

# What the Sutra Says

## GYOHATSUNENJU

(hands in gassho)

**Bus-sho** Kapila, **Jo do** Makada  
**Sep-po** Harana, Nyumetsu Kuchira  
 Nyorai o **ryoki**, **Gakon** toku **futen**  
**Gangu is-sai shu**, **To san rin ku** jaku

(open bowls)

**Shin jin** pashin **biru sha no fu**  
**En mon ho shin** **rusha no fu**  
**Sen pai** kashin **Shakya mu ni fu**  
**To rai asan miru son fu**  
**Ji ho san shi ishi fu**  
**Dai jin myo** **harin ga kin**  
**Dai shin bun** **jusu ri bu sa**  
**Dai jin fuen bu sa**  
**Daihi kan shi in bu sa**  
**Shi son bu sa mo ko sa**  
**Mo ko hoja ho ro mi**



(gassho, shashu, zazen at hakari)

Hitotsu ni wa **ko** no **tasho** wo hakari  
 kano **raisho** wo hakaru  
 Futatsu ni wa onorega toku **gyo** no  
**zen ketto** wo **hakatte** ku ni **wo** zu  
 Mitsu ni wa **shin** wo fusegi toga wo hana  
 ru ru koto wa  
**tonto** wo **shu** to su  
 Yotsu ni wa masa ni **royaku**  
 wo koto to suru wa  
**gyoko** wo **ryo zen** ga tamenari.  
 Itsutsu ni wa **jodo** no tame no yue ni  
 ima kono jiki wo uku.

(Godo/ino alone at lunch only)

**Jiten kijinshu**, **Gokin suji kyu**  
**Suji hen jiho**, **Ishi ki jin kyu**

(place cutlery/spoon/chopsticks in bowl)

**Jo bun san bo**, **Chu bun shion**  
**Gekyu roku do**, **Kai do kuyo**

(lift the bowl of Buddha)

**Ik-ku idan is-sai** aku  
**Niku ishu is-sai zen**  
**San ku i do sho shu jo**  
**Kai gu jo butsu do.**

(Offer water)

Gashi **sen pas-sui**, **Nyo ten kan ro mi**  
 Se yo **kijin shu**, **Shitsuryo** toku **bo man**  
**On makurasai** so wa ka.

(Godo/ino alone)

Shishi **kai jiki kun**, **Jiren** ka fu **jashi**  
**Shin shin jin cho** i hi, **Ki shu rin bu jo son.**

## The Meal Sutra

Buddha was born in Kapila. He had satori in Makada. He taught in Harana. He entered nirvana in Kuchira. The bowls of the Tathagata, We uncover them now. May we as well as all other beings, Attain nirvana and shake off the three defilements.

The universal purity of Buddha Vairocana  
 The universal form of Buddha Vairocana,  
 all phenomena are Buddha.

All the Buddhas, past, present and future in the ten directions,

The great and perfect Buddha Samantabhadra,  
 Avalokitesvara, the Bodhisattva of universal love  
 All the Bodhisattvas and Patriarchs  
 the sutra of the "wisdom that goes beyond".

Where does this food come from?

My thanks go to the one who prepared it  
 I receive this gift of food while considering my  
 imperfections.

Stopping anger and desires is the true religion,  
 this food must be taken as a medicine for the health  
 of the body.

I take this food in order to improve myself in the Way.

To all the dead and to all animal existences (pretas)  
 I now offer this food.

May it fill the whole universe. I hope to eat with you.

For the Buddha, for the Dharma, for the Sangha,  
 For society and all humanity,  
 For the innocents and those who cannot help  
 themselves,

For all living beings in the universe, let this food be  
 offered and eaten.

The first spoonful is to cut all evil,  
 The second to practice the good,  
 The third to help all living beings,  
 all together we will follow the way of Buddha.

I offer this water to all the dead beings,  
 Let it serve as food for them  
 let it quench their thirst like the morning dew.

This world of emptiness, May we exist in muddy  
 water with purity like a lotus, Nothing surpasses the  
 boundless mind, thus we bow to Buddha.