

Mealtime Verses

The Alms Verse

The two kinds of alms, material and spiritual,
Have the endowment of boundless merit.
Now that they have been fulfilled in this act of charity,
both self and others gain pleasure therefrom.

The Five Thoughts

We must think deeply of the ways and means
by which this food has come.
We must consider our merit when accepting it.
We must protect ourselves from error
by excluding greed from our minds.
We will eat lest we become lean and die.
We accept this food
so that we may become enlightened.

Closing Verse

The universe is as the boundless sky.
As lotus blossoms above unclean water,
Pure and beyond the world is the Buddha Nature of the trainee.
O Holy Buddha, We take Refuge in Thee.