

Blessings for Meals—Soften Your Heart with Gratitude

Taking a few minutes before each meal to be grateful and present is a major component of conscious eating. The following blessings are from various traditions around the world. Some are thousands of years old; some are more recent. Prayer is your most powerful expression of intention. Choose one or more to work with regularly at your mealtime. Create your own prayers too.

The food is Brahma (creative energy)
Its essence is Vishnu (preserving energy)
The eater is Shiva (destructive energy)
No sickness due to food can come
To one who eats with this knowledge.
(Sanskrit blessing)



Bless these Thy gifts, most gracious God,
From whom all goodness springs
Make clean our hearts and feed our souls
With good and joyful things.
(Traditional Christian grace)



And when you crush an apple with your teeth, say to it in
your heart,
“Your seeds shall live in my body,
And the buds of your tomorrow shall blossom in my heart,
And your fragrance shall be my breath,
And together we shall rejoice through all the seasons.”
(Khalil Gibran, *The Prophet*)

Dear Father and Divine Mother, givers of life
The food that lies before us we humbly offer unto thee,
Source and creator of all things.
We pray that in love, faith and truth we may use these simple
fruits of the soil
to better serve thee, all mankind and
to nourish the rising flame, our souls within.

(Unknown)



Let us give thanks for the food we are about to eat.
May there be food for all, abundant and healthful.
Let us have the wisdom to choose to eat only that which
enhances our precious energy and sustains us through our
labors and rest.

(Adapted from An Haggadah of Liberation)



May we walk with grace and may the light of the universe
shine upon our path.

(Anonymous)



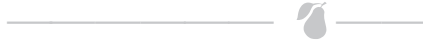
Great Spirit, who hast blessed the earth that it should be
fruitful and bring forth whatsoever is needful for the life of
man, and hast commanded us to work with quietness, and
eat our own bread;
Bless the labors of those who till the fields and grant such season-
able weather that we may gather in the fruits of the earth.

(Adapted from the Book of Common Prayer)



In this plate of food, I see the entire universe supporting my existence.

(Thich Nhat Hanh)



From food, all creatures are produced, and all creatures that dwell on earth, by food, they live and into food, they finally pass.

Food is the chief among beings. Verily he obtains all food who worships the Divine as food.

(Taittiriya Upanishad)



Let us live happily, though we call nothing our own.

Let us be like God, feeding on love.

(the Dhammapada)



Let us be together; let us eat together.

Let us be vital together; let us be radiating truth, radiating the light of life.

Never shall we denounce anyone, never entertain negativity.

(the Upanishads)



May we all grow in grace and peace and not neglect the silence printed in the center of our being. It will not fail us.

(Thomas Merton)



Make a silent prayer acknowledging yourself as a vehicle of light, giving thanks for all that has come today.

(Dhyani Ywahoo)



What is well planted cannot be uprooted...Cultivate virtue in your own person and it becomes part of you. Cultivate it in the family and it will abide. Cultivate it in the community and it will live and grow. Cultivate it in the state and it will flourish abundantly. Cultivate it in the world and it will become universal.

(Tao Te Ching)



Oh, Supreme Being, Lord of the Universe
This food is an offering to you in absolute gratitude and love.

I take it in freely, receiving prana, wonder and nurturing,
So that I may give back to you, and all beings.

Thy will be done. Om Shanti.

(Anonymous)

