

Meal Gathas

Once Head Server sees Zendo is ready, the densho is struck; Head Server and Meal Attendant bow and enter with Buddha meal offering. When they are done:

Clap (woodblocks) Buddha was born at Kapilavastu
Enlightened at Magadha
Taught at Paranasi
Entered Nirvana at Kusinagara
Now I open Buddha Tathagata's eating bowls
May we be relieved from self-clinging with all sentient beings. **(Bow, touching bowls to head, then open and set out bowls and utensils.)**

Ino: *In the midst of the Three Treasures
With all sentient beings
Let us recite the names of Buddha:*

Clap Pure Dharmakaya Vairochana Buddha
Clap Complete Sambhogakaya Vairochana Buddha (**servers enter**)
Clap Numerous Nirmanakaya Shakyamuni Buddhas
Clap Future Maitreya Buddha
Clap All Buddhas through space and time
Clap Mahayana Sadharma Pundarika Sutra
Clap Great Manjusri Bodhisattva
Clap Mahayana Samantabhadra Bodhisattva
Clap Great compassionate Avalokitesvara Bodhisattva
Clap All Bodhisattva Mahasattvas
Clap Maha Prajna Paramita.

Ino (at 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.*

Ino (at 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.*

(Ino now waits until all are served.)

Clap First, seventy-two labours 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.
Third, as we desire the natural order of mind
To be free from clinging,
We must be free from greed.
Fourth, to support our life we take this food.
Fifth, to attain our Way we take this food.

Ino (lunch only): *All those of the spiritual world, now I give you this offering. This food will pervade everywhere.* (**Everyone takes a pinch food (equivalent to 7 grans of rice) from Buddha bowl, brings to forehead, then places on tip of setsu handle.**)

Clap First, this food is for the three treasures. (**hands in gassho**)
 Second, it is for our teachers, parents, nation, (**bow, placing utensils in bowls**)
 And all sentient beings.
 Third, it is for all beings in the six worlds.
 Thus we eat this food with everyone, (**Raise Buddha bowl to eye level**)
 We eat to stop all evil,
 To practice good,
 To save all sentient beings,
 And to accomplish our Buddha Way. (**Bow, then take bite from Buddha bowl**)

After all bowls are cleaned and washed, servers bring bowls to collect wash water. As servers enter zendo, all chant as follows:

Clap The water with which I wash these bowls tastes like ambrosia.
 I offer it to the various spirits to satisfy them.
 Om, Makurasai Svaha!

Once all oryoki sets are tied up in their cloths:

Ino: *May we exist in muddy water with purity like a lotus.
 Thus we bow to Buddha.*

Clap, Clap. (Everyone bows, lifts bowls to head, then stands up with bowls held at eye level.)

Ching (on inkin)

Duh-DUM (on drum). (All bow to the left.)

Ching

Duh-DUM. (All bow to the right.)

Ching

Duh-DUM. (All bow to center.)

Drum proceeds directly into roll, crescendo, and then decrescendo.

Duh-DUM.

Ching, Ching. (Teacher leaves zendo first, then everyone else peels off and follows teacher to the Gaitan, returning bowls to storage.)