

## SLOKA WHILE EATING(BEFORE MEAL)

EATING IS AN IMPORTANT ACTIVITY, WHICH IS REQUIRED IN ORDER TO LIVE. IT IS GOD, WHO HAS CREATED EACH AND EVERY THING. FOOD, HUNGER, LIVING BEINGS, ALL OF THEM FORM THE PART OF GOD'S CREATION. ONE SHOULD REMEMBER GOD, THE OMNIPRESENT, WHO HAS GIVEN BOTH, SWEET AND SOUR DELICACIES TO SATISFY OUR TASTE-BUDS. FOLLOWING IS THE SLOKA/ SHLOKA WHICH CAN BE RECITED WHILE EATING OR TAKING YOUR FOOD.

**"BRAHMAARPANAM BRAHMA HAVIH BRAHMAAGNAU BRAHMANA HUTAM,  
BRAHMAIVA TENA GANTAVYAM BRAHMAKARMASAMAADHINA"**

### MEANING

"A PRACTICE OF OFFERING IS BRAHMAN, THE OBLATION IS BRAHMAN, THE DEVICE OF OFFERING IS BRAHMAN, AND THE FIRE (HUNGER) TO WHICH THE OFFERING IS MADE, IS ALSO BRAHMAN. FOR SUCH A ONE, WHO ABIDES IN EVERYTHING (BRAHMAN), BY HIM ALONE BRAHMAN IS REACHED".

### BENEFITS

BRAHMAN REFERS TO GOD HIMSELF. THIS SHLOKA SUGGESTS THAT GOD IS EVERYWHERE, IN THE FOOD, INSIDE THE DEVOTEE AND EVEN THE HUNGER IS GOD. SO, DEVOTEE IS TAKING THE FOOD (GOD) TO THE HUNGER (GOD). TO PUT SUCCINCTLY, WE ALWAYS THANK GOD FOR HIS DIVINE GRACE.

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