

Gratitude Rituals
Cultivate Mindfulness during Meals

1. Take 3 deep breaths into your abdomen before beginning to eat
2. Look at your food, notice the gunas, the colors, the textures and smells.
3. Visualize each ingredient in your food in it's natural habitat.
4. Give thanks for all the hands and the time it took to get those ingredients and this meal onto your plate.
5. Between each bite, put down your fork or spoon. This will help you chew and eat more slowly.
6. Light a candle at your table at the start of each meal.

Prayers or thoughts to read or place on your table:

- This food is the gift of the whole universe: the earth, the sky and much hard work.
 - May we live in a way that makes us worthy to receive it.
 - May we transform our own unskilled states of mind and learn to eat with moderation.
 - May we take only foods that nourish us and prevent illness.
 - We accept this food so that we may realize the path of understanding and love.
- Thich Nhat Hanh

Brahmarpanam Brahma Havir
Brahmagnau Brahmanaahutam
Brahmaiva Tena Ghantavyam
Brahmakarma Samadhina

Translation:

The act of offering is Brahma/God, the oblation is Brahma/God
By Brahma/God it is offered into the Fire of Brahma/God
Brahma/God is That which is to be attained by him
who performs action pertaining to Brahma/God

Aham Vaishvanaro Bhutva
Praninaam Dehamaashritaha
Pranapana Samayuktah
Pachaamyannam Chaturvidham

Translation:

Becoming the life-fire in the bodies of living beings
mingling with the subtle breaths,
I digest the four kinds of food.

