

Śrīla Prabhupāda's *KISS* Formula for Protection — and Perfection

KISS!* — Keep It Simple, *Sādhu* — *KISS!

(2) *Prasādam* Means Protection

The devotees of the Lord, who are in Kṛṣṇa consciousness, offer food to Kṛṣṇa and then eat — a process which **nourishes the body spiritually**. By such action not only are **past sinful reactions in the body vanquished**, but **the body becomes immunized to all contamination of material nature**. When there is an epidemic disease, an antiseptic vaccine protects a person from the attack of such an epidemic. Similarly, food offered to Lord Viṣṇu and then taken by us **makes us sufficiently resistant to material affection**, and one who is accustomed to this practice is called a devotee of the Lord. Therefore, a person in Kṛṣṇa consciousness, who eats only food offered to Kṛṣṇa, **can counteract all reactions of past material infections, which are impediments to the progress of self-realization**. On the other hand, one who does not do so continues to increase the volume of sinful action, and this prepares the next body to resemble hogs and dogs, to suffer the resultant reactions of all sins. **The material world is full of contaminations, and one who is immunized by accepting *prasādam* of the Lord (food offered to Viṣṇu) is saved from the attack, whereas one who does not do so becomes subjected to contamination.**

— Bg 3.14p



The devotees of the Lord are released from all kinds of sins because they eat food which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin.

The devotees of the Supreme Lord, or the persons who are in Kṛṣṇa consciousness, are called *santas*, and they are always in love with the Lord as it is described in the *Brahma-saṁhitā* (5.38): *premāñjana-cchurita-bhakti-vilocanena santaḥ sadaiva hṛdayeṣu vilokayanti*. **The *santas*, being always in a compact of love with the Supreme Personality of Godhead, Govinda (the giver of all pleasures), or Mukunda (the giver of liberation), or Kṛṣṇa (the all-attractive person), cannot accept anything without first offering it to the Supreme Person. Therefore, such devotees always perform *yajñas* in different modes of devotional service, such as *śravaṇam*, *kīrtanam*, *smaraṇam*, *arcanam* [SB 7.5.23], etc., and these performances of *yajñas* keep them always aloof from all kinds of contamination of sinful association in the material world.** Others, who prepare food for self or sense gratification, are not only thieves but also the eaters of all kinds of sins. How can a person be happy if he is both a thief and sinful?

— Bg 3.13+p

**Please Cherish Your Relationship with *Prasādam*
— Please Don't Minimize It! —**