



## Mindful Eating

Every vegetable, every drop of water, every piece of bread contains in it the life of our whole planet and the sun. With each bite of food, we can taste the meaning and value of our life. We can meditate on the plants and animals, on the work of the farmer, and on the many thousands of children who die each day for lack of food.

The Buddha advises us to eat in mindfulness, establishing ourselves in the present moment. So that we can be aware of the food in front of us and The community surrounding us. We eat in a way that makes peace, joy, Brotherhood, and sisterhood possible during the whole time we are eating. Brothers and sisters, when you hear the bell, please meditate on the Five Contemplations:

### THE FIVE CONTEMPLATIONS:

1. This food is a gift of the Earth, the sky, numerous living beings, and much hard and loving work.
2. May we eat with mindfulness and gratitude so as to be worthy to receive it.
3. May we recognize and transform our unwholesome mental formations, especially our greed.
4. 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.
5. We accept this food so that we may nurture our sisterhood and brotherhood, build our Sangha, and nourish our ideal of serving all beings.

--Thich Nhat Hanh