

# A Buddhist Vegan Lifestyle Primer -9

## 素食生活 (九)

### 午餐觀想之一

得不美食 當願衆生

莫不獲得 諸三昧味

華嚴經淨行品

## Contemplation for plain food

When eating plain food,  
May all living beings,  
Realize the flavor of Chan,  
All without exception.

Avatamsaka Sutra, Pure Conduct Chapter

