

## Oryoki Meal Chants for Sesshin and Zazenkai

*When we are seated with our still-wrapped bowls in front of us, we place our palms together and recite,*

Buddha was born in Kapilavastu,  
Enlightened in Maghada,  
Taught in Varanasi,  
Entered Nirvana in Kusinagara.  
Now we set out Buddha's eating bowls.  
May we, with all living beings,  
Realize the emptiness of the three wheels:  
Giver, receiver, and gift.

*We raise our bowls, offer a seated bow, set them down and unwrap them, laying everything out in order. The Meal Leader then invites,*

In the midst of the Three Treasures together with all beings,  
Let us recite the names of Buddha:

*And we recite together, while the meal is served,*

Pure Dharmakaya Vairochana Buddha  
Complete Sambhogakaya Lochana Buddha  
Myriad Nirmanakaya Shakyamuni Buddhas  
Future Maitreya Buddha  
All Buddhas throughout space and time  
Mahayana Sutra, Lotus of the Wondrous Dharma.  
Great Wisdom Manjusri Bodhisattva  
Great Action Samantabhadra Bodhisattva  
Great Compassion Avalokitesvara Bodhisattva  
Great Vow Jizo Bodhisattva  
All Bodhisattva-Mahasattvas  
Wisdom beyond Wisdom Maha Prajna Paramita.

*The Meal Leader then adds,*

*For breakfast:* This food comes from the efforts of all beings, past and present; and its ten benefits give us physical and spiritual well-being and promote pure practice.

*For lunch:* We offer this meal of three virtues and six tastes to the Buddha, Dharma, and Sangha, and to all the life in the Dharma worlds.

*When all food has been served, we place our palms together and recite,*

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.

*When making a small food offering,*  
Oh spirits, we now give you this offering;  
This food is for all of you in the ten directions.

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.

*We then eat our meal together. When finished, we wash our bowls and  
recite,*

The water with which we wash these bowls, tastes like ambrosia.  
We offer it to all you various spirits.  
May you be fully satisfied.  
Om, Makurasai Svaha!

*Finally, our bowls once more clean and wrapped, we raise our bowls  
and bow,*

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