

actions and behaviours, to him, irrespective of all conditions and circumstances, all beings and things are but a remembrance of the Infinite Blissful Truth. If actions are performed by a Saint, invoking no deity other than *Brahman*, "ALL HIS ACTIONS DISSOLVE AWAY" because he is invoking but the One Truth through all his actions.

The significance of the stanza as "a prayer to be said before food" is amply self-evident. To live we must eat. Food is necessary for existence. Whatever be the type of food, when one is hungry one will enjoy one's meals. The suggestion is that even at this moment of natural enjoyment, we are not to forget the great Truth that it is *Brahman* eating *Brahman*, and that during our meals we are offering to *Brahman*, the food that is *Brahman*, invoking nothing but the grace of *Brahman*. To keep this idea constantly in the mind is to get perfectly detached from the enjoyment and raise ourselves to a greater and endless beatitude which is the reward of Super-manhood.

AFTER REPRESENTING THE VERY SPIRIT IN ALL "YAJNAS," THE LORD IS TRYING TO SHOW ARJUNA HOW ALL THROUGH LIFE, ALL OUR ACTIONS CAN BE CONVERTED TO BECOME A "YAJNA." RIGHT KNOWLEDGE ("BHAVANA") MAKES EVERY ACT A "YAJNA." LISTEN: