



## Meal Chant

*When everyone sits quiet, **ALL:***

- 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.

*When all sets are laid out, **Leader starts:***

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

**ALL:**

- 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.

*Head Trainee/Shuso: (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.

*Head Trainee/Shuso: (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 is served, (evening: when all are  
served, bow/ place sticks on bowl ● to start  
eating)*

**ALL:**

- 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.

**ALL: Lunch only**

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

**ALL:**

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.

*Give water out, when Roshi puts specula into  
Buddha bowl*

*When Roshi puts utensil holder away **ALL:***

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!

*When last one is tied up*

*Leader: (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 ● ●

Evening clappers	
● "clack" to pick up bowls	● "clack" after whipping
● to unwrap bowls	● ● for final bow
● to start eating	