

Standards for Cooking for the Supreme Lord

Bhagavad Gita 3:13

yajna-sishtasinah santo
mucyante sarva-kilbishaih
bhunjate te tv agham papa
ye pacanty atma-karanat

TRANSLATION BG 3:13:

The devotees of the Lord are released from all kinds of sins because they eat food which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin.

Bhagavad Gita 9:26

patram pushpam phalam toyam
yo me bhaktya prayacchati
tad aham bhakty-upahritam
asnami prayatatmanah

TRANSLATION BG 9:26:

If one offers Me (Lord Krishna) with love and devotion a leaf, a flower, fruit or water, I will accept it.

Bhagavad Gita 9:27

yat karoshi yad asnasi
yaj juhoshi dadasi yat
yat tapasyasi kaunteya
tat kurushva mad-arpanam

TRANSLATION BG 9:27:

Whatever you do, whatever you eat, whatever you offer or give away, and whatever austerities you perform -- do that, O son of Kunti, as an offering to Me (Lord Krishna).

- ❖ **Cooking for the Supreme Lord & distributing that Prasad is very important service one can offer.**
- ❖ **The consciousness of the cook gets transferred via fire to the food and from the food to the person who eats it. Hence the consciousness of the cook is very important.**
- ❖ **To up-held the sanctity of this service, we humbly mention the vedic standards as below.**
- ❖ **We are sure you may know them but just to clarify & reinforce it for the pleasure of the Lord.**

- Devotion and love for the Supreme Lord is an essential part of any service offered.
- Devotee cook should think that the offering is made for the pleasure of the Lord and NOT just for us to eat.
- Devotee cook should be in a good devotional mood and externally/internally clean.

EXTERNAL CLEANLINESS:

- Please take bath before cooking and wear fresh clothes.
- Hands & mouth should be washed, before touching the vessel or cooking ingredients.
- Cooking place and around should be cleaned before cooking.
- Cooking should not be done side-by-side while eating or feeding others/children.

INTERNAL CLEANLINESS:

- Please chant atleast 1 (one) round of Hare Krishna Maha-mantra with concentration before cooking. More rounds are always encouraged as it increases purity.

*Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Ram Hare Ram Ram Ram Hare Hare*

- Cooked food should NOT be tasted before offering it to the Supreme Lord.
- After offering the food to the Supreme Lord, alterations may be done. But care should be taken to NOT touch contaminated hands to Prasad which is already offered and will be distributed to devotees later.
- Vessels used for non-veg food should NOT be used for Lord's cooking. Best to use separate vessels.
- Onion, garlic, egg, sea-food, mushroom, stale food-stuff, food-stuff having animal product or intoxicants, food already offered or food partly consumed should NOT be used in the offering.
- PS: In addition to cooking, there are other equally important services like cutting vegetables, shopping, serving, cleaning vessels, etc.

Bhagavad Gita 17:8

ayuh-sattva-balarogya-
sukha-priiti-vivardhanah
rasyah snigdha sthira hridya
aharah sattvika-priyah

TRANSLATION BG 17:8:

Foods dear to those in the mode of goodness increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction. Such foods are juicy, fatty, wholesome, and pleasing to the heart.

Bhagavad Gita 17:9

katv-amlavananaty-ushna-
tikshna-ruksha-vidahinah
ahara rajasasyeshta
duhkha-sokamaya-pradah

TRANSLATION BG 17:9:

Foods that are too bitter, too sour, salty, hot, pungent, dry and burning are dear to those in the mode of passion. Such foods cause distress, misery and disease.

Bhagavad Gita 17:10

yata-yamam gata-rasam
puti paryushitam ca yat
ucchishtam api camedhyam
bhojanam tamasa-priyam

TRANSLATION BG 17:10:

Food prepared more than three hours before being eaten, food that is tasteless, decomposed and putrid, and food consisting of remnants and untouchable things is dear to those in the mode of darkness.

!!! HARE KRISHNA !!!

Bhoga Offering Procedure

On a plate reserved for the Lord's use, nicely arrange the bhoga preparations. Perform acamana and offer obeisances to the Spiritual Master (Guru). Set the offering plate in front of the Deities, either directly on the altar or on a table before the altar. Arrange for the Lord to eat in private, behind a curtain or altar door. With your hand, purify the bhoga by sprinkling it lightly with water from a pancha-patra while chanting the Hare Krishna maha-mantra. Sitting on an asana before the altar and ringing a bell, recite three times the pranama prayer to the Spiritual Master, begging permission to assist him in his service to the Lord:

*nama om visnu-padaya krsna-presthaya bhu-tale
srimate Bhaktivedanta Swami iti namine
namas te sarasvate deve gaura-vani-pracarine
nirvisea-sunyavadi-pascatya-desa-tarine*

"I offer my respectful obeisances unto Srila Prabhupada, who is very dear to Lord Krsna, having taken shelter of His Lotus feet. Our respectful obeisances are unto you, O spiritual master, servant of Bhaktisiddhanta Sarasvati Gosvami. You are kindly preaching the message of Lord Caitanyadeva and delivering the Western countries, which are filled with impersonalism and voidism."

Chant the following prayer to Lord Caitanya three times, requesting His mercy:

*namo maha-vadanyaya krsna-prema-pradaya te
krsnaya krsna-caitanya-namne gaura-tvise namah*

"O most munificent incarnation! You are Krishna Himself appearing as Sri Krishna Caitanya Mahaprabhu. You have assumed the golden color of Srimati Radharani, and You are widely distributing pure love of Krishna. We offer our respectful obeisances unto You." [Cc. Madhya 19.53]

Chant the following prayer three times, offering respect to Lord Krsna:

*namo brahmanya-devaya-go-brahmana-hitaya ca
jagad-dhitaya krsnaya govindaya namo namah*

"I offer my respectful obeisances unto Lord Krishna, who is the worshipable Deity for all brahmanas, the well-wisher of the cows and the brahmanas, and the benefactor of the whole world. I offer my repeated obeisances to the Personality of Godhead, known as Krishna and Govinda."

Then chant the Hare Krishna Maha-mantra three time.

Leave the room for ten minutes, allowing the Lord and his associates (including the Spiritual Master and the previous Acaryas) to eat. During this time, if initiated, chant the Gayatri mantras for the Spiritual Master and for Lord Caitanya (the third and fifth guru-given mantras); then chant the Hare Krsna mantra and other Vaisnava songs. Re-enter the room, clapping your hands three times. Remove the plate, praying that you have served the Lord and His associates to Their full satisfaction.

HARE KRISHNA HARE KRISHNA
KRISHNA KRISHNA HARE HARE
HARE RAM HARE RAM
RAM RAM HARE HARE