

Meal Time Offering

We make offerings to the Buddhas.
We make offerings to the Dharma.
We make offerings to the Sangha.
We make offerings to all sentient beings.

I vow to deliver innumerable sentient beings.
I vow to cut off endless vexations.
I vow to master limitless approaches to Dharma.
I vow to attain supreme Buddhahood.

With this offering, we wish that all sentient beings accomplish liberation and fulfill all Buddhadharma.

The Five Contemplations

Considering how much merit has brought me this food,
I reflect on where this food came from.

Measuring my own virtue and practice,
am I worthy of receiving this offering?

Protecting the mind from mistakes, abandoning greed,
hatred, and ignorance is essential.

Correctly considering this food as salutary medicine,
it will prevent this body from withering away.

Now, I receive this food for the sake of accomplishing
the Buddha path.

