Mealtime Recitations

Recollecting the Virtues of the Three Jewels

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| The protector who has great compassion, the omniscient teacher, the perfect one,the basis of oceans of merit and qualities:to you, the Tathagata, I prostrate. | GON PO THUK JE CHE DEN PATHAM CHE KHYEN PE TON PA POSONAM YON TEN GYA TSO ZHINGDE ZHIN SHEK LA CHAK TSEL LO |
| The purity that frees one from attachment,the virtue that liberates one from the lower realms,this one path, the sublime, pure reality:to this Dharma that pacifies, I prostrate. | DAK PA DO CHAK DRAL WAR GYURGE WE NGEN SONG LE DROL ZHINGCHIK TU DON DAM CHOK GYUR PAZHI GYUR CHO LA CHAK TSEL LO |
| Having been liberated, they show the path  to liberation,are devoted to the moral precepts,a holy field with perfect qualities:to this sublime Sangha, I prostrate. | DROL NAM DROL WE LAM YANG TONLAB PA DAK LA RAB TU NEZHING GI DAM PA YON TEN DENGEN DUN LA YANG CHAK TSEL LO |

Food Offering Verses

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| The precious Buddha is the supreme teacher.The precious Dharma is the supreme protection.The precious Sangha is the supreme guide.To these Three Jewels, the objects of refuge,I make this offering of food. | TON PA LA ME SANG GYE RIN PO CHEKHYOP PA LA ME DAM CHÖ RIN PO CHEDEN PA LA ME GE DUN RIN PO CHEKYAB NE KON CHOG SUM LA CHÖD PA BUL |

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| This well-prepared, delightful food with a  hundred tastesI offer with faith to the Buddhas and  Bodhisattvas.Through this, may all living beingsenjoy the rich food of deep meditation. | ZHEL ZE TO GYA DEN ZHING YI TROG PALEG JAR DI NI GYEL WA SE CHE LADE PE BUL WE DRO WA DI DAG KUNJOR DEN TING DZIN ZE LA CHO PAR SHOG |

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| By seeing the food as medicine,I will partake of it without attachment or  aversion.It shall not serve to increase my pride, arrogance  or strength, but will only maintain my body. | KHA ZE MAN DANG DRA WAR RIG PA YIDO CHAG ZHE DANG ME PAR TEN GYI TEGYAG CHIR MA LAG MYEM PAI CHIR MA LAGTSAG CHIR MA LAG LU NE BA ZHI CHIR  |

Dedication of the Sponsor’s Merit

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| By the power of this great generosityfor the benefit of migrating beings’ spontaneous attainment of buddhahood,may those who were not liberated by past  buddhasbe liberated by the power of this generosity. | JIN PA GYA CHEN GYUR PA DI YI THUDRO WE DON DU RNAG JUNG SANG GYE SHONGON JON GYAL WA NAM KYI MA DROL WARKYE WO’I TSOK NAM JIN PE DROL GYUR CHIR |