



HEALING PRAYER FOR BEFORE MEALS

Annam Brahma Raso Vishnu Pakto Devo Maheshvarah Evam Jñaktva Tu Yo Bhunkte Anna Dosho Na Lipyate

TRANSLATION

The creative energy in the food is Brahma.

The nourishing energy in the body is Vishnu.

The transformation of food into pure Consciousness is Shiva.

If you know this, then any impurities in the food you eat will never become part of you.

PHONETIC TRANSLATION

Annam Brahma Raso Vishnu

(an-nam • brah-ma • ra-sō • veesh-noo)

Pakto Devo Maheshvarah

(pak-tō • dā-vō • ma-hā-sva-rah)

Evam Jñaktva Tu Yo Bhunkte

(ā-vam • ga-nak-tva • too • yō • boonk-tā)

Anna Dosho Na Lipyate

(an-na • dō-shō • na • leep-ya-tā)