

# Pali Meal Blessing



**Leader only:** *[Yathā vārivahā pūrā paripūrenti sāgaram  
Evameva ito dinnaṃ petānaṃ upakappati  
Icchitaṃ patthitaṃ tumhaṃ khippameva samijjhatu  
Sabbe pūrentu saṅkappā  
Cando paṇṇaraso yathā maṇi jotiraso yathā...]*

*[Sabbītiyo vivajjantu...]*

**All:** **Sabba-rogo vinassatu**  
**Mā te bhavat-vantarāyo sukhī dīghāyuko bhava**  
**Abhivādana-sīlissa niccaṃ vuḍḍhāpacāyino**  
**Cattāro dhammā vaḍḍhanti**  
**Āyu vaṇṇo sukhaṃ, balaṃ.**

*[Bhavatu sabba-maṅgalaṃ]*  
**Rakkhantu sabba-devatā**  
**Sabba-buddhānubhāvena**  
**Sadā sotthī bhavantu te.**

**Bhavatu sabba-maṅgalaṃ**  
**Rakkhantu sabba-devatā**  
**Sabba-dhammānubhāvena**  
**Sadā sotthī bhavantu te.**

**Bhavatu sabba-maṅgalaṃ**  
**Rakkhantu sabba-devatā**  
**Sabba-saṅghānubhāvena**  
**Sadā sotthī, bhavantu te.**

*(See over for English translation)*



**English Translation:**

*Just as rivers overflow and fill the ocean full  
Even so does the generosity shown here  
Overflow into the realm of the departed.  
May whatever you wish or want quickly come to be.  
May your generous wishes illuminate the lives of others  
Just like the full moon or a radiant, bright gem.*

*May all calamities be avoided.  
May all illness pass away.  
May no dangers threaten you.  
May you be happy and long-lived,  
Greeted kindly and welcome everywhere.  
May four things accrue to you:  
Long life, beauty, happiness, and strength.*

*May every good blessing come your way.  
May all the deities protect you.  
By the power of the Buddha...  
By the power of the Dhamma...  
By the power of the Sangha...  
May you always be well.*