

Mindful Contemplations prior to Eating

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For WNA Healthy Nurses for Wisconsin 2019

This food is a gift of the whole earth, the sky, numerous living beings, & much hard and loving work.

May we eat with mindfulness and gratitude, so as to be worthy to receive this food.

May we recognize, and transform, our unskillful states of mind – such as habit and greed—and learn to eat in moderation.

May we keep our compassion alive, by eating in such a way that can reduce suffering of living beings, decrease climate change, and heal our planet.

May we take foods that nourish us and prevent illness.

We accept this food in order to nurture Understanding and Compassion, both of ourselves and of others. and the ideal of serving all living beings.

This is a merging of former and current Five Contemplations from Plum Village and Thich Nhat Hahn

