

MAHABODE VIPASSANA MEDITATION

FOOD OFFERING PRAYER

Namo Buddha Shakyamuni Buddha. (3 times)

Please take this food
Spreading throughout the Dharma Realm
For all beings
Enjoy the food together.

May we share this merit
To all those who make this food offering
Associates and volunteers
Even those with good intentions
Dharma – Oh Marvelous
Lots of happiness and joy

Wishing for peace throughout day and night
Peace for all twenty-four hours of the day
All hours of the day are blessed
Praying for the Triple Gems blessings

We sincerely - pay homage to the Buddha.
We sincerely - pay homage to the Right Dharma.
We sincerely- pay homage to the Sanga

Namo in the ten directions reside in the Triple Gems (1 time)

May all beings eating mindfully...
Sadhu! Sadhu! Sadhu!