MEAL PRAYER

Tönpa Lamey Sangye Rinpoche
The Supreme Teacher, the precious Buddha

Kyopa Lamey Tamchö Rinpoche
The Supreme Protection, the precious sacred Dharma

Dreng Pa Lamey Gendün Rinpoche
The Supreme Guide, the precious Sangha

Kyabney Könchog Sum La Chöpa Pül
To these three jewels, the refuges, I make this offering

(Before each meal, one generally recites this prayer in Tibetan one time.)