

◇ MEAL BLESSING ◇

Mindfully reflecting, I take this food
not for fun, not for sporting, not for beautification,
Only for the maintenance of the body,
For living the holy life,
Relieving feelings of hunger,
Not inducing new feelings of discomfort from overeating.

The food is made of mere elements devoid of self
Just as the body is made of mere elements devoid of self.

Four things return to one who gives food:
Long life, strength, beauty, happiness.

◇ MEAL BLESSING ◇

Mindfully reflecting, I take this food
not for fun, not for sporting, not for beautification,
Only for the maintenance of the body,
For living the holy life,
Relieving feelings of hunger,
Not inducing new feelings of discomfort from overeating.

The food is made of mere elements devoid of self
Just as the body is made of mere elements devoid of self.

Four things return to one who gives food:
Long life, strength, beauty, happiness.