

Gyōhatsu nenju 行鉢念誦
(*Formal Meal Verses*)

[Note: underlined passages are chanted by leader only.]

Montsui no ge 聞槌之偈
(*Verse upon Hearing the Meal Signal*)

[Chinese]

Bus-sho kabira
jo do makada
sep-po harana
nyu metsu kuchira.

Tenpatsu no ge 展鉢之偈
(*Verse for Setting Out Bowls*)

[Chinese]

Nyorai o ryōki
gakon toku futen
gangu is-sai shu
to san rin ku ja ku.

Jūbutsumyō 十仏名
(*Ten Buddha Names*)

[Chinese]

Nyan nisan po,
ansu inshi,
nyan pin son shu nyan.

Shin jin pashin birū sha no fu
en mon ho shin rushā no fu
sen pai kashin shikyā mu ni fu

to rai asan mirū son bu
ji ho san shi ishī shi fu
dai jin myo barin ga km
dai shin tun jusu ri bu sa
dai jin fuen bu sa
daini kan shiin bu sa
shi son bu sa mo ko sa
mo ko hōja ho ro mi.

Sejiki ge 施食偈

(*Food Offering Verse*) < at breakfast >

[Chinese]

Shu yu iiri

nyoi an jin

kohō buhen

kyu kin io ra.

Sejiki ge 施食偈

(*Food Offering Verse*) < at lunch >

[Chinese]

Sante rumi

shifu gisun

hakai ujin

fuzun kyun nyo.

[Note: when the preceding verses have been chanted, the food is served.
Prior to eating, the following verses are chanted.]

Gokan no ge 五観之偈
(Verse of Five Contemplations)

[Japanese]

Hitotsu ni wa kō no tashō o hakari kano raisho o hakaru.
Futatsu ni wa onore ga tokugyō no zenketto hakatte ku
ni ōzu.

Mitsu ni wa shin o fusegi toga o hanaruru koto wa tontō
o shū to su.

Yotsu ni wa masa ni ryōyaku o koto to suru wa gyōko o
ryōzen ga tame nari.

Itsutsu ni wa jōdō no tame no yue ni ima kono jiki o uku.

Saba ge 生飯偈

(Verse of Food for Spirits) < not recited at breakfast >

[Chinese]

Jiten kijinshu
gokin suji kyu
suji hen jihō
ishi kijin kyu.

Keihatsu no ge 擎鉢之偈
(Bowl-Raising Verse)

[Chinese]

Jo bun san bo
chu bun shion
gekyū roku do
kai do kuyō.

Ik-ku idan is-sai aku
niku ishu is-sai zen

sanku ido shoshu jo
kaigu jo butsu do.

[Note: when the preceding verses have been chanted, begin eating.
When
finished, while washing bowls, chant the following.]

Sessui no ge 折水之偈
(*Verse of the Rinse Water*)

[Chinese]

Gashi sen pas-sui
nyo ten kan ro mi
seyo kijin shu
shitsu ryo toku bo man.

On makura sai sowaka.

Sho sekai bon no ge 処世界梵之偈
(*Verse of Purity While Abiding in the World*)

[Chinese]

Shishi kai iiki kun
jiren kafu jashī
shin shin jin cho ihi
kishu rinbu jo son.