

**Prayer before Meals**

ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम्।

ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्म समाधिना ॥

brahmārpaṇaṁ brahma haviḥ brahmāgnau brahmaṇā hutam ।  
brahmaiva tena gantavyaṁ brahmakarma samādhinā ।।

Brahman is the oblation; Brahman is the clarified butter, etc., constituting the offerings; by Brahman is the oblation poured into the fire of Brahman; Brahman verily shall be reached by him who always sees Brahman in all actions.