

## PRAYER BEFORE MEALS

**Inô:** Prayer before meals

**Sangha:** First, we consider in detail the merits of this food, and remember how it came to us;

Second, we evaluate our own virtue and practice, lacking or complete, as we receive this offering;

Third, we are careful about our greed, anger, and ignorance, to guard our minds and to free ourselves from error;

Fourth, we take this good medicine to save our bodies from emaciation;

Fifth, we accept this food to achieve the Way of Enlightenment.

**Inô:** Food is effective in ten ways to aid us in our practice.

**Sangha:** There are no limits to its good results and ends in eternal happiness.

**Inô:** Let us take our bowls in hand and say:

**Sangha:** Source of all Being, we now offer this food to You. May Your creatures everywhere share it with us together. We ask you to accept these grains of rice And make us mindful of the hungry.

## PRAYER AFTER MEALS

Inô: Prayer after meals

Sangha: We thank You, Source of all Being,  
For the food we have just received.  
May it continue to nourish us  
For there are no limits to its good results.

Inô: Let us remember again how it came to us.

Sangha: Source of all Being, We are thankful for  
this meal,  
The work of many people and the sharing  
of other forms of life.  
Accept this gratitude as a prayer for those  
who are hungry.  
May your creatures everywhere be blest.