



Acharya Shunya: Food Blessing Mantra

ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम्।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्म समाधिना॥

**Brahmārpaṇam brahma havir brahmāgnau brahmaṇā hutam,
Brahmaiva tena gantavyam brahmakarma samādhinā.**

Meaning of the Brahmārpanam Mantra

The **Brahmārpanam Mantra** expresses the unity of all aspects of life with Brahman, the supreme consciousness:

- **Brahmārpaṇam** – "The act of offering is Brahman."
- **Brahma havir** – "The oblation (the food or offering) is Brahman."
- **Brahmāgnau** – "The fire (into which the offering is made) is Brahman."
- **Brahmaṇā hutam** – "The one who offers is Brahman."
- **Brahmaiva tena gantavyam** – "Brahman alone is to be reached by the one who is absorbed in Brahman."
- **Brahmakarma samādhinā** – "The act performed with the mind absorbed in Brahman is Brahman itself."

This mantra teaches that everything involved in the act of offering—be it food, fire, or the act itself—is a manifestation of Brahman. It conveys that when actions are performed with a sense of divinity and unity, they lead to spiritual realization.

Significance and Practice

The **Brahmārpanam Mantra** is traditionally chanted before meals to sanctify the act of eating and to recognize the divine in every element involved. By reciting this mantra, we are

reminded to approach the act of eating with mindfulness and reverence, seeing it not merely as a physical necessity but as a sacred offering to the divine. This practice helps foster a sense of gratitude and awareness, transforming everyday activities into spiritual practices.

Acharya Shunya, a renowned teacher of Vedic wisdom, encourages the chanting of the Brahmaṛpanam Mantra to cultivate a deeper spiritual consciousness in daily life. This mantra is a powerful tool to help practitioners see beyond the physical aspects of life and recognize the interconnectedness of all things with the divine.

How to Use the Mantra in Daily Life

1. **Before Meals:** Chant the Brahmaṛpanam Mantra before cooking or eating to sanctify the food and recognize it as a divine offering. This practice can help bring mindfulness and gratitude into your relationship with food.
 2. **During Cooking:** Recite the mantra while preparing meals to infuse the process with spiritual energy and consciousness, turning the act of cooking into a meditative and sacred ritual.
 3. **Contemplation and Meditation:** Reflect on the meaning of the mantra and its implications for everyday actions. Use it as a meditation focus to deepen your understanding of the unity of all life with the divine.
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Conclusion

The **Brahmaṛpanam Mantra** is a powerful reminder of the divine presence in every act of nourishment and sustenance. By incorporating this mantra into daily routines, practitioners can transform ordinary activities into profound spiritual practices, fostering a deeper connection with the divine essence that permeates all existence. Embrace the Brahmaṛpanam Mantra to elevate your daily life and realize the sacredness in every moment.