

Oryoki Chanting Sheet: Breakfast

[Note: underlined passages are chanted by leader only]

Buddha was born in Kapilavastu,
Enlightened in Magadha,
Taught at Varanasi,
Entered nirvana at Kushinagara.

Now we set out Buddha's bowls;
May we, with all living beings,
Realize the emptiness of the three wheels:
Giver, receiver, and gift.

In the midst of the three treasures
which verify our understanding,
entrusting ourselves to the sangha,
we recall:

Vairochana Buddha,
pure Dharmakaya;
Lochana Buddha,
complete Sambhogakaya
Shakyamuni Buddha,
myriad Nirmanakaya;
Maitreya Buddha, of future birth;
All buddhas throughout space and time;
Lotus of the Wondrous Dharma,
Mahayana sutra.

Manjushri Bodhisattva, great wisdom;
Samantabhadra Bodhisattva,
great activity;
Avalokiteshvara Bodhisattva,
great compassion;
All honored ones,
bodhisattvas, mahasattvas,
Wisdom beyond wisdom,
maha prajna paramita.

This morning meal of ten benefits
Nourishes us in our practice.
It's rewards are boundless,
Filling us with ease and joy.

We reflect on the effort that brought us
this food and consider how it comes to us.
We reflect on our virtue and practice and
whether we are worthy of this offering.
We regard greed as the obstacle
to freedom of mind.
We regard this meal as medicine
to sustain our life.
For the sake of enlightenment
we now receive this food.

First, this is for the three treasures;
Next, for the four benefactors;
Finally, for the beings in the six realms.
May all be equally nourished.

The first portion is to end all evil;
The second is to cultivate every good;
the third is to free all beings.
May everyone realize the buddha way.

The water with which we wash our bowls
tastes like ambrosia.
We offer it to the many spirits;
may they be satisfied.
On ma ku ra sai so wa ka.

Abiding in this ephemeral world
Like a lotus in muddy water,
The mind is pure and goes beyond.
Thus we bow to buddha.

Oryoki Chanting Sheet: Lunch

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Buddha was born in Kapilavastu,
Enlightened in Magadha,
Taught at Varanasi,
Entered nirvana at Kushinagara.

Now we set out Buddha's bowls;
May we, with all living beings,
Realize the emptiness of the three wheels:
Giver, receiver, and gift.

In the midst of the three treasures
which verify our understanding,
entrusting ourselves to the sangha,
we recall:

Vairochana Buddha,
pure Dharmakaya;
Lochana Buddha,
complete Sambhogakaya
Shakyamuni Buddha,
myriad Nirmanakaya;
Maitreya Buddha, of future birth;
All buddhas throughout space and time;
Lotus of the Wondrous Dharma,
Mahayana sutra.

Manjushri Bodhisattva, great wisdom;
Samantabhadra Bodhisattva,
great activity;
Avalokiteshvara Bodhisattva,
great compassion;
All honored ones,
bodhisattvas, mahasattvas,
Wisdom beyond wisdom,
maha prajna paramita.

The three virtues and six tastes of this
meal are offered to buddha and sangha.
May all sentient beings in the universe be
equally nourished.

We reflect on the effort that brought us
this food and consider how it comes to us.
We reflect on our virtue and practice and
whether we are worthy of this offering.
We regard greed as the obstacle to
freedom of mind.
We regard this meal as medicine to
sustain our life.
For the sake of enlightenment we now
receive this food.

Oh spirits, we now give you an offering;
This food is for each of you in the ten
directions.

First, this is for the three treasures;
Next, for the four benefactors;
Finally, for the beings in the six realms.
May all be equally nourished.

The first portion is to end all evil;
The second is to cultivate every good;
the third is to free all beings.
May everyone realize the buddha way.

The water with which we wash our bowls
tastes like ambrosia.
We offer it to the many spirits;
may they be satisfied.
On ma ku ra sai so wa ka.

Abiding in this ephemeral world
Like a lotus in muddy water,
The mind is pure and goes beyond.
Thus we bow to buddha.