

A Buddhist Vegan Lifestyle Primer -10

素食生活 (+)

Ample and joyful lunch
歡悅豐盛的午餐



午餐觀想之一

若飯食時 當願衆生
禪悅為食 法喜充滿

Lunch contemplation

Five Contemplations Verse

Now as we have this meal before us,
We make a vow that all living beings,
May they take Dhyana-bliss for food,
And be filled with the joy of the Dharma.

(Avatamsaka Sutra, Pure Conduct Chapter)

