



## What is Prasadam?



Bhagavad-gita As It Is offers an in-depth explanation of why it is important to eat spiritually enriched food. In Chapter 9, verse 26, Krishna says:

patram puspam phalam  
toyam yome bhaktya prayacchati  
tadaham bhakty-upahrtam  
asnami prayatatmanah.

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

As part of our spiritual practice we offer food to the Deity of Krsna for His pleasure. Once offered, this food becomes 'prasadam' or spiritually sanctified food. At ISKCON Melbourne, our members lovingly prepare no less than seven delicious offerings for Krishna each day. There are traditional milk sweets such as sandesh, laddhu and sweet rice; a wide variety of subjis (vegetable curries); dahl (lentil soup); and of course rice and chapatis (flat breads).

On principle, we use only natural 100% vegetarian ingredients, and adhering to principles of ahimsa (or non-violence) and purity, we refrain from using any meat, fish, eggs, onions or garlic in our cooking.

Everyone benefits from honouring (or eating) prasadam as the spiritual quality inherent within it purifies the consciousness and makes spiritual life easy, not to mention that it is delectable! Anyone who tries prasadam always comments that it has a special quality. This is because it is spiritual food.

If you would like to know more, we have an extensive range of Hare Krishna cookbooks in our Temple Shop. At our Sunday Feast, there are many seasoned prasadam-aficionados ready to answer your questions as well.