

# Blessings of Food

“Do not waste even a single vegetable leaf.”

This teaching was given to us by Oyasama, the Foundress of Tenrikyo. Yet this is not just a simple reminder that it is virtuous to be frugal; it is to teach us that we should never waste anything that is granted to us by the workings of God the Parent, and that we should always receive everything with gratitude.

Oyasama also used the example: when eating fish, “please say, ‘delicious, delicious’ to them.”

Each and every fish and animal that we human beings are bestowed for consumption is a precious life. As so, to complain or express dissatisfaction when consuming food not only dismisses the precious life that we are receiving but also means that we are disregarding the love of God the Parent.

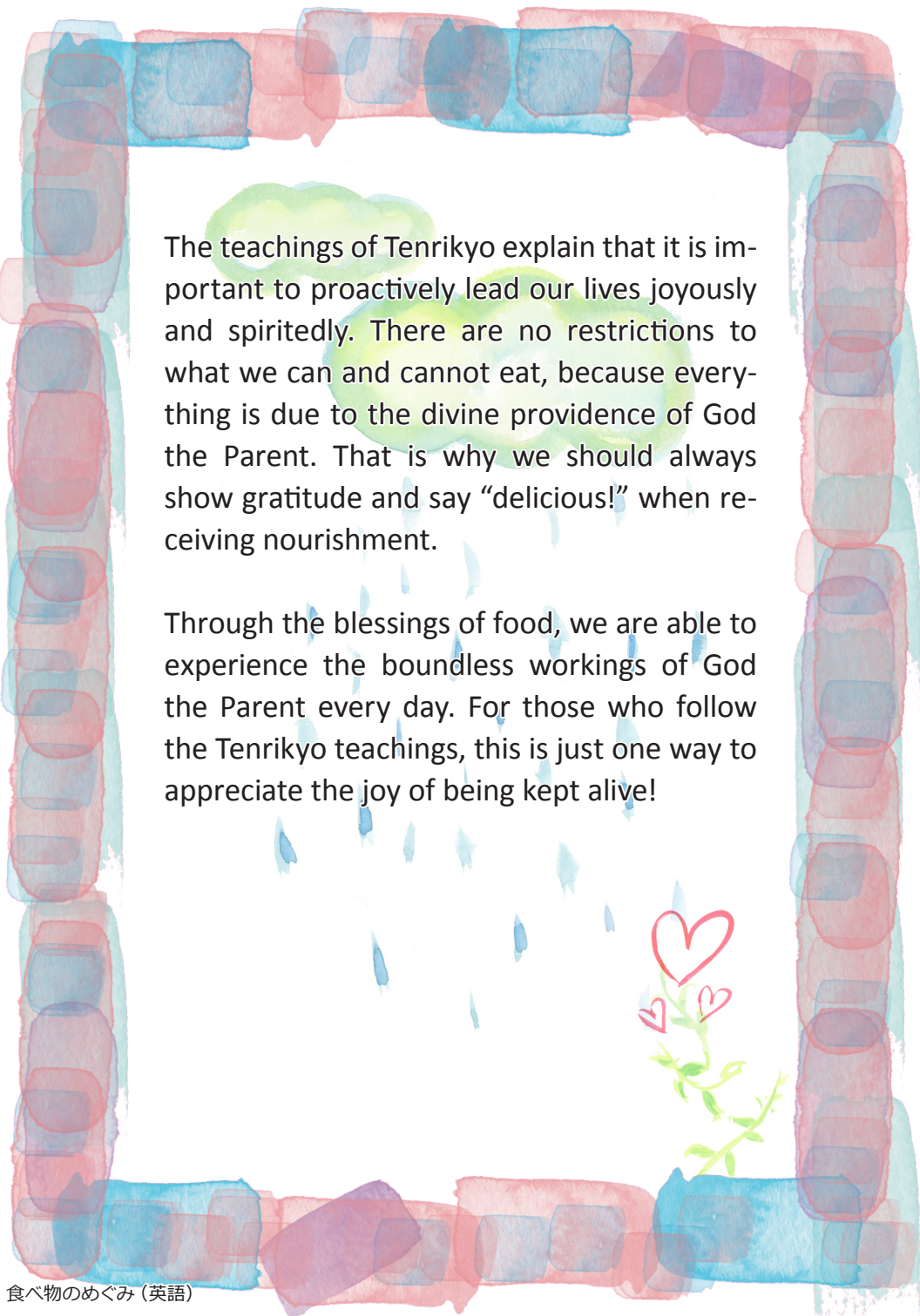
# Blessings of Food

“Do not waste even a single vegetable leaf.”

This teaching was given to us by Oyasama, the Foundress of Tenrikyo. Yet this is not just a simple reminder that it is virtuous to be frugal; it is to teach us that we should never waste anything that is granted to us by the workings of God the Parent, and that we should always receive everything with gratitude.

Oyasama also used the example: when eating fish, “please say, ‘delicious, delicious’ to them.”

Each and every fish and animal that we human beings are bestowed for consumption is a precious life. As so, to complain or express dissatisfaction when consuming food not only dismisses the precious life that we are receiving but also means that we are disregarding the love of God the Parent.



The teachings of Tenrikyo explain that it is important to proactively lead our lives joyously and spiritedly. There are no restrictions to what we can and cannot eat, because everything is due to the divine providence of God the Parent. That is why we should always show gratitude and say “delicious!” when receiving nourishment.

Through the blessings of food, we are able to experience the boundless workings of God the Parent every day. For those who follow the Tenrikyo teachings, this is just one way to appreciate the joy of being kept alive!

The teachings of Tenrikyo explain that it is important to proactively lead our lives joyously and spiritedly. There are no restrictions to what we can and cannot eat, because everything is due to the divine providence of God the Parent. That is why we should always show gratitude and say “delicious!” when receiving nourishment.

Through the blessings of food, we are able to experience the boundless workings of God the Parent every day. For those who follow the Tenrikyo teachings, this is just one way to appreciate the joy of being kept alive!

