

Offering verses before meals

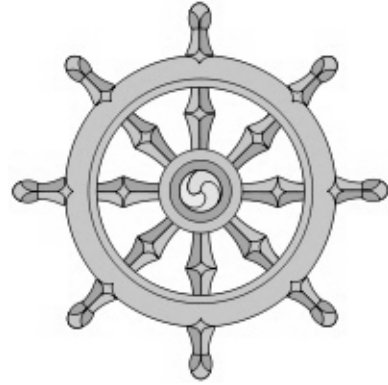
飯 前 供 養 文：
fàn qián gòng yǎng wén

供 養 佛 ， 供 養 法 ， 供 養 僧 ， 供 養 一 切 眾 生
gòng yǎng fó, gòng yǎng fǎ, gòng yǎng sēng, gòng yǎng yī qiè zhòng shēng
[We make] offerings to the Buddha, the Dharma, the Sangha, and to all sentient beings.

願 斷 一 切 惡
yuàn duàn yī qiè è
Vowing to end all unwholesome deeds,

願 修 一 切 善
yuàn xiū yī qiè shàn
Vowing to practice all wholesome deeds,

願 度 一 切 眾 生
yuàn dù yī qiè zhòng shēng
Vowing to liberate all sentient beings.



Five Contemplations: 食 存 五 觀 shí cún wǔ guān

1. I contemplate how much positive potential I have accumulated in order to receive this food.

計 功 多 少 ， 量 彼 來 處
jì gōng duō shǎo, liàng bǐ lái chù

2. I contemplate my own practice, and only if there are no defects to I deserve these offerings.

忖 己 德 行 ， 全 缺 應 供
cǔn jǐ dé xíng, quán quē yìng gòng

3. I contemplate my mind, cautiously guarding it from wrongdoing, greed, and other defilements.

防 心 離 過 ， 貪 等 為 宗
fáng xīn lí guò, tān děng wéi zōng

4. I contemplate this food, treating it as wondrous medicine to nourish my body.

正 視 良 藥 ， 為 療 形 枯
zhèng shì liáng yào, wéi liáo xíng kū

5. I contemplate the aim of Buddhahood, accepting and consuming this food in order to accomplish it.

為 成 道 業 ， 應 受 此 食
wéi chéng dào yè, yīng shòu cǐ shí

Verse for the Mid-day Meal



Let us chant the reflection on the current use
of food:

With reasoned consideration I eat this food,
Not for entertainment,
Not for intoxication,
Not for fattening,
Not for beautification,
But merely to maintain this body,
For the continuation of life,
For the ending of physical troubles,
In order to support the Brahmachariya.

So we let old painful feelings, like hunger,
fade away,

And do not stir up any new feelings.

Thus my life goes on smoothly, blamelessly,
and in contented peace.