

MINDFUL MEAL INTENTION AND ASPIRATION

In this food I see clearly
the presence of the entire universe
supporting my existence

(Looking at the plate of food)

All living beings are struggling for life
May they all have enough food to eat today

(Just before eating)

The plate is filled with food
I am aware that each morsel is the fruit of
difficult labor by those who produce it.

This meal is a gift and I am the grateful recipient.
This is food, I am food,
may this food nourish me so that I may nourish others.

(beginning to eat)

With the first taste, I promise to utilize the energy taken from this meal to practice loving kindness.

With the second, I promise to utilize the energy taken from this meal to relieve the suffering of others.

With the third taste, I promise to help others find joy more than my own.

With the fourth taste, I promise to deepen my relationship of nonattachment and equanimity.

(After the meal)

The plate is empty
My hunger is satisfied.
I regard this meal as medicine to sustain our life.
I vow to live for the benefit of all living beings.
I have taken this meal for the sake of enlightenment for all.