

## 食存五觀

計功多少，量彼來處  
忖己德行，全缺應供  
防心離過，貪等為宗  
正事良藥，為療形枯  
為成道業，應受此食

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### Five Contemplations Before A Meal

*Our translation team worked on a translation of the Five Contemplations which is used before we take meals in the monastery:*

This offering is the fruit of many's work and care;  
Reflecting on my conduct, "Am I worthy of a share?"  
Be wary of the poisons, the foremost being greed;  
Seeing food as medicine, I take only what I need,  
Solely for cultivation, to realize the Buddha Way.  
With gratitude I accept this offering today.

*(It is slightly modified from the excellent version Shifu got from Rev. Heng Sure of the Berkeley Buddhist Monastery.)*