

## Prayer Before Food

ॐ ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम् ।  
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्म-समाधिना ॥  
॥ हरिः ॐ ॥ श्री गुरुभ्यो नमः ॥ हरिः ॐ ॥

om brahmārpaṇam brahma haviḥ  
brahmāgnau brahmaṇā hutam ।  
brahmaiva tena gantavyam  
brahmakarma-samādhinā ॥  
॥ hariḥ om ॥ śrī gurubhyo namaḥ ॥ hariḥ om ॥

Lord Sri Krishna impresses upon Arjuna that the whole life is a Yajna. Yajna means Worship or Selfless Dedicated Service.

Even the act of eating is a Yajna. Eating is not merely for enjoying food, but to sustain the body so that I can do my duties. Thus, I feel taking food is a sacred ritual.

**Hari Om! Salutations unto the Great Master! Hari Om!**

