



**T**hose who offer a meal provide five things. Which five?  
Life, beauty, happiness, strength and an alert mind.  
(Buddha)

## About the giving of food

**I**n the Buddhist parts of Asia the donation of meals to nuns, monks and meditators has long been part of the traditional practice of generosity. We at the Meditation Center Beatenberg would like to adopt and continue this fine tradition. A donated meal will satiate the hunger of meditators, teachers, as well as all those who through their labors enable the course to take place, and will directly support them all in their meditation, teaching and work. It is also a direct donation to the Center, which helps us continue to keep course prices low.

**A** gift of a meal may be the occasion to exercise one's own generosity for the benefit of others or to celebrate a milestone in one's life, such as a birthday or other anniversary. If you wish, a personal dedication with the name of the donor can be also displayed on the given day.

<b>D</b> onation options:	Breakfast	CHF 100.- / € 90.-
	Lunch	CHF 200.- / € 180.-
	Supper	CHF 100.- / € 90.-
	All three meals	CHF 400.- / € 360.-

(The figures correspond to the cost per meal averaged over the year.)  
If you are interested in donating a meal please visit the center's office.

**O**f course we are concerned that the share of the donations to teachers, most of whom live entirely on the basis of donations, should not be reduced, and also that the support of the house team should not suffer. Meal donations should therefore be offered by those who wish to and are able to make additional contributions. We would kindly request all those interested to bear these priorities in mind.

