

MEAL PRAYER

OM, Anna Poorne Sadhaa Poorne
Shankara Praana Vallabe
Jnaana Vairaagya Siddhyartham
Bikshaam Dhehee Cha Paarvathee

OM, Beloved Mother Nature,
You are here on the table as our food.
You are endlessly bountiful; benefactress of all.
Please grant us health and strength, wisdom and
dispassion to find permanent Peace and Joy,
and to share this Peace and Joy with one
and all.

Mathaa Cha Paarvathee Devee
Pithaa Devo Maheshwarahaa
Baandhawaa Siva Bhakthaahaa
Swadesho Bhuvana Thrayamm

Mother Nature is my mother,
My father is the Lord of All,
The whole creation is my family,
The entire universe is my home.

Hari OM Tat Sat Brahmaarpanamasthu

I offer this unto OM, that truth which is uni-
versal.

Lokka Samasthaa Sukino Bhavanthu

May the entire universe be filled
With Peace and Joy, Love and Light.

Leader: May the Light of Truth overcome all
darkness!

All: Victory to that Light!

Leader: Jai Sri Satguru Mahāārāj Ki! All:
Jai!