

Great Vow Zen Monastery Meal Chants

Before Meals

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.

Leader: (before serving)
In the midst of the Three
Treasures which verify our
understanding, Entrusting
ourselves to the Sangha, we
invoke:

During Serving

Vairochana Buddha pure Dharmakaya,
Locana 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 of great wisdom,
Samantabhadra Bodhisattva of great activity,
Avalokiteshvara Bodhisattva of great compassion,
Ksitigarbha Bodhisattva of great vows,
All honored ones,
Bodhisattvas, Mahasattvas,
Wisdom beyond wisdom,
Maha Prajna Paramita.

Leader: (at breakfast)
This morning meal of ten benefits
nourishes us in our practice. Its
rewards are boundless, filling us
with ease and joy

Leader: (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.

Before Eating

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 the food as good medicine to sustain our life.
For the sake of enlightenment we now receive this food.

*O spirits, we now give you an offering;
This food is for all of you in the Ten Directions.*

First, this is the Three Treasures
Next, for the four benefactors;
Finally, for the beings in the six realms
May all be equally nourished.

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

Bowl Cleaning

We use this water to wash our bowls, it tastes
like heavenly nectar, We offer it to the many
spirits to satisfy them.

Om, Maha-ku-sha-laya Svaha!

Leader: (after meal)
Abiding in this ephemeral world like
a lotus in muddy water, the mind is
pure and goes beyond. – In gratitude
we bow to Buddha.