# Meal Verses

**Before Setting Out Bowls:**

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.

**After Bowls are opened:**

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-prajñaparamita

**After serving, 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 this food as good medicine to sustain our life.

For the sake of enlightenment we now receive this food.

**Raising Buddha Bowl:**

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 do no harm.

The second is to cultivate goodness.

The third is to free all beings.

May we all realize the buddha way.

**After washing bowls:**

This water we use to wash our bowls,

Tastes like ambrosia.

We offer it to the many spirits,

To satisfy them.

Om, Mahakushalaya Svaha!