

OCTOBER 2016

FOOD PRAYER



COLLECTIVE
SADHANA PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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"Many people, particularly those who are believers in God, think that at the time of their food, they should repeat the 15th Chapter of the Gita and by so repeating, they think that they will be first offering the food to the Lord and then partake of the food that has been offered to the Lord. The students who have come to participate in the Summer Classes know that in our hostel, prior to taking food, the students usually repeat some verses and make an offering of that food to the Lord and then eat the remaining food. We should not dismiss this as a foolish faith. We must try and experience the meaning and the contents of the verses." - Sri Sathya Sai Baba, *Summer Showers in Brindavan 1977*, p.192.

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**October 2016
Study Circle Focus**
"Swami's Teachings on Food
Prayer"
Sundays from 3 pm to 4 pm

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Come to the Study Circle, 3 to 4 pm at the Center

Sadhana for the Week:

Chant Brahmaṛpanam before partaking food. Understand the meaning of the prayer. Offer gratitude along with the prayer.

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"In the matter of food, there are three aspects regarding the cleanliness of which we should take great care. First is the cleanliness of the ingredients ('Padartha Shuddhi') that we use for cooking the food. The second is the cleanliness of the pot ('Patra Shuddhi') in which we want to cook the food. We can certainly clean the materials which constitute the food and also clean the pot in which it is cooked. The third aspect relates to the cleanliness of the process of cooking ('Paka Shuddhi'). It is not possible to ensure the purity of the cooking process, since we do not know what thoughts rage in the mind of the man who prepares the food. Similarly, we cannot ensure 'Padartha Shuddhi' (cleanliness of the food ingredients) as we do not know whether this food grains were acquired in a righteous way by the seller who had sold it to us. Hence, it is essential on our part to offer food to God in the form of prayer, so that these three impurities do not afflict our mind." - Sri Sathya Sai Baba, *Summer Showers in Brindavan 1977*, pp.194-196.

Come to the Study Circle, 3 to 4 pm at the Center

Sadhana for the Week: Try and avoid eating out, especially at fast food joints, where you cannot control the cleanliness of the ingredients, cooking vessels or the thoughts of those preparing the food. It is even more important to recite the food prayer if you do eat out.

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"But some parents do not encourage the children to follow the sacred principles laid down by our ancestors. In the vacation time, they pamper their children by serving them food in front of the TV. But the evil sights and things shown in the TV affect their minds adversely. Hence, the parents should see that the ancient traditions are maintained faithfully." - Sri Sathya Sai Baba, *Summer Showers in Brindavan 1993*, p. 102.

Come to the Study Circle, 3 to 4 pm at the Center

Sadhana for the Week:

Do not watch TV while eating food.

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"It is essential to observe the principle of moderation in food habits, work and sleep. The Buddha preached the same principle of moderation to his disciples. "Be always moderate, never indulge in excess," proclaimed the Buddha. In fact, moderation is the royal road to happiness. The modern man who flouts the principle of moderation in every aspect of life endangers his health and well-being. The food consumed by man should be proper, pure and wholesome. But nowadays people eat whatever they get and wherever they get it, and thereby spoil their health. Food plays a major role in the preservation of health. Care should be taken to see that the food consumed does not have much fat content, for fats consumed in large quantity are detrimental not only to one's physical health but also to one's mental health. Meat and alcoholic drinks take a heavy toll on man's health, causing many a disease in him." - Sri Sathya Sai Baba, *Divine Discourse, 2005*.

Come to the Study Circle, 3 to 4 pm at the Center

Sadhana for the Week:

Control your food intake. Reduce a meal a day, reduce a meal a week, fast for 1 day, whatever works for you. Avoid meat and alcohol.

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"Take care that the food you eat helps you to maintain good health. Do not consume stale food. It is like poison." - Sri Sathya Sai Baba, *Divine Discourse, 13th October 2002*.

Sadhana for the Week:

Change cooking styles to reduce processed food and accommodate seasonal fruits and vegetables. Try to eat more foods in its natural form and refrain from frying food. Eat fresh food and avoid eating left over food several days after it has been prepared.

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November 2016 Sadhana Focus will be "Be Happy"