

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha
Essential Shlokas for Memorization – 164

Chapter 15 Shloka 14

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः ।
प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ॥

ahaṁ vaiśvānaro bhūtvā
prāṇināṁ deham-āśritaḥ ।
prāṇāpāna-samāyuktaḥ
pacāmy-annaṁ catur-vidham ॥

“Manifesting as fire of life (Vaiśvānara) residing in the bodies of creatures, I (the Supreme) conjunct with prāṇa and apāna (the vital forces) and digest the four-fold food.”

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