

Plano Balagokulam

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Shlok

Bhojan Pooja (Before Eating):

अन्न ग्रहण करने से पहले
विचार मन मे करना है
किस हेतु से इस शरीर का
रक्षण पोषण करना है ।
हे परमेश्वर एक प्रार्थना
नित्य तुम्हारे चरणो मे
लग जाये तन मन धन मेरा
विश्व धर्म की सेवा मे ॥

*Anna grahana karane se pahale
Vichaar man me karana hai
Kis hetu se is sharira ka
Rakshan poshan karana hai ।
Hey parameshvara ek prarthana
Nitya tumhare charano me
Lag jaaye tan man dhan mera
Vishwa dharm ki seva me ॥*

Meaning:

Before eating food
The thought should be in our minds
As to why we should take care of our bodies

Dear God I pray to thee
Daily at your lotus feet
That I may dedicate my body, mind, and money
In service of this world

Bhojan Mantra (Before Eating): ([audio1](#), [audio2](#))

ब्रह्मार्पणं ब्रह्म हविः
ब्रह्माग्नौ ब्रह्मणा हुतम् ।
ब्रह्मैव तेन गन्तव्यं
ब्रह्मकर्म समाधिना ॥

*Brahmaarpanam Brahma Havih
Brahmaagnau Brahmanaa Hutam ।
Brahmaiva Tena Gantavyam
Brahma Karma Samaadhinaa ॥*

Meaning:

The items we use to feed ourselves are Brahman. The food itself is Brahman.
The fire of hunger we feel is Brahman.
We are Brahman and the process of eating and digesting the food is the action of Brahman.
Finally, the result we obtain is Brahman.

Shanti Mantra (Peace Mantra): ([audio](#))

ॐ सह नावतु
 सह नौ भुनक्तु
 सह वीर्यम् करवावहै ।
 तेजस्विनावधीतमस्तु
 मा विद्विषावहै ।
 ॐ शान्तिः शान्तिः शान्तिः ॥

*Om Saha Naavavatu
 Saha Nau Bhunaktu
 Saha Veeryam Karavaavahai ।
 Tejasvinaa Vadheetamastu
 Maa Vidvishaa Vahai ।
 Om Shantih Shantih Shantih ।*

Meaning:

Let us protect each other,
 Let us eat together,
 Let us work together,
 Let us study together to be bright and successful,
 Let us not hate each other.
 Om Peace, Peace, Peace.



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