

Reflections at Mealtime

Wisely reflecting, I eat this food not to indulge sensual pleasure or to seek comfort. Being mindful of every mouthful, I shall undermine unwholesome habits and develop appreciative joy.

I eat only to sustain and nourish the body, thinking thus:
I will allay hunger without over-eating
so that I may continue to live blamelessly
and at ease.

This offering brings me health, long life, strength and happiness.
May the merits of my practice support the happiness, health, long life, rebirth in the heavenly realms and ultimately the Awakening of those who have kindly provided this food.

Abhivadana silissa niccam vaddapacayino
Cattaro dhamma vaddhanti:
Ayu vanno sukkah balam

By their good conduct and generosity
may those longtime supporters enjoy:
a long life, health, happiness and vitality

Guidelines

Our purpose in eating is to investigate the process of the pleasure syndrome; to know the difference between enjoying and indulging

In order to gain that inner gaze,
the greater the outer silence the better.

Some tips:

Note intention : Go *very* slowly.

This lessens the sound of cutlery on pottery.

Put cutlery down between bites.

Chew slowly and intend to swallow.

No need to stab at the last morsel on the plate

Stir beverage without touching the sides.

Small mouthfuls .

Cut fruit into small pieces.

Take your time moving around the kitchen.

Time is limited at breakfast because of chores.

At lunch and tea break, really take your time.