

# Meal Chant

(Gokan No Ge: the Five Remembrances)  
translated by Ven. Anzan Hoshin roshi



This meal arises from the labour of all beings,  
may we remember their offering.  
Delusions are many, attention wanders,  
may we justify this offering.  
Greed arises from self-cherishing,  
may we be free in moderation.  
This offering sustains us, gives us strength,  
may we be grateful.  
We use this strength and attain the Way.  
Prajnaparamita!

*(for cleanup)*

OM MAKURASAI SOWAKA

*(Eko or dedication:)*

This is as the boundless sky,  
a lotus flowering above the water.  
Stainlessness is itself this mind;  
in this Awakening we stand exposed

*(and the Four Great Vows)*