

## 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 *Annapūrṇāśṭakam*. Lines 5-6, known as the Pūrṇamada, are the invocation to several *Upanishads*, including *Īśa* and *Bṛi hadāranyaka*.

Line 7 is a traditional Śaivite closing.