

Mahamritunjaya Mantra

Om

Tryambakam Yajamahe

Try-um-bah-kum Ya-jahm-mah-hay

Sugandhim Pushti Vardhanam

Soo-gahn-dim Push-tee Vahr-dah-nahm

Urvarukamiva Bandhanan

Oor-vah-ru-ka-mee-vah Bahn-dah-nahn

Mrytyor Muksheeya Mamritat

Mrit-your Mook-shee-yah Mahm-ree-taht

OM, Great Three Eyed Lord of All Worlds. You are the sweet fragrance of life. You are the creator and sustainer. Free us from the terrible diseases of ignorance, attachment and weakness. Deliver us from the cycle of birth and death to freedom and ultimate liberation.

The literal meaning of the mantra is:

We Meditate on the Three-eyed reality

Which permeates and nourishes all like a fragrance.

May we be liberated from death for the sake of immortality,

Even as the cucumber is severed from bondage to the creeper

Benefits of Mahamritunjay Mantra:

In short, this is the mantra for protection, health and liberation. It is chanted 108 times as the mantra for healing. It is believed to help:

- Cures diseases, heal and bestow optimum health.
- Give protection from accidents and misfortunes.
- Offers protection from negative forces, both seen and unseen.
- Encourage us to break free from attachments, destroy ignorance and reveal our true understanding of reality.
- Conquer our fear of death.
- Deliver us from the cycle of birth and death, to freedom and liberation.