

食存五觀

1. 計功多少。量彼來處。你應該算一算，這一粒米啊，用了多少人工。春天把它種上到地裏頭，等它生出來，又要耕耘，到時候才收穫。要一點一點的，費了很多人工……所以古人有這麼一首詩說：「鋤禾日當午」鏟這個穀，在這個太陽正在天上中間的時候。「汗滴禾下土」這個農夫的汗啊，滴落到河田下邊這個土上。「誰知盤中飧」誰知道這個碗裏邊所吃這個米啊，「粒粒皆辛苦」每一粒都有很多的辛苦才能成功的，這量彼來處。

2. 忖己德行。全缺應供。要自己想一想，自己有沒有德行啊，忖度忖度自己有多少德行，那麼德行全啊或者缺啊，現在在這裏應供。

3. 防心離過。貪等為宗。要防備這個心啊，離開這個過錯，不要生出一種貪、瞋、癡、慢、疑呀這種的心，以這個不生出貪瞋癡慢疑等這個心為宗旨。

Five Contemplations When Eating

1. **Consider the amount of work involved to bring the food to where it is eaten.** Think it over. How much human labor was necessary to bring even a single grain of rice to the table. It first had to be planted, then tended, then harvested and stored. And so the ancients had a poem which reads:

The farmer hoes in the midday sun;

His sweat falls on the soil.

Who can guess how much toil it took

To bring the food to the bowl?

2. **Consider whether one's own virtue is sufficient to enable one to accept the offering.** Again, think it over. Have you cultivated any virtuous conduct? Count it up. How much do you have? Is it sufficient? Is it lacking? Are you entitled to receive this offering of food?

3. **Guard the mind against transgression, the principal ones being greed and so forth.** Take as your principle, as your doctrine, a mind free from greed, hatred, stupidity, pride, and doubt.