

## 16. annapūrṇe sadāpūrṇe

Before eating meals.



O Annapūrṇā, who is always full, the beloved of Śaṅkara, grant us alms of grace so we can obtain knowledge and dispassion. Goddess Pārvatī is my mother, Śiva my father, their devotees are my relatives, and the three realms are my own country.

May I always remember this truth; the oblation is Brahman, the ladle with which it is offered is Brahman, the act of offering is Brahman, and the sacrificial fire is also Brahman. Such persons, who view everything as God, easily attain Him.

annapūrṇe sadāpūrṇe śaṅkarapraṇavallabhe  
jñānavairāgyasiddhyarthaṃ bhikṣāṃ dehi ca pārvatī |  
mātā ca pārvatī devī pitā devo maheśvaraḥ  
bāndhavāḥ śivabhaktāśca svadeśo bhuvanatrayam ||  
brahmārpaṇaṃ brahma havirbrahmāgnau  
brahmaṇā hutam |  
brahmaiva tena gantavyaṃ brahmakarmasamādhinā ||

अन्नपूर्णे सदापूर्णे शङ्करप्राणवल्लभे ।  
ज्ञानवैराग्यसिद्ध्यर्थं भिक्षां देहि च पार्वति ।  
माता च पार्वती देवी पिता देवो महेश्वरः ।  
बान्धवाः शिवभक्ताश्च स्वदेशो भुवनत्रयम् ॥  
ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ  
ब्रह्मणा हुतम् ।  
ब्रह्मैव तेनगन्तव्यं ब्रह्मकर्मसमाधिना ॥