

MEAL BLESSING

When we receive this food
We vow to clearly recognize our ignorance.
While eating, continue to practice,
to fully realize the running system of suffering
in mind and body.
Because we want to wake up from ignorance,
liberating from suffering
We accept this food.

With the first bite, admit we have suffering.

With the second bite, realize the source,
the nature of suffering.

With the third bite, wake up, liberate the cycle
of birth and death

With the fourth bite, the path to fully wake up,
liberate the cycle of birth and death.

With sincere gratitude, we thank
Awakened Ones for giving us this meal.
May Awakened Ones send Awake energy
to those who have wholeheartedly
donated this food.

We vow for ourselves and for all sentient beings
to soon Wake Up and liberate in this lifetime.
Nam Mo Shakyamuni Buddha.

SUTRA CLOSING VERSE

Now we have met the Awakened Ones,
and friends on the Awake path.
We vow to fully Wake Up and liberate the source of
delusions,
Return to Awake Essence,
Realizing the sun of Wisdom
is always shining within constantly, day and night,
From the endless Awakened Spring Happiness,
help all people Wake up and end the suffering of
birth and death. (BB)

We vow to bring the fruits of Wake Up
to the whole world, us students,
and all sentient beings
to soon become a Buddha. (BBB)