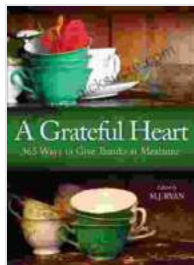


Daily Blessings for the Evening Meal: From Buddha to the Beatles



A Grateful Heart: Daily Blessings for the Evening Meals from Buddha to The Beatles (Prayers, Poems, Gratitude, Affirmations, Thanks) by M.J. Ryan

★★★★☆ 4.4 out of 5

Language : English
File size : 1480 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 279 pages



The evening meal is a time to come together with loved ones and share a meal. It is also a time to reflect on the day and to give thanks for the blessings we have received. A blessing can be a simple expression of gratitude or a more formal prayer. It can be spoken aloud or silently. No matter how you choose to express it, a blessing can help to create a sense of peace and gratitude at the end of the day.

Blessings for the Evening Meal from Buddha

The Buddha taught that gratitude is one of the most important virtues. He encouraged his followers to be grateful for all the good things in their lives, no matter how small. The following blessings are inspired by the teachings of the Buddha:

- May this food nourish my body and mind.
- May I be grateful for the food I have to eat.
- May I share my food with others.
- May I eat in peace and harmony.
- May I be mindful of the food I eat.

Blessings for the Evening Meal from the Beatles

The Beatles were one of the most popular bands in the world. They were also known for their spirituality and their commitment to peace. The following blessings are inspired by the songs and lyrics of the Beatles:

- Let it be, let it be, whisper words of wisdom, let it be.
- All you need is love.
- When I'm sixty-four, I will still need somebody to hold my hand.
- I get by with a little help from my friends.
- Here comes the sun, and I say it's all right.

Blessings for the Evening Meal from Other Spiritual and Poetic Traditions

There are many other spiritual and poetic traditions that offer blessings for the evening meal. The following are a few examples:

- From the Hindu tradition: "Om Shanti Shanti Shanti." (Peace, peace, peace.)

- From the Christian tradition: "Come, Lord Jesus, be our guest, and let thy gifts to us be blessed." (Traditional Christian grace)
- From the Jewish tradition: "Blessed art Thou, O Lord our God, King of the universe, who brings forth bread from the earth." (Traditional Jewish blessing over bread)
- From the Sufi tradition: "Bismillah الرحمن الرحيم." (In the name of Allah, the Most Gracious, the Most Merciful.)
- From the Baha'i tradition: "O God, Thou art the Sustainer of all mankind. Thou art the Giver of all good. We beseech Thee to bless this food to our bodies and souls." (Baha'i prayer before meals)

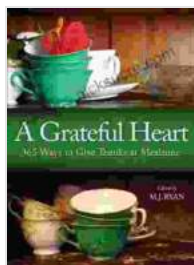
How to Use a Blessing for the Evening Meal

There are many ways to use a blessing for the evening meal. You can say it aloud before you start eating, or you can say it silently to yourself. You can also write it down in a journal or on a piece of paper and place it on the table. No matter how you choose to use it, a blessing can help to create a sense of peace and gratitude at the end of the day.

Here are a few tips for using a blessing for the evening meal:

- Choose a blessing that resonates with you.
- Say the blessing aloud or silently to yourself.
- Be mindful of the words of the blessing.
- Take a moment to reflect on the meaning of the blessing.
- Be grateful for the food you have to eat.

A blessing for the evening meal is a simple way to express gratitude for the food we have to eat and to create a sense of peace and harmony at the end of the day. No matter what your spiritual or religious beliefs, there is a blessing that can be meaningful to you. So take a moment to say a blessing before your next evening meal and see how it makes you feel.



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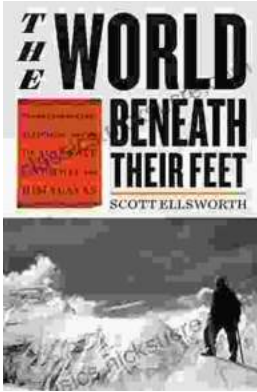
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