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This food is a gift of the earth, the sky,
numerous living beings and much
hard work.

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May we eat with mindfulness and gratitude
so as to be worthy to receive it.

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May we recognize and transform our
unwholesome mental formations, especially
our greed, and learn to eat with moderation.

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May we keep our compassion alive by
eating in such a way that we reduce the
suffering of living beings, preserve our
planet and reverse the process of global
warming.

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We accept this food so that we may nurture
our brotherhood and sisterhood, strengthen
our sangha and nourish our ideal of serving
all beings.

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