



a Buddhist Prayer

The rays of the sun, moon and stars which nourish our bodies, and the five grains of the earth which nurture our spirits are all the gifts of the Eternal Buddha.

Even a drop of water or a grain of rice is nothing but the result of meritorious work and hard labor.

May this meal help us to maintain the health in body and mind, and to uphold the teachings of the Buddha to repay the Four Favors, and to perform the pure conduct of serving others.