to Buddha.