

Mahā Mr̥tyunjaya Mantra

The Maha Mrityunjaya mantra is a healing and nourishing mantra and is, in a sense, the heart of the Vedas. The healing force awakened by this mantra sends forth its ripples from body to psyche and from psyche to soul. It strengthens our powers of will, knowledge, and action, thus unblocking the flow of enthusiasm, courage, and determination. The vibration of this mantra awakens the internal healing force while attracting nature's healing agents, creating an environment where the forces from both origins converge. This mantra connects us to the healer within and helps us receive the full nourishment from food, herbs, or any discipline undertaken for our total well-being.

ॐ त्र्यम्बकं यजामहे
सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय मामृतात् ॥

om, tryambakaṁ yajāmahe
sugandhiṁ puṣṭi-varḍhanam
urvā-rukamiva bandhanān
mṛtyor-mukṣīya mā'mṛtāt

Translation: I meditate on, and surrender myself to, the Divine Being who embodies the power of will, the power of knowledge, and the power of action. I pray to the Divine Being who manifests in the form of fragrance in the flower of life and is the eternal nourisher of the plant of life. Like a skillful gardener, may the Lord of Life disentangle me from the binding forces of my physical, psychological, and spiritual foes. May the Lord of Immortality residing within free me from death, decay, and sickness and unite me with immortality.