



Taking the name of the Lord at all times is essential

one small bite of an ant is sufficient to take the mind away to the place of bite unless we have practised taking the name at all times while eating & walking no guarantee at last moment. We tell our prayers & start eating.

For every handful of Rice & Vegetable we eat (it may be 20 ~ 30 times in a lunch) we should take his name & eat lest our attention should turn to the taste of the food & forget him.

In hotels, the vibrations of so many cooks have entered cooked food. So every time a dish comes during the course of lunch, purify it by taking God's name & eat. Thus practice to take the name at all times is essential.

One small bite of an ant is sufficient to take the mind away to the place of bite unless we have practised taking the name at all times while walking and eating. No guarantee at last moment (that you will be able to take the name of the Lord). We tell our prayers and start eating. For every handful of rice and vegetable we eat (it may be 20-30 times in a lunch), we should take his name and eat lest our attention should turn to the taste of the food and we forget Him. In hotels, the vibrations of so many cooks have entered the cooked food. So every time a dish comes during the course of lunch, purify it by taking God's name and eat. The practise to take the name at all times is essential.