

Bhagavad Gita 4.24

The following Sanskrit text, a verse from the *Bhagavad Gita*, is a beloved traditional prayer that is chanted before meals.

brahmārpaṇaṃ brahmahaviḥ
brahmāgnau brahmaṇā hutam
brahmaiva tena gantavyaṃ
brahma-karma-samādhinā
Om vishvātmapiyatām
Om shāntiḥ shāntiḥ shāntiḥ

Translation: May I remember the truth: That the food being offered is Brahman, the individuals offering the food are Brahman, and the very process of offering itself is also Brahman. Therefore, we perform this offering with full awareness of Brahman alone. May this entire act of cooking, serving, and eating be transformed into *sadhana*, the spiritual practice leading us all toward Brahman, the highest goal of life. Through this offering, may the universal consciousness, which pervades and permeates our individual consciousness, be worshipped and satisfied. OM, peace, peace, peace.