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## Of Food and Fasting

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Of food, delicious aromatic,  
inviting to its delicacies of innumerable kind.  
Gluttony in the world shames,  
ascetic assertion proclaims.  
“Eat to live, don’t live to eat.”

Yet the melting pot of cultures thrives on gastronomical delights.  
In this world of tantalising temptation  
be an epicure not a hedonist.

Gourmet pleasures of fine food I partake,  
makes me function, alert and worldly.  
It is important to understand the world.  
There, there, the gourmet epicurean delights  
help us see the world with a clear glass,  
without any film, screen or barrier in between.

Providence to the improvident.  
Food is much more than that.  
It is the nourishing energy which makes the world go round.  
Fasting, abstinence,  
abstaining from the gourmet desire  
and much more.

Ramadan, Lent, Yom Kippur, Vrat and Navaratri.  
This atonement, an effort to ablute  
from sin- an artificial confetti of the wild world.  
Imagine the drizzling gentle rain of heavenly flowers,  
of soft petals wiping all sadness and tears away.

This effort for deliverance beseeches the divine- Annapurna,  
the giver of food and nourishment- of food grains,  
“full, complete and perfect.”  
Keep your baskets full with food grains,  
“ full, complete and perfect.”  
So I may fast every year with gratitude, grace and gratefulness.

May the hunger pangs in the world disappear and the palatable delights remain.  
Look at the remnants and thank God.  
Take morsels and let the taste buds taste the divine pleasure.  
Let's break bread, let's partake.