

## **Meal Chant before the Meal**

Let us reflect on the efforts that brought us this food  
and consider how it comes to us.

Reflect on our virtue and practice,  
and whether we are worthy of this offering.

Regard greed as the obstacle to freedom of mind.  
Regard this meal as medicine to sustain our life.

For the sake of enlightenment,  
we now receive this food.

First, this food is for the Three Treasures.  
Second, it is for our teachers, parents, community  
and all beings everywhere.  
Third, it is for all beings in the six realms.

Thus, we eat this food with everyone.  
We eat to stop all evil,  
To practice good,  
To liberate all beings,  
And to accomplish the Buddha way.

## **Meal Chant After the Meal**

Abiding in this ephemeral world

Like a lotus in muddy water,

The mind is pure and goes beyond.

Thus we bow to Buddha.

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