

# The Five Contemplations

- 1 This food is the gift of the whole universe: the earth, the sky, numerous living beings, and much hard, loving work.
- 2 May we eat with mindfulness and gratitude so as to be worthy to receive it.
- 3 May we recognize and transform our unwholesome mental formations, especially our greed, and learn to eat with moderation.
- 4 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.
- 5 We accept this food so that we may nurture our sisterhood and brotherhood, strengthen our community, and nourish our ideal of serving all living beings.



[savorthebook.com](http://savorthebook.com)