



## Offering Food Ritual at Damengshan

### 大蒙山施食儀法會

In year 2025, we will be conducting Offering Food Ritual at Damengshan ceremony (大蒙山施食儀法會) on Sunday, four times a year. The dates are:

16 March 2025 二月十七日

15 June 2025 五月廿七日

28 September 2025 八月初七日

21 December 2025 十一月初二日

Time: 1.30 pm to 3.30 pm.

#### Introduction

The practice of food offering to the hungry ghosts at Mount Dameng started during Lord Buddha's time. One night while meditating in the forest, Venerable Ananda saw a hungry ghost named Mian Ran (the incarnation of Avalokitesvara) with his body on fire and suffering greatly. Mian Ran told Ananda: "Three days later, you will die and fall into our realm, but there is away to save you. If you can give food to the spirits of the six realms and offer the Three Jewels to us, you can increase your blessings and prolong your life." The next day, Venerable Ananda shared with Lord Buddha who then recited the Dharani mantra for him and taught him to recite various mantras as well as the method of offering food. Consequently, the spirits who touched and ate the food all had their six senses purified, escaped all suffering, and were reborn in the good realms. And Ananda's life was extended to 120 years.

#### 3 purposes for food offering

1. To repay kindness; All sentient beings in the six realms have always been regarded as our relatives and friends (since immemorial) and therefore we offer food to relieve them from sufferings in the lower realms.
2. To stay vigilance; the practice of offering food will remind us of the sufferings in the three evil realms, and make us be mindful of our thoughts, words, and actions; to do more good and no evil deeds.
3. To practice the Bodhisattva Path; the purpose of offering food to the hungry ghosts at Mengshan is to use great compassion of the power of Buddha, Dharma and Sangha, so that all sentient beings in the six realms can come here to listen to the sutras, hear the Dharma, repent, increase their good roots, and achieve Buddhahood together.

#### Merits from food offering

There are many merits and virtues in giving food. The Sutra on the Difference of Karma and Result (業果分別經) and Nectar Sutra of Giving to Hungry Ghosts (餓鬼甘露經) list out the merits including mitigating disasters, increase longevity, living in peace and contentment and early attainment of enlightenment.

#### Participation

If you wish to participate in this festival, kindly call Alice or Danny on telephone 6253 3532 or visit our Monastery.