

# Meal chants

## The five reflections

First, let us reflect on our own work,  
and the effort of those who brought us this  
food.

Secondly, let us be aware of  
the quality of our deeds  
as we receive this meal.

Thirdly, what is most essential is  
the practice of mindfulness,  
which helps us transcend  
greed, anger, and delusion.

Fourthly, we appreciate this food,  
which sustains the good health  
of our body and mind.

Fifthly, in order to continue  
our practice for all beings,  
we accept this offering.

I K KU I DAN ISSAI AKU  
NIKU I SHU ISSAI ZEN  
SANKU I DO SHO SHUJO  
KAIKU JO BUTSU DO

The first morsel is to destroy all evils  
The second morsel is to practice all good  
deeds  
The third morsel is to save all sentient be-  
ings  
May we all attain the path of Buddhahood.

## After the Meal

### Morning

Having finished the morning meal,  
let us pray that all beings may accomplish  
whatever tasks they are engaged in,  
and be fulfilled with all the Buddha-Dharmas.

### Midday

Having finished the midday meal,  
our bodily strength is fully restored,  
our power extends over the ten directions  
and through the three periods of time,  
and we are strong.

As to the revolving wheel of Dharma,  
no thought is wasted over it.

May all beings attain true wisdom.

## Bodhisattva Vows

SHU JO MU HEN SEI GAN DO  
BO NO MU JIN SEI GAN DAN  
HO MON MU RYO SEI GAN GAKU  
BUTSU DO MU JO SEI GAN JO

Sentient beings are numberless.  
I vow to save them all.

Delusions are endless.  
I vow to cut through them all.

The teachings are infinite.  
I vow to learn them all.

Buddha's way is unsurpassable.  
I vow to attain it.