

### Verse of the Three Morsels of Food

The first morsel is to cut all delusions.

The second morsel is to maintain our clear Mind.

The third morsel is to liberate all sentient beings. May we all realize the Buddha Way!

### Verse Of The Water Offering

The water with which we wash our bowls tastes like heavenly nectar; we drink it for the myriad beings in all realms, that they, too, may be filled and satisfied!

### Verse After the Morning Meal

Having finished the morning meal, let us pray that all beings may accomplish whatever tasks they are engaged in, and be fulfilled with all the Buddha Dharmas.

### Verse After the Midday Meal

Having finished the Midday meal, our bodily strength is fully restored.

Our power extends over the ten directions and through the three periods of time, and we are strong.

As to revolving the wheel of Dharma, let no thought be wasted over it.

May all beings attain true Wisdom!

幽谷寺  
Meal Chants

## Prajna Paramita Hridaya

The Bodhisattva of Compassion  
From the depths of *prajna* wisdom, saw  
the Emptiness of all five *skandhas* and  
sunder'd the bonds that create  
suff'ring.

Know then:

Form here is only Emptiness

Emptiness only Form

Form is no other than Emptiness

Emptiness no other than Form.

Feeling, thought and choice,  
consciousness itself, are the same as  
this.

*Dharmas* here are empty, all are the  
primal Void;

None are born or die nor are they  
stained or pure nor do they wax or  
wane.

So in Emptiness no form, no feeling,  
thought or choice, nor is there  
consciousness,

No eye, ear, nose, tongue, body, mind,

No color, sound, smell, taste, touch, or  
what the mind takes hold of,

Nor even act of sensing.

No ignorance or end of it, nor all that  
comes of ignorance,

No withering, no death, no end of them,  
Nor is there pain or cause of pain or  
cease of pain

Or Noble Path to lead from pain,

Not even wisdom to attain.

Attainment, too, is Emptiness.

So know that the bodhisattva, holding  
to nothing whatever but dwelling in  
*prajna* wisdom, is freed of delusive  
hindrance, rid of the fear bred by it,

And reaches clearest *Nirvana*.

All *buddhas* of Past and Present,  
*buddhas* of future time,

Through faith in *prajna* wisdom come to  
full Enlightenment.

Know then the great *dharani*

The radiant, peerless *mantra*,

The supreme, unfailing *mantra*,

The *prajna paramita*,

Whose words allay all pain,

This is highest wisdom, true beyond  
all doubt,

Know and proclaim its Truth:

*Gate, gate, paragate,  
Parasamgate, bodhi svaha!*

## The Five Reflections

First, let us reflect deeply on our true  
efforts and the efforts of those who  
have brought us this food.

Second, may we live in a way that  
makes us worthy to receive it.

Third, what is most essential is the  
practice of mindfulness, which helps  
us transcend greed, anger and  
delusion.

Fourth, we appreciate this food,  
which sustains the good health of our  
body and mind.

Fifth, we accept this food to complete  
the Awakening of the Pure Mind of all  
beings.