

## **Eating meditation**

Eating mindfully is an important way to take mindfulness practice into our daily lives. When we slow down and take time to enjoy our food, our life and our health take on a much deeper quality. Eating mindfully is an opportunity to look at the food in a way that allows it to become real. We take a few seconds to contemplate our food before eating. Eating slowly and silently is conducive to mindful eating. We shine the light of mindfulness on each bite, looking, smelling and noticing the texture and taste of each bite. Eating in this way is not only physically nourishing, but connects us to our Sangha and the world.

Before eating, we recite the Five Contemplations:

1. This food is the gift of the whole universe: the earth, the sky, numerous living beings, and much hard, loving work.
2. May we eat with mindfulness and gratitude so as to be worthy to receive it.
3. May we recognize and transform our unwholesome mental formations, especially our greed, and learn to eat with moderation.
4. 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.
5. 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.