



*Meal
Gathas
(oryoki)*

(Before Meals—All)

- Buddha was born at Kapilavastu (Gassho)
Enlightened at Magada
Taught at Paranasi
Entered Nirvana at Kusinagara
Now I open Buddha Tathagata's (Raise
eating bowls Bowl
&
May we be relieved from self-clinging Set)
with all sentient beings
(Gassho to Oryoki—open and set)

- **(Leader)**
In the midst of the three treasures
With all sentient beings
Let us recite the names of Buddha.

(All—Serve Food)

- Pure Dharmakaya Vairochana Buddha (Gassho)
Complete Sambhogakaya
Vairochana Buddha
Numerous Nirmanakaya
Shakamuni Buddhas

Future Maitreya Buddha
All Buddhas throughout space and time
Mahayana Saddharma Pundarika Sutra
Great Manjushri Bodhisattva
Mahayana Samantabhadra Bodhisattva
Great compassionate Avalokitesvara
Bodhisattva
All Bodhisattva Mahasattvas
Maha Prajna Paramita.

(Zazen) • (Leader—breakfast)
This food comes from the efforts of all sentient beings, past and present, and its ten advantages give us physical and spiritual well-being and promote pure practice.

(Zazen) • (Leader—lunch)
We offer this meal of three virtues and six tastes to the Buddha, Dharma, and Sangha, and to all the life in the Dharma worlds.

(All)

(Gassho)

- First, seventy-two labors brought us this food; we should know how it comes to us.

Second, as we receive this offering, we should consider whether our virtue and practice deserve it. (Shashu)

Third, as we desire the natural order of mind, to be free from clinging we must be free from greed. (Zazen)

Fourth, to support our life we take this food

Fifth, to attain our Way we take this food.

(Offering bowl passed)

(Lunch only)

(Gassho)

- All those of the spiritual worlds, Now I give you this offering. This food will pervade everywhere.

• (All—Spoon in Buddha bowl)
First, this food is for the three treasures.

(Fork or Chopsticks in second bowl)

Second, it is for our teachers, parents,
nation, and all sentient beings.

Third, it is for all beings in the six worlds.

(Raise Buddha Bowl)

Thus we eat this food with everyone,
We eat to stop all evil, to practice good,
To save all sentient beings,
And to accomplish the Enlightened Way.

(Begin eating)

(Zazen) (Bowl Cleaning—All)

• The water with which I wash these bowls
tastes like ambrosia.

I offer it to the various spirits
to satisfy them.

Om, Makurasai Svaha!

(Gassho) • (After Meals—All)

May we exist in muddy water
With purity like a lotus.
Thus we bow to Buddha.



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