

## MEAL VERSES

### Verse for Setting Out Bowls

*(Before serving)*

**All:** 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.

### Ten Names of Buddha

*(After bowls are opened)*

**Leader:** In the midst of the three treasures  
Which verify our understanding,  
Entrusting ourselves to the sangha,  
We invoke:

**All:** 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  
All honored ones, bodhisattva-mahasattvas  
Wisdom beyond wisdom, Maha-prajñāparamita

### **Food Offering Verse (at breakfast)**

**Leader:** This morning meal of ten benefits  
Nourishes us in our practice.  
Its rewards are boundless,  
Filling us with ease and joy.

### **Food Offering Verse (at lunch)**

**Leader:** 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.

### **Verse of Five Contemplations**

*(After serving, before eating)*

**All:** 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 life.  
For the sake of enlightenment we now receive this food.

### **Verse of Spirit Offering (lunch only)**

**All:** Oh spirits we now give you an offering.  
This food is for all of you in the ten directions.

### **Bowl Raising Verse**

**All:** 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.

The first portion 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.

**Water Offering Verse**

*(After washing bowls)*

**All:** This water we use to wash our bowls,  
Tastes like ambrosia.  
We offer it to the many spirits,  
To satisfy them.  
Om, Mahakushalaya Svaha!

**Verse of Purity while Abiding in the World**

*(After meals)*

**Leader:** Abiding in this ephemeral world,  
Like a lotus in muddy water,  
The mind is pure and goes beyond.  
Thus we bow to buddha.

