

## 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**
- Avalokitesvara Bodhisattva, great compassion**
- Kshitagarba Bodhisattva, great vow**
- All honored ones, bodhisattvas, mahasattvas**
- Wisdom beyond wisdom, maha prajna paramita.**

*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