

Mealtime Recitations

Recollecting the Virtues of the Three Jewels

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 PA THAM CHE KHYEN PE TON PA PO SONAM YON TEN GYA TSO ZHING DE 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 GYUR GE WE NGEN SONG LE DROL ZHING CHIK TU DON DAM CHOK GYUR PA ZHI 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 TON LAB PA DAK LA RAB TU NE ZHING GI DAM PA YON TEN DEN GEN DUN LA YANG CHAK TSEL LO

Food Offering Verses

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 CHE KHYOP PA LA ME DAM CHÖ RIN PO CHE DEN PA LA ME GE DUN RIN PO CHE KYAB NE KON CHOG SUM LA CHÖD PA BUL
This well-prepared, delightful food with a hundred tastes I offer with faith to the Buddhas and Bodhisattvas. Through this, may all living beings enjoy the rich food of deep meditation.	ZHEL ZE TO GYA DEN ZHING YI TROG PA LEG JAR DI NI GYEL WA SE CHE LA DE PE BUL WE DRO WA DI DAG KUN JOR DEN TING DZIN ZE LA CHO PAR SHOG
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 YI DO CHAG ZHE DANG ME PAR TEN GYI TE GYAG CHIR MA LAG MYEM PA=I CHIR MA LAG TSAG CHIR MA LAG LU NE BA ZHI CHIR

Dedication of the Sponsor's Merit

<p>By the power of this great generosity for the benefit of migrating beings' spontaneous attainment of buddhahood, may those who were not liberated by past buddhas be liberated by the power of this generosity.</p>	<p>JIN PA GYA CHEN GYUR PA DI YI THU DRO WE DON DU RNAG JUNG SANG GYE SHO NGON JON GYAL WA NAM KYI MA DROL WAR KYE WO'I TSOK NAM JIN PE DROL GYUR CHIR</p>
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