

Five Contemplations:

- ❑ This food is the gift of the whole universe – the earth, the sky, and much hard work.
- ❑ May we eat in mindfulness so as to nourish our gratitude.
- ❑ May we transform our unskillful states of mind and learn to eat with moderation.
- ❑ May we take only foods that nourish us and prevent illness.
- ❑ We accept this food to realize the path of understanding, love, and joy.

