

Eat Prasadam not Just Food

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Dear Prabhujis and Matajis,

Please accept my humble obeisances. All glories to Srila Prabhupada and to Gurudev.

On my way to work today I was listening to one of Prabhupada's Hindi audio tape. Prabhupada was emphasising the importance of being vegetarian. Earlier he spoke strongly against meat eating and bluntly called those who indulged in meat eating as persons bereft of intelligence. Prabhupada was extremely critical of meat eaters and made that very clear in no uncertain terms.

However Prabhupada also emphasised the need to offer food to Krsna before eating it as eating even vegetables without Lord's permission is sinful. And offering prasadam to Krsna does not mean simply offering 'patram and pusyam' at the altar while you sit down to eat 'puri sabji and kheer' yourself. One should first offer a full feast with tulsi patra included, before honouring the 'food turned prasadam'. Here Prabhupada gives an excellent analogy to explain how 'food turned prasadam' benefits one spiritually. He says that when one eats too much milk product like kheer and is unable to digest it then one develops stomach pain and diarrhoea. Doctor then recommends yogurt as an effective remedy and yogurt is just another milk product. Likewise, the food offered to Krsna also acts as an effective cure to our material condition and simply by eating prasadam one can made spiritual advancement.

Few important points come out of this extract of Prabhupada's lecture:

- * Meat eating is a total No No under all circumstances.
- * Eating vegetarian food without offering it to Krsna first is also sinful.
- * Don't just offer few pieces of fruit and water at the altar. Offer a full feast and everything (vegetarian) that you eat, with tulsi patra included, to Krsna FIRST.
- * Eating 'food turned prasadam' is totally different from eating unoffered food. Eating prasadam doe actually help one make spiritual progress.

Srila Prabhupada Ki Jai ! Srila Gurudeva Ki Jai

Your servant,
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