

Buddhist Discussion Centre (Upwey) Ltd.



The Way of the Kitchen

The Way of the Kitchen is the first Practice.

The Novice starts in the kitchen, washing cups, making tea and coffee, sweeping floors and if he or she is wise continues to maintain the correct standards for the benefit of persons and to ensure Blessings in future times.

The Way of the Kitchen is the first Practice. The Students need wealth and it is hard to practise Dana (generosity) if you are poor. Food is the first requirement of the Student to practise and develop the skills to create the positive needs for ongoing practice of Right Livelihood.

Samma Sati – Right Concentration, the 7th part of the Eightfold Path is the Way of the Kitchen.

The Centre of a home or a Centre of Dhamma Practice is the kitchen.

The Practitioner must eat to have strength to Meditate and the food for the Practitioner has to be prepared in a clean area or sickness or even death could result from contamination.

A Centre of Dhamma Practice thrives on generosity and this has to begin in the kitchen with Right Concentration. The Practitioner has to be aware of these conditions and use Right Concentration in the cleaning, preparation, presentation and offering of food.

The artifacts, cups, plates, pots, cutlery, storage, refrigerator, sink, cupboards, stove, and benches – all must be kept in good clean order. The best cup, the best plate of what is available should be chosen to offer food or drinks when offering to the Teacher.

Chipped or cracked plates or glasses, cups should be discarded. Rinse, the plate, the cup, the cutlery and be sure they are clean and in so doing prepare your mind with Right Concentration.

The presentation of food should be appealing and this can only be done with fresh food and a mind that recognises the importance of fresh quality food that imparts strength and good health to the recipient.

Food should be presented as a joyous celebration of what is to be eaten. To have the

Blessings of receiving beautifully presented fresh clean food in the future – this is the way to do it!

Present your Teacher with beautifully prepared meals or tea/coffee – with the Right Concentration – knowing that the benefits of long life, good health, strength, beauty and wisdom can be developed by the presentation, in the present – knowing exactly what you are doing.

By the 'way' you are extending the life of the Teacher, the Dhamma Teachings, increasing the Students' access to the Teaching, lengthening the existence of the Centre of Learning – or Temple. The value of food is primary to Teacher and Student alike.

If the Student is hungry his or her concentration is more likely to be on their stomach than on Dhamma Teaching.

If food is not offered to the Teacher his or her life may be shortened by the thoughtlessness of the Students.

The Way of the Kitchen is truly a double edged sword.

So out ignorance, the kitchen is the centre of the Way of Practice.

And so, the kitchen is the place where primary conditions are set in motion for the preservation or destruction of a Centre or home.

Goodwill extends from the kitchen with the welcoming coffee to a new or old friend. Long life can come from the kitchen by way of concentration on cleanliness and the desire to help another being quench their thirst or hunger.

"The gift of Dhamma excels all other gifts".