

MEAL BLESSING

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

May we eat in mindfulness so as to appreciate it.

May we only take in foods that nourish us & prevent illness.

May we transform our unskillful states of mind & learn to eat in moderation.

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

~Shared with IMC-L by Larissa Kitenko