

**SRI SATHYA SAI CENTRAL COUNCIL OF SOUTH AFRICA**  
**National Spiritual Wing**

**S10 – FOOD PRAYER**

**Brahmaarpanam Brahma Havir  
Brahmaagnau Brahmanaa Hutam  
Brahmaiva Tena Gantavyam  
Brahma Karma Samaadhinaa**

*24th verse, 4th chapter, Bhagavad Gita*

The act of offering is Brahman. The offering itself is Brahman. The offering is done by Brahman in the sacred fire which is Brahman. He alone attains Brahman who, in all actions, is fully absorbed in Brahman.

**Aham Vaishwaanaro Bhootwaa  
Praaninaam Dehamaashrithah  
Praanaapaana Samaayuktah  
Pachaamyannam Chaturvidham**

*14th verse, 15th chapter, Bhagavad Gita*

"I am Vaishnavara, existing as fire God in the bodies of living beings. Being associated with ingoing (*prana*) and outgoing (*apaana*) life breaths, I will digest all the four different types of food (*that which we bite and chew; that which we masticate with the tongue; those which we gulp; that which we swallow*) and purify them."

**Bhagawan's explanation of this prayer**

"We should partake food with a Sathwic mind. Our ancestors recommended the offering of food to God before partaking. Food so partaken becomes "Prasad" (consecrated offering). Prayer cleanses the food of the three impurities; caused by the absence of cleanliness of the vessel, cleanliness of the food stuff, and cleanliness in the process of cooking. It is necessary to get rid of these three impurities to purify the food; for, pure food goes into the making of a pure mind. It is not possible to ensure the purity of the cooking process, since we do not know what thoughts rage in the mind of the man who prepares the food. Similarly, we cannot ensure the cleanliness of the food ingredients as we do not know whether it was acquired in a righteous way by the seller who has sold it to us. Hence, it is essential on our part to offer food to God in the form of prayer, so that these three impurities do not afflict our mind.

The food thus offered to God is digested by 'Vaishwanara' in the digestive system. Since God exists in the form of fire as Vaishwanara, He digests the food along with the impurities. So, man will not be affected even if the impurities enter the food."

*Summer Showers in Brindavan 1993 Page 102*

"the food we eat determines in many ways what we are going to get in future for ourselves. The food we eat will determine the type of ideas that sprout in us. While taking our food, if we use exciting words, such ideas which are related to these exciting words will sprout in us also. The lesson that we should learn is that when we take our bath, when we sit for *dhyana* or when we take our food, we should not think of other activities and other ideas. Too much talk, while we take our food, will also cause harm to us. We should not give room to any kind of talk when we take our food. With a happy heart and with a sacred word, we must undertake to utter this particular verse and then take our food. In this way, whatever has been offered to *Brahman* will become the *prasad* which comes to us as a gift of *Brahman*."

*Summer Showers in Brindavan 1977, Pg 194*

References: [Summer Showers in Brindavan 1993 \( Pg 102\) and 1977 \(Pg 194\)](#)  
[Bhagavad Gita](#)