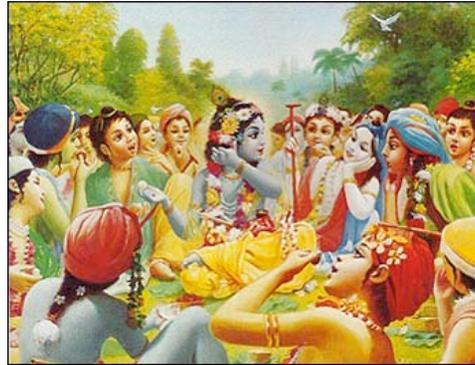


Relishing the sacred food of Krishna *prasadam* purifies our heart and protects us from falling into illusion. In this way, the devotee imbibes the spiritual potency of Lord Krishna and becomes cleansed of sinful reactions by eating food that is first offered in sacrifice to God. We thus also become free from reincarnation, the continued cycle of life and death. This process prepares us for entering the spiritual world since the devotees there also relish eating in the company of Krishna.

Not only do we make advancement, but all of the plants that are used in the preparations as an offering to God are also purified and reap spiritual benefit. However, we become implicated in karma if we cause the harm of any living being, even plants, if we use them for food without offering them to God. Thus *prasadam* also becomes the perfect yoga diet.

Therefore, the cooking, the offering and then the respectful eating or honoring of this spiritualized food all become a part of the joyful process of devotional service to the Lord. Anyone can learn to do this and enjoy the happiness of experiencing *prasadam*. The Sunday love feast in the Hare Krishna temples is the opportunity in which everyone can participate in

this opulence of Lord Krishna. So we invite you to attend as often as you like and make spiritual advancement simply by relishing Krishna *prasadam*.



### Further Contact Information

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# Prasadam: The Power of Sacred Food

On the spiritual path those who are most inclined to lead a peaceful existence that respects the value of all life often adopt the vegetarian lifestyle. It is in accordance with the yogic principle of *ahimsa*, which is to observe nonviolence and abstain from injuring any being in any way. However, in the process of bhakti-yoga, devotion goes beyond simple vegetarianism, and food becomes a method of spiritual progress. In the Krishna temples, food is offered to the Deities in a special sacrament, after which it becomes *prasadam*. This means the mercy of the Lord. Thus, the food we eat after it is offered to the Lord becomes a means for our purification and spiritual development.

Devotional service or Krishna consciousness is often described as a process of singing, dancing and feasting. But the feasting is done with spiritual food, Krishna *prasadam*.

In the *Bhagavad-gita* Lord Krishna says, “All that you do, all

