

Mirabai Devi

Meal Prayer Instructions

1. Place both hands, palms facing down, directly over your plate of food.
2. Ask for the cleansing of all the negative thought forms and emotions that the food has absorbed from all beings that have been in contact with the food to be removed. (This includes what the food has absorbed from being picked in the fields, to being carried by the people in the trucks, to being handled by people in the stores, to the people preparing the food so our bodies do not absorb any negative thought forms and emotions).
3. Ask the Divine to fill the food with Divine Light and Divine Love.
4. Thank the beings that gave their lives that we may live. This includes the nature spirits that have spent all their lives growing and tending to the fruits and vegetables. If you are eating fish, poultry or meat, you say thank you to the animal for giving up its body to nourish you for your well being. That being has sacrificed itself for you. When we give thanks to it, visualize its spirit going into the Light and moving into a higher incarnation or higher level of evolution. The next time it incarnates, we are helping that being to move along on its spiritual journey and to progress. This allows for this being to be happy that it served as a vehicle for our nourishment. It is considered a sin in the Vedic tradition to eat any food without first giving thanks to the Divine. We must offer back up to the Light our gratitude and prayers.

In the Bhagavad Gita, Lord Krishna says that any food that is eaten and not blessed, (where we have not expressed gratitude and thanksgiving for), is considered stolen. This will then affect us in a negative way by adding to our accumulated karma. We will then have to work even more to pay it off!

5. Express gratitude to the Divine! Offer back your energy (soma) and blessings into the food and to all those involved in providing it to you. We offer our love and appreciation for the food and for the abundance of all of our blessings that Mother Earth and the Divine have given to us, to house us, to clothe us, and support us here on Earth.
6. Open yourself up to the oneness with all Life.
7. Be aware and grateful for the union that will transpire. Your body will merge with the animal or plant life. You will be nourished in your physical body and your subtle bodies.
8. Thank the Divine Light for helping your body to absorb and digest the food.
9. At the end say "Please Divine Light," and "Thank You Divine Light, Amen!"