

A QUICK GUIDE TO *Holy Eating*

WITH A LITTLE BIT OF MINDFULNESS, you can transform eating from a mundane physical activity to a profoundly spiritual one. Hashem created us with a need to eat, not only to sustain our bodies, but to sustain our souls. Each time we are hungry we have the opportunity to renew our connection to Hashem, the Source of our existence. Our job in this world is to reveal Hashem where He is hidden. The *Yetzer Hara* works hard to blind us from seeing Hashem while we eat.

The goal is to be “eating with Hashem” by experiencing His Presence while eating. This may seem overly lofty, but even trying this once a day or once a week is a very powerful way to connect to Hashem and bring blessing into your life. The key to eating with holiness is in the power of your thoughts. Try thinking about one of these ideas before or during your meal, or while making the *bracha* on your food.

- **Thank you Hashem**, for this delicious food and the feeling of becoming satiated.
- **My soul is hungry** for connection with Hashem.
- **I am ingesting the light of Hashem** which is concealed in this food, renewing my soul with connection to its Source.
- I am eating in order to have the **strength to serve Hashem**.
- The pleasure I feel from the taste of this food and from becoming satiated is really an experience of **receiving the pleasure of Hashem**, when consumed through physical forms.
- If one tiny spark of Godliness within this food can bring me so much delicious satisfaction and joy, imagine **the joy of connecting** directly to the Source of all pleasure.
- I am pulling off the mask and **revealing Hashem in this world**. By finding holiness in this food I am revealing the presence of Hashem precisely where He is best hidden.

BLESSING BEFORE EATING

ברוך אתה ה'
אלוקינו מלך העולם...

*Blessed are You, Hashem,
our God, King of the universe...*



המוציא לחם
מן הארץ

Who brings forth bread from the earth



בורא מיני מזונות

Who creates varieties of grain



בורא פרי האץ

Who creates the fruit of the trees



בורא פרי האדמה

Who creates the fruits of the ground



שהכל נהיה בדברו

by Whose word all things came to be

Pro Tip

It can be easier to eat with holiness when you really enjoy and savor your food! Try this when you are truly hungry, with your favorite food, or while exercising self-control by chewing slowly, or by pausing and thinking before you eat or between bites.