



## Buddhist Mealtime Prayer

This food is the gift of the whole universe,  
Each morsel is a sacrifice of life,  
May I be worthy to receive it.  
May the energy in this food,  
Give me the strength,  
To transform my unwholesome qualities  
into wholesome ones.

I am grateful for this food,  
May I realize the Path of Awakening,  
For the sake of all beings.  
Namo Amida Buddha.