

# The Five Contemplations

This food is the gift of the whole universe—the earth, the sky, and much hard work.

May we eat in mindfulness so as to nourish our gratitude.

May we transform our unskillful states of mind and learn to eat with moderation.

May we take only foods that nourish us and prevent illness.

We accept this food to realize the path of understanding, love, and joy.



When we eat a meal, there are two objects of our mindfulness: the food and the people who are there with us during the meal.

Practicing in this way we are sure to find better and better ways of consuming food without exploiting our Earth and other living beings. Before eating a meal you can read, either aloud or to yourself, the Five Contemplations.

Of course we don't just read the Contemplations but we meditate on the words throughout the meal.

— Thich Nhat Hanh, from *The Mindfulness Survival Kit*

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Mindfulness Practice  
in the Tradition of  
Thich Nhat Hanh

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