

Verses for Eating Mindfully
Thich Nhat Hanh
From Present Moment Wonderful Moment

Looking At Your Empty Plate
*My plate, empty now,
will soon be filled with precious food.*

Contemplating Your Food
*This plate of food,
so fragrant and appetizing,
also contain much suffering.*

Washing The Dishes
*Washing the dishes is like bathing a baby Buddha.
The profane is the sacred.
Everyday mind is Buddha's mind.*

Beginning to Eat
*With the first taste,
I promise to offer joy.
With the second,
I promise to help relieve
The suffering of others.
With the third,
I promise to see other others'
Joy as my own.
With the fourth,
I promise to learn the way of non-attachment and equanimity*

Serving Food
*In this food,
I see clearly the presence of the entire universe supporting my existence.*

Finishing Your Meal
*The plate is empty.
My hunger is satisfied.
I vow to live for the benefit of all beings.*

Drinking Tea
*This cup of tea in my two hands –
Mindfulness is help uprightly!
My mind and body dwell in the very here and now.*