

Opening Meal Chants (choose one)

Buddhist

The unsurpassable teacher is the precious Buddha,
The unsurpassable protector is the precious holy dharma,
The unsurpassable guide is the precious sangha,
To the unsurpassable three jewels I make this offering.

Shambhala

Lord of the feast, master of the feast, Rigden god of gods,
Hosts of father gods and mother gods, victorious over the three worlds,
Those who have confidence to rouse windhorse fearlessly,
Come to this feast offering of the Great Eastern Sun,
Quell outer, inner, and secret obstacles.
Ki Ki, So So!

Closing Meal Chants (do Buddhist or Shambhala, whichever you opened the meal with)

Buddhist

By this merit, may all obtain omniscience,
May it defeat the enemy wrong-doing,
From the storm waves of birth, old-age, sickness and death,
From the ocean of samsara may I free all beings.

Shambhala

By the confidence of the Golden Sun of the Great East,
May the lotus garden of the Rigden's wisdom bloom.
May the dark ignorance of sentient beings be dispelled,
May all beings enjoy profound, brilliant glory.