

The Five Contemplations

♪Our teachers advise us to be mindful while we eat, to be in touch with each other and the food.
Dear Friends, when you hear the sound of the bell please meditate on 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 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. ♪

