

Food Blessing Chant

Bhojana Mantra

भोजन मन्त्र

A MEALTIME CHANT OF GRATITUDE TO THE
GRACEFUL SOURCE OF ALL SUSTENANCE,
PERFORMED WHILE MEDITATING ON THE CORE OF THE
UNIVERSE, WITH HANDS IN ĀÑJALI MUDRĀ.

ॐ अन्नपूर्णे सदापूर्णे शङ्करप्राणवल्लभे ।

Aum annāpūrṇe sadāpūrṇe śaṅkarapraṇā vallabhe,
*Aum, beloved Śakti of Śiva, Fullness everlasting and fully
manifest as this food;*

ज्ञानवैराग्यसिद्ध्यर्थं भिक्षां देहि च पार्वती ॥

Jñānavairāgyaḥ siddhyartham bhikṣhām dehi cha pārvatī.
*O, mother of the universe, nourish us with this gift of food so
that we may attain knowledge, dispassion and spiritual per-
fection.*

माता च पार्वती देवी पिता देवो महेश्वरः ।

Mātā cha pārvatī devī pitā devo mahēśvaraḥ

Goddess Pārvatī is my mother. God Maheśvara is my father.

बान्धवाः शिवभक्ताश्च स्वदेशो भुवनत्रयम् ॥

bāndhāvāḥ śiva bhaktāśchā svadeśo bhuvanātrayam.

All devotees of Śiva are my family; all three worlds are my home.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

Aum pūrṇamadaḥ pūrṇamidam
pūrṇātpūrṇamudachyate,

Aum, Śiva is Fullness. Creation is fullness. From Śiva's Fullness flows this world's fullness.

पूर्णस्य पूर्णमादाय पूर्णमिवावशिष्यते ॥

Pūrṇasya pūrṇamādāya pūrṇame vāva śiṣhyate.

This fullness issues from that Fullness, yet that Fullness remains unchanged.

ॐ शान्तिः शान्तिः शान्तिः ॥ ॐ शिवार्पणमस्तु ॥

Aum śāntiḥ śāntiḥ śāntiḥ. Aum śivārpaṇamastu.

Aum, peace, peace, peace. Aum, this I offer unto Śiva.

The first four lines of this chant are verses 11-12 of Śrī Ādi Śaṅkarāchārya's *Annapūrṇāshṭakam*. Lines 5-6, known as the Pūrṇamada, are the invocation to several *Upanishads*, including *Īśa* and *Bṛi hadāranyaka*.

Line 7 is a traditional Saivite closing.