

## MEALSUTRAS

### **Before the Meal**

### **Maha Prajna Paramita Ryidaya Sutra**

Avalokiteshvara Bodhisattva when practicing deeply the Prajna Paramita perceived that all five skandhas in their own being are empty and was saved from all suffering. O Shariputra, form does not differ from emptiness, emptiness does not differ from form. That which is form is emptiness, that which is

emptiness, form. The same is true of feelings, perceptions, impulses, consciousness. O Shariputra, all dharmas are marked with emptiness They are without birth or death, are not tainted, nor pure; do not increase, nor decrease. Therefore, in emptiness no form, no feelings, no perceptions, no impulses, no consciousness, no eyes, no ears, no nose, no tongue, no body, no mind, no color, no sound, no smell, no taste, no touch, no object of mind, no world of eyes, through to no

world of mind consciousness. No ignorance and also no extinction of it, through to no old age and death and also no extinction of it. No suffering, no origination, no stopping, no path, no cognition, also no attainment, with nothing to attain. The Bodhisattvas depend on Prajna Paramita and their mind are no hindrance, without any hindrance no fears exist. Far apart from every deluded view they dwell in Nirvana. In the Three Worlds all Buddhas depend on Prajna Paramita and attain unsurpassed, complete, perfect

Enlightenment. Therefore know the Prajna Paramita is the great transcendent Mantra, is the great bright Mantra, is the utmost Mantra, is the supreme Mantra, which is able to relieve all suffering and is true, not false. So proclaim the Prajna Paramita Mantra, proclaim the Mantra that says:  
Gyate, gyate,  
paragyate parasam  
gyate, bodhi svaha!

## **The Five Reflections**

First, let us reflect deeply on our true efforts and the efforts of those who brought us this food.

Second, may we live in a way that makes us worthy to receive it.

Third, what is most essential is the practice of mindfulness which helps us transcend greed, anger, and delusion.

Fourth, we appreciate this food which sustains the good health of

our body and mind.

Fifth, we accept this food to complete the awakening of the pure mind of all beings.

## **Verse of the Three Morsels of Food**

The first morsel is to cut all delusions. The second morsel is to maintain our clear mind. The third morsel is to liberate all sentient beings. May we all realize the Buddha's way.

## **After the Meal**

### **Verse of the Water Offering**

The water with which we wash our bowls tastes like heavenly nectar. We drink it for the myriad beings in all realms that they too may be filled and satisfied.

### **Verse After the Morning Gruel Meal**

Having finished the morning meal, let us pray that all beings may accomplish whatever tasks they are engaged in and be fulfilled

with all the Buddha Dharmas.

### **Verse after the Midday/ Evening Meal**

Having finished the midday/evening meal, our bodily strength is fully restored. Our power extends over the Ten Quarters and through the Three Periods of time and we are strong.

As to revolving the Wheel of Dharma, let no thought be wasted over it. May all beings attain true Wisdom.