



The Five Reflections

We reflect firstly upon the insufficiency of our effort in this life. We contemplate the effort which has gone into the preparation of this meal.

We reflect secondly upon our merit. We consider whether we are deserving of this meal.

We reflect thirdly upon the sources of our mental illusions and mistakes. We must avoid greed, anger and ignorance.

We reflect fourthly upon the reasons for eating meals. It is to avoid becoming weak and thin.

Finally we reflect upon the ultimate reason for taking meals. It is only to attain the truth.

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The transliteration of the Japanese version of Five Reflections:

Hi-to-tsu ni wa kō no ta-shō o ha-ka-ri ka-no rai-sho o ha-ka-ru.

Fu-ta-tsu ni wa o-no-re ga to-ku-gyō no zen-ketto ha-katte ku ni ōzu.

Mi-tsu ni wa shin o fu-se-gi to-ga o ha-na-ru-ru ko-to wa ton-tō o shū to su.

Yo-tsu ni wa ma-sa ni ryō-yaku o ko-to to su-ru wa gyō-ko o ryō-zen ga ta-me na-ri.

I-tsu-tsu ni wa jō-dō no ta-me no yue ni ima ko-no ji-ki o u-ku.

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Five Reflections in Japanese characters (called "Go-Kan-No-Ge")

五観之偈

一には功の多少を計り、彼の来処を量る。

二には己が徳行の、全欠を付つて供に应ず。

三には心を防ぎ過を離るることは、貪等を宗とす。

四には正に良薬を事とするは、形枯を療ぜんが為めなり。

五には成道のための故に、今此食を受く。