



Daily Meal Prayers

膳食供养文

The Mantra to Purify and Bless Meat 食肉过失咒

(Blow on the food after reciting the mantras. 念诵经咒后在食物上吹一口气。)

Om Ahbira Khe Chara Hung (x 7)

嗡 阿比拉 格 佳拉 吽 (x 7)

Morning Meal Prayer 早膳供养文

Dak-Sok	Kor-Jay	Tsa-Rab	Tam-Jay-Du
Kon-Chok	Sum-Dang	Nam-Yang	Mi-Dral-Shing
Kon-Chok	Sum-Bo	Gyun-Du	Cho-Ba-Dang
Kon-Chok	Sum-Gyi	Chin-Lab	Juk-Par-Sok

Throughout all our lifetimes, may I and all beings

Never be separated from the three jewels

May we always make offerings to the three jewels

May we receive blessings of the three jewels

我等众眷世代中，永不舍离三宝尊。

恒时供养三宝故，愿获三宝之加持。

Noon Meal Prayer 午膳供养文

Ton-Pa	La-May	Sang-Gay	Rin-Po-Che
Kyob-Pa	La-May	Dam-Cho	Rin-Po-Che
Dren-Pa	La-May	Gen-Dun	Rin-Po-Che
Kyab-Nay	Kon-Chok	Sum-La	Cho-Pa-Bul

To the Supreme Teacher, Precious Buddhas

To the Supreme Protector, Precious Dharma

To the Supreme Guide, Precious Sangha

To these three jewels I make offerings

无上导师是佛宝，无上救怙是法宝。

无上指引是僧宝，供养三宝皈依处。

Evening Meal Prayer 晚膳供养文

Shal-Say	Ro-Gya	Den-Pay	Yi-Trog-Pa
Lek-Jar	Di-Ni	Gyal-Wa	Say-Che-La
Dey-Pay	Pul-Way	Dro-Wa	Di-Dak-Kun
Jor-Den	Ten-Dzin	Say-La	Cho-Par-Shok
Kha-Say	Men-Dang	Dra-War	Rik-Pa-Yi
Dho-Chak	Shay-Dang	May-Par	Ten-Gyi-Tey
Gyak-Chir	Ma-Lak	Nyen-Pay	Chir-Ma-Lak
Tshak-Chir	Ma-Lak	Lu-Nay	Ba-Shik-Chir

A pleasant and excellent food of one hundred tastes
I offer this to the conqueror and their sons with devotions
May all the migrating beings endowed with fortune
Please enjoy the food of Samadhi
With the realization of this meal as medicine
I will take it without aversion or attachment
Not for the purpose of becoming arrogant, proud and
attractive

But solely for the purpose of sustaining my body

悦意百味美佳肴，宝饌敬供佛菩薩。
愿令众生悉富足，饱餐禅悦妙法食。
于食应存药物想，无有贪欲及嗔恚。
非为饱壮及高慢，仅为存身受此食。

Namgyalma Mantra 尊胜佛母心咒

Om Bhrum Svaha Om Amrita Ayur Dade Svaha (X7)

唵 普隆 娑哈 唵 阿弥达 阿优 达底 娑哈 (x 7)

Medicine Buddha Mantra 药师佛心咒

**Tayata Om Bekandze Bekandze Maha Bekandze
Bekandze Radza Samudgate Svaha (X7)**

达雅他 喻 贝看杰 贝看杰 玛哈 贝看杰 贝看杰 热杂
萨母噶蒂 梭哈 (x 7)

Food Charity Mantra 布施十方众生咒

Om Uchishta Pandey Ah Shi Bhaye Svaha (x 7)

喻 乌启悉他 磬第 阿 思 巴亚 梭哈 (x 7)

(Snap once with ring finger and thumb on food after reciting the mantras.

念诵经咒后，弹无名指与拇指在食物上。)

Dedication 回向文

Dag-Sog Khor-Che Tse-Rab Tham-Ched-Du

Kon-Chog Sum-Dang Nam-Yang Mi-Dral-Shing

Kon-Chog Sum-Po Gyun-Du Cho-Po-La

Kon-Chog Sum-Gyi Jin-Lab Jug-Par-Shog

May we and those around us, in all future lives

Never be separating from the three jewels

Continuously make offerings to the three jewels

And received the inspiration of the three jewels

谨愿自他未来生，不离佛法僧三宝。

恒常供养三宝尊，三宝加持无间断。