



## Chants for Liberation & Peace

### MAHA MRITYUNJAYA MANTRA

OM Tryambakam Yajammahe  
Sugandhim Pushti Vardhanam  
Urvarukamiva Bandhaanaan  
Mrityor Mukshiya Maamritat  
OM Shanti Shanti Shanti

*We Worship You All Seeing One.  
Fragrant, You nourish bounteously.  
From fear of death  
may You cut us free.  
To realize Immortality.  
OM Shanti Shanti Shanti*

Asato maa sat gamaya  
Tamaso maa jyothir gamaya  
Mrityor maa amritam gamaya  
OM Shanti Shanti Shanti

*Lead us from unreal to Real  
Lead us from darkness to the Light  
Lead us from the fear of death  
to the knowledge of Immortality  
OM Shanti Shanti Shanti*

Lokah samaastaa sukhino bhavantu  
Lokah samaastaa sukhino bhavantu  
Lokah samaastaa sukhino bhavantu

*May the entire universe be filled with  
Peace and Joy, Love and Light.*

May the Light of Truth overcome all darkness!  
Victory to that Light!

*Jai Sri Satguru Maharaj Ki! Jai!*

