

Four Variations of the Five Contemplations

This food is the gift of the whole universe: the earth, the sky, numerous living beings, and much hard, loving work.

May we live in mindfulness and gratitude so as to be worthy to receive it.

May we recognize and transform our unwholesome mental formations, especially our greed, and learn to eat with moderation.

May we keep our compassion alive by eating in such a way that we reduce the suffering of living beings, preserve our planet, and reverse the process of global warming.

We accept this food so that we may nurture our sisterhood and brotherhood, strengthen our community and nourish our ideal of serving all living beings.

This food is the gift of the whole universe: the earth, the sky, the rain and the sun.

We thank the people who made this food, especially the farmers, the people at the market and the cooks.

We only put on our plates as much food as we can eat.

We want to chew the food slowly so that we can enjoy it.

We want to eat in a way that nurtures our compassion, protects other species, and the environment, and reverses global warming.

The food gives us the energy to practice more loving and understanding ways of being.

We eat this food in order to be healthy and happy, and to love each other as family.

This food is a gift of the whole universe: the earth, the sky, and much mindful work.

May we eat in mindfulness so as to be worthy of it.

May we transform our unskillful states of mind and learn to eat in moderation.

May we take only the foods that nourish us and prevent illness.

May we accept this food to realize the path of understanding and love.

This food is a gift of the whole universe.

Thank you to all the people and other forces of nature who have brought it to our table.

Let us savor each bite and each sip slowly and mindfully, for sustenance, taking only our share.

Let us smile and enjoy one another's company, and go out into the world, refreshed and renewed

Gathas

WAKING UP

Waking up this morning, I smile.
Twenty-four brand new hours are before me.
I vow to live fully in each moment
and to look at all beings with eyes of compassion.

TAKING THE FIRST STEP OF THE DAY

Walking on the Earth is a miracle!
Each mindful step reveals the wondrous Dharma-kaya.

LOOKING IN THE MIRROR

Awareness is a mirror reflecting the four elements.
Beauty is a heart that generates love
and a mind that is open.

TURNING ON THE WATER

Water flows from high in the mountains.
Water runs deep in the Earth.
Miraculously, water comes to us,
and sustains all life.

WASHING YOUR HANDS

Water flows over these hands.
May I use them skillfully to preserve our precious planet.

BRUSHING YOUR TEETH

Brushing my teeth and rinsing my mouth,
I vow to speak purely and lovingly.
When my mouth is fragrant with right speech,
a flower blooms in the garden of my heart.

GETTING DRESSED

Putting on these clothes, I am grateful to those who made them
and to the materials from which they were made.
I wish everyone could have enough to wear.

INVITING THE BELL TO SOUND

Body, speech and mind in perfect oneness ---
I send my heart along with the sound of the bell.
May the hearers awaken from forgetfulness
and transcend all anxiety and sorrow.

HEARING THE BELL

Listen, listen,
this wonderful sound brings me back
to my true self.

ENTERING THE MEDITATION ROOM

Entering the meditation room, I see my true mind.
I vow that once I sit down,
all disturbances will stop.

SITTING DOWN

Sitting here is like sitting under the Bodhi tree.
My body is mindfulness itself,
entirely free from distraction.

ADJUSTING MEDITATION POSTURE

Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor.

FOLLOWING THE BREATH

Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment!

HUGGING MEDITATION

Breathing in,
I am so happy to hug you.
Breathing out,
I know you are real and alive in my arms.

GREETING SOMEONE

A lotus for you,
a Buddha to be.

USING THE TELEPHONE

Words can travel thousands of miles.
May my words create mutual understanding and love.
May they be as beautiful as gems,
as lovely as flowers.

END OF DAY

The day has now ended
Our lives are shorter
Now we look carefully
What have we done?

Noble Sangha, with all of our heart
Let us be diligent
Engaging in the practice
Let us live deeply
Free from affliction
Aware of impermanence
So that life does not drift away
Without meaning.