



Maha Mrityunjaya Mantra and Translation

Om

Triyambakam Yajamahe

Sugandhim Purshti Vardhanam

Urva Rukahm Iva Banhandanat

Mrityor Mukshiya Ma'mritat

Om Shanti Shanti Shantih

We meditate on the the three eyes of the Absolute
That permeates and nourishes everything like a sweet fragrance
Just as the rip cucumber is released from its bondage from the vine
So may we be freed from (the fear of) death to dwell in immortality.
Om peace, peace, perfect peace

The Maha Mrityunjaya mantra is from the Rig Veda and is considered to be one of the most powerful mantras for protection, healing, and liberation by removing the obstacle of fear from the mind and body.

Chanting this mantra every day is said to keep one free from stress-related disease and negativity. Likewise, chanting this mantra sends its vibrations into the world for wishes of peace, balance, health, and wellbeing for all.

Chanting this mantra in the morning and before embarking on any journey is said to be most beneficial.