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भोजन मंत्र

Bhojan Mantra

Prayers before meals

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Bhojan Mantra

1. BHAGAVAD GĪTĀ 4.24

ॐ ब्रह्मार्पणं ब्रह्म हविर्
ब्रह्माग्नौ ब्रह्मणा हुतम्।
ब्रह्मैव तेन गन्तव्यं
ब्रह्म-कर्म-समाधिना॥

The act of offering is Brahman. The oblation is Brahman. It is poured into the fire of Brahman by Brahman. One who sees Brahman in all action reaches Brahman alone.

2. TAITTIRĪYA & KAṬHA UPANIṢAD

ॐ सह नाववतु। सह नौ भुनक्तु।
सह वीर्यं करवावहै।
तेजस्विनावधीतमस्तु
मा विद्विषावहै॥
ॐ शान्तिः शान्तिः शान्तिः॥

May He protect us both. May He nourish us both. May we work together with great energy. May our study together be luminous and effective. May we not quarrel with each other. Om, peace, peace, peace.

ALSO RECITED

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः।
प्राणापान-समायुक्तः पचाम्यन्नं चतुर्विधम्॥

Bhagavad Gītā 15.14. "I become the digestive fire within every living being, united with the inward and outward breath, and digest the four kinds of food." Sometimes chanted immediately after Brahmārpaṇam.

ALSO RECITED

अन्न-पूर्णे सदा-पूर्णे शङ्कर-प्राण-वल्लभे।
ज्ञान-वैराग्य-सिद्ध्यर्थं भिक्षां देहि च पार्वति॥

Śrī Anna-pūrṇā Stotra. "O ever-full giver of food, beloved of Shankara — grant me alms that I may attain wisdom and detachment." Chanted in households where food is treated as the gift of Devi herself.

ALSO RECITED

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥

Īśā Upaniṣad. "That is whole; this is whole. From the whole, the whole arises. Taking the whole from the whole, the whole remains." Sometimes recited as the closing after a meal — the śānti that returns everything to fullness.

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