



The Mindfulness Meditation Institute

The Five Contemplations

- This food is the gift of the whole universe: the earth, the sky and much hard work.
- May we live in a way that makes us worthy to receive it.
- May we transform our own unskilled states of mind and learn to eat with moderation.
- May we take only foods that nourish us and prevent illness.
- We accept this food so that we may realize the path of understanding and love.

-- Thich Nhat Hanh