

Meal Time Gatha's

Before the Meal

Leader: The joys and pains of all beings are present in the gift of this food. Let us receive it in love and gratitude... And in Mindfulness of our sisters and brothers among living beings of every kind who are hungry or homeless, sick or injured, or suffering in any way.

Everyone: Blessed be the Earth for giving birth to this food; Blessed be the Sun for nourishing it; Blessed be the Wind for carrying its seed; Blessed be the Rain for quenching its thirst. Blessed be the hands that helped to grow this food, To bring it to each of us, To nourish our minds, bodies, and spirits, so that we may realize the path of compassion, wisdom, and loving-kindness. Blessed be our friends, our families, and our loved ones. Blessed Be Buddha, Blessed be the Dharma, Blessed be the Sangha.

(Raise your food bowl with both hands)

Leader: Oh, all you hungry ghosts, we now offer you this food; may all of you everywhere, share it with us together.

Everyone: This food is the gift of the whole universe, Each morsel is a sacrifice of life, May I be worthy to receive it. May the energy in this food, Give me the strength, To transform my unwholesome qualities into wholesome ones. I am grateful for this food, May I realize the Path of Awakening, For the sake of all beings.

IKKU I DAN ISSAI AKU

NIKU I SHU ISSAI ZEN

SANKU I DO SHO SHUJO

KAIKU JO BUTSU DO

Before Washing the Bowls

Leader: We wash our bowls in this tea: it has the flavor of ambrosial dew;
We offer it to all Hungry Ghosts, may all be filled and satisfied.

Everyone: Our bodies are now sustained with the gift of this food, may our hearts
be nourished with true friendship of the Third Brilliant Jewel and our minds fed
with truth.

At the End of the Meal

Leader: The world is like an empty sky; the lotus flower does not adhere to water;
our minds surpassing that in purity, we offer veneration to the most exalted ones.

Everyone: As the lotus flower does not adhere to water, we will feel no rain, for
each of us will be shelter for the other; We will feel no cold, for each of us will be
warmth for each other; There will be no more loneliness, for each of us will be
companion to the other.

There is only one path before us, for the Bodhisattva knows only one-way, and no
matter how endless that path will be, we vow to follow it. There is only one life
before us, and our seasons will be long and good. This is our prayer, this is our
intention, for each other, our family, friends, and all the many beings.

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