



## Heart Of Living Yoga Meal Prayer

*Before each meal, we like to chant a meal prayer which comes from the last few verses of the Sri Annapurna Stotram, written by Sri Adi Shankara. It is followed by an English translation given to us by Sri Swami Satchidananda, and slightly edited by Rev. Padma Devi.*

Annapurna means the abundance or fullness of food and it was to this Goddess that Lord Shiva came begging alms. She is the Goddess who feeds us all.

### THE MEAL PRAYER: "ANNA POORNE"

OM Annapoorne Sadhaapoorne  
Shankara Praana Vallabhe  
Jnaana Vairaagya Siddhyartham  
Bhikshaam Dhehee Cha Paarvati

Mathaa-Cha Paarvathee Devee  
Pithaa Devo Maheshwaraha  
Baandhavaah Siva Bhaktaaha  
Swadeso Bhuvana Trayam  
Hari Om Tat Sat Brahmaarpanamastu  
Lokaa Samastaah Sukhino Bhavantu

OM Beloved Mother Nature,  
You are here on our 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.

Mother Nature is our mother,  
Our father is the Lord of All,  
All beings are our family.  
The entire universe is our home.  
We offer this to OM, that Truth which is universal.  
May the entire universe be filled with peace and joy, love and light.

Jai Sri Sadguru Prem! Jai!