

BHOJANA MANTRA

Aham vaiśwānaro bhūtvā Prāṇinām dehamāśritaḥ

Prāṇāpāna samāyuktaḥ Pacāmyannam caturvidham

Abiding in the body of living beings as Vaisvaanara, associated with Prana and Apana, digest the four kinds of food (Kheyam, Lehyam, Cheshayam and Peyam).

Annādbhavanti bhūtāni parjanyaḍ annasambhavaḥ

yajñādbhavati parjanyaḍ yajñāḥ karmasamudbhavaḥ

From food comes forth beings. From rain food is produced. From sacrifice arises rain, and sacrifice is born out of action.

Annapūrṇe sadā pūrṇe Śankara prāṇavallabhe

Jñāna vairāgya siddhyartham Bhikṣām dehi ca pārvatī

O mother Parvathi, you are the bestower of food, Annapurna, always full, the life-line of lord Sankara; please give us both the boon of wisdom and renunciation.

Annam brahma raso viṣṇuḥ bhokta devo maheswaraḥ

evam sancintya yo bhunkte hyannadoṣai na lipyate

Lord Brahma is annam, Lord vishnu is essence of the food and the eater is Maheshwara, one who remembers this and eats food, he / she will not be tainted by the impurity of food.

Brahmārpaṇam brahmahaviḥ Brahmāgnau brahmaṇāhutam

Brahmaiva tena gantavyam Brahmakarma samādhinā

Om... Śāntih, śāntih, śāntiḥ

The oblation is Brahman, the clarified butter is Brahman, offered by Brahman in the form of Brahman; unto Brahman verily he goes who cognizes Brahman alone in his action. May there be peace, peace and perfect peace.

Arsha Yoga

Thampankadavu Post, Gayathri Beach, Thrissur, Thalikulam, Kerala 680569, India

Tel: +91 4872606231 | Mob: +91 9446813059