

GRATITUDE - Hindu prayers

Offered by M.G. Prasad
Hindu Temple & Cultural Society, Bridgewater

A prayer recited before taking food:

Oh! Paarvati, Consort of Lord Shiva, You are the Goddess of food and never lacks to bless through food. Please give us food so that knowledge and detachment (lack of greed) can be achieved.

A prayer from Sri Adi Shankaracharya

A verse from Lord Krishna to Arjuna in Bhagavadgita (3-13)

Those good people who eat only what is left from the sacrificial offering (with gratitude) they will be freed from sins. However, those ungrateful people who prepare food for them alone (and eat) are eaters of their sins.

A verse from Lord Krishna to Arjuna in Bhagavadgita (18-14)

“There are five factors in human life namely: the field of action, the doer, the instruments of action, the effort and the unseen force (divinity)”

