

Formal Meal Verses

All Together (before oryoki bowls are opened or serving starts) –

- Buddha was born in Kapilavastu,
enlightened in Magadha,
taught in Varanasi,
entered nirvana in Kushinagara.
Now we set out Buddha's bowls;
may we, with all beings,
realize the emptiness of the three wheels:
giver, receiver, and gift.**

(Open oryoki bowls or prepare informal utensils & napkin.)

Chant Leader Alone –

In the midst of the Three Treasures which verify our understanding, entrusting ourselves to the Sangha, we invoke:

All Together (serving starts after Lochana Buddha) –

- Vairochana Buddha, pure Dharmakaya**
- Lochana Buddha, complete Sambhogakaya**
- Shakyamuni Buddha, myriad Nirmanakaya**
- Maitreya Buddha, of future birth**
- All Buddhas throughout space and time**
- Lotus of the Wondrous Dharma, Mahayana Sutra**
- Manjushri Bodhisattva, great wisdom**
- Samantabhadra Bodhisattva, great activity**
- Avalokiteshvara Bodhisattva, great compassion**
- Kshitagarba Bodhisattva, great vow**
- All honored ones, Bodhisattvas, Mahasattvas**
- Wisdom beyond wisdom, Mahaprajnaparamita.**

Chant Leader Alone at Breakfast –

This morning meal of ten benefits nourishes us in our practice. Its rewards are boundless, filling us with ease and joy.

Chant Leader Alone at Lunch –

The three virtues and six tastes of this meal are offered to Buddha and Sangha. May all sentient beings in the universe be equally nourished.

All Together –

- We reflect on the effort that brought us this food and consider how it comes to us.
We reflect on our virtue and practice, and whether we are worthy of this offering.
We regard it as essential to keep the mind free from excesses such as greed.
We regard this food as good medicine to sustain our lives.
For the sake of enlightenment we now receive this food.**

*All Together (**lunch only**, while making the offering) –*

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

(While placing the implements)

- First, this is for the three treasures;
next, for the four benefactors;
finally, for the beings in the six realms.
May all be equally nourished.**

(While raising the bowl)

**The first bite is to end all evil;
the second is to cultivate all good;
the third is to free all beings.
May we all realize the Buddha Way.**

(Meal is eaten in silence.)

*All Together (**oryoki only**, while wash water is first emptied after bowl washing) –*

The water with which we wash our bowls tastes like heavenly nectar. We offer it to the many spirits to satisfy them. Om, Maha-kushalaya Svaha!

Chant Leader Alone (after meal; oryoki bowls are closed) –

- Abiding in this ephemeral world like a lotus in muddy water, the mind is pure and goes beyond. Thus we bow to Buddha. □□**

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