

## THE FIVE CONTEMPLATIONS

### MCPS THURSDAY MORNING VERSION

This food is a gift of the whole universe, the Earth, the sky and much hard work.

May we eat in mindfulness so as to nourish our gratitude.

May we transform our unskillful states of mind and learn to eat with moderation.

May we eat only foods that nourish us, promote health and protect our planet.

We accept this food to realize the path of understanding and of love.

## LAS CINCO CONTEMPLACIONES

Estos alimentos son un regalo del universo entero, la tierra, el cielo y mucho trabajo arduo.

Que podamos comer con plena conciencia para sustentar nuestra gratitud.

Que podamos transformar nuestros estados mentales conflictivos y aprendamos a comer con moderación.

Que podamos comer sólo alimentos que nos nutran, promuevan la salud y protejan nuestro planeta.

Aceptamos estos alimentos para llevar a cabo el camino del entendimiento y del amor.

## FIVE CONTEMPLATIONS PLUM VILLAGE (2014 version)

This food is the gift of the earth, the sky, numerous living beings, and much hard and loving work.

May we eat with mindfulness and gratitude, so as to be worthy to receive this food.

May we recognize and transform unwholesome mental formations, especially our greed, and learn to eat with moderation.

May we keep our compassion alive by eating in such a way that reduces the suffering of living beings, stops contributing to climate change, and heals and preserves our precious planet.

We accept this food so that we may nurture our brotherhood and sisterhood, build our Sangha, and nourish our ideal of serving all living beings.