

I know there are people on the earth who do not have enough food to nourish themselves and am therefore grateful for this good fortune and gift of abundance. I know the very food I eat is the raw material for my mind and my mind is my most valuable and powerful asset on the spiritual path.

I am choosing to eat this food to cultivate a good mind, a strong mind, a generous mind, a kind mind, a loving mind, a healthy mind, a noble mind, an intelligent mind, a mind that will continue to bring me to the feet of the Guru; a mind that will inspire me and fill me with tremendous love for GOD.

I know that it is GOD that is my digestive fire and is digesting my food. The Food itself is GOD; the Absolute. It is filled with the light of GOD. It is filled with Prana; the life force. This food is a gift from GOD. My digestive fire is blazing and I am authentically hungry. (If you cannot authentically say you are hungry... wait until you are or embrace the stored food as waste)

I am eating this food to create, sustain and maintain a healthy strong mind, body and spirit so I can continue my Sadhana with vigor and grace and offer service to humanity and GOD.

I am grateful that you GOD – The Divine Fire will digest this food and let it heal, nourish and strengthen my mind, body, and spirit.

Eating is a sacred ritual; it is a form of worship to you GOD, the Almighty Light of Consciousness. This food is consciousness and will become my consciousness.

I now offer a prayer of gratitude to you GOD for blessing me with this gift of food.

I now offer a prayer of gratitude to you Mother Earth for being so generous and allowing this food to be grown and produced on your land.

I now offer a prayer of gratitude to all of the people who have made it possible for me to have this food today, thank you.

May you all be blessed and filled with the presence and light of GOD and see GOD as a living presence everywhere and in everything.

I now declare that this food is in its original organic, nutritious, whole food state as it was originally intended by mother nature and any man made chemical, substance or process that has been added to this food that would or could cause any dis-ease to my mind, body or spirit be effortlessly and easily eliminated by my mind, body and spirit... and so it is!!!

Guidelines:

Eat in silence, be present, chew each bite until it becomes like paste.

Let the fire of love, devotion and faith in God be mixed with each mouthful.

Stop when there is still a little bit of hunger left to keep the digestive fire active and burning strong rather than smothering it.

This is how a Yogi eats who is longing for the experience of GOD!

If you dampen your hunger by eating every time you feel like it, you will kill your hunger for GOD.

If you let your hunger blaze it will become hunger for truth. This hunger keeps your heart in God's heart. It is this hunger for GOD that actually sustains you more than food.