

# Meal Dedication

## Meal dedication

To the supreme teacher, the precious Buddha,  
To the supreme path, the precious Dharma,  
To the supreme guide, the precious Sangha,  
To these three jewels, the supreme refuge, I dedicate this meal.

*~ Traditional Buddhist meal prayer*

This dedication can be used for other offerings as well by substituting the last line with:

*To these three jewels, the supreme refuge, I make this/these offering(s).*

## Short addition to the meal aspiration

While enjoying this meal let us eat mindfully, being present and aware.  
Let us eat in moderation and balance, to nourish and fuel our hearts, minds, and bodies.  
Let us eat joyfully with appreciation, enjoying the company of our friends, families, and community.  
Let us eat so we can be productive on our path and in our commitment to benefit others.

*~ Venerable Tenzin Tharpa*

## Long addition to the meal aspiration

This meal before us symbolizes abundance and prosperity, health and wellness, and also friendship, family, and community.  
Within it we find great love and care in its preparation,  
Great joy and happiness in its sharing,  
Great delight and pleasure in its many tastes and textures,  
As well as the anticipation of a full and contentment stomach at the meals end.

Conversely, at the same time we must maturely recognize that this meal also represents life's suffering.  
For within it we find, vast hours of backbreaking labor in its cultivation,  
Great sorrow in the loss of small innocent life in its harvest,  
Great greed and unfairness in its commerce,  
And of course, our inevitable dissatisfaction in its many imperfections.

It is through reflecting on both of these truths, that we generate deep appreciation.  
So, as we reflect on these truths, let us eat mindfully, being present and aware.  
Let us eat in moderation and balance, to nourish and fuel our hearts, minds, and bodies.  
Let us eat joyfully with appreciation, enjoying the company of our friends, families, and community.  
Let us eat so we can be productive on our path and in our commitment to benefit others.

*~ Venerable Tenzin Tharpa*