

Meal Time Prayer

अन्नं ब्रह्मा

annam Brahṁā

रसो विष्णुः

raśo Viṣṇuḥ

पक्तो देवो महेश्वरः

pakto Devo Maheśvaraḥ

एवं ज्ञात्व तु यो भुङ्क्ते

evam jñātva tu yo bhuṅkte

अन्नदोषो न लिप्यते

annadoṣo na lipyate

The food is consciousness, the Creator

The taste (becomes plasma), is the Sustainer and Protector

That which is cooked (in the digestive fire) is the Omnipresent Dissolver

Thus, indeed, who has this knowing in the eating (enjoyed)

Will not be smeared by any impurities from the food

annam	food
Brahmā	the Creator
raso (rasaḥ)	the taste, or plasma tissue
Viṣṇuḥ	the Sustainer, the Protector
pakto (paktah)	the cooked, digested
Devo (devaḥ)	God, Lord
Maheśvaraḥ (mahā-īśvaraḥ)	the Great Omnipresent Spirit
evam	thus, (s)he who knows this
jñātva	knowing-ness, intelligence
tu	then, indeed
yo (yaḥ)	which
bhuṅkte	in the enjoyed, the eaten
anna-doṣo (anna-doṣaḥ)	food-impurity
na	not
lipyate	will adhere, stick, smear