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Namo Tassa Bhagavato Arahato Sammasambuddhasa

The Five Reflections on Food

- 1 *This meal is the labour of countless beings.
Let us accept this offering with gratitude.*
- 2 *This meal is taken to strengthen our exertions,
for greed and opinion are strong. Let us deserve
this offering.*
- 3 *This meal is taken to help us become clear and
generous. Let us pay attention.*
- 4 *This meal is taken to nourish and sustain our
practice. Let us be moderate.*
- 5 *This meal is taken to help all beings attain the
Buddha Way. Let us practice wholeheartedly.*

This meal is finished.

Our strength is restored for us to teach the Dhamma.