

# Maha Mritunjaya Mantra

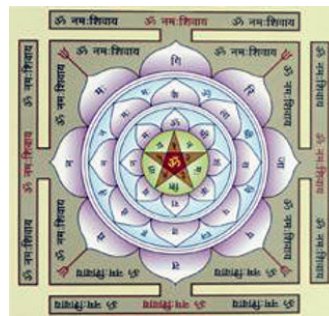
~ As explained by Reverend Jaganath Carrera ~

The Maha Mritunjaya Mantra, the great mantra of liberation is also known as the Tryambakam Mantra. It is one of the most revered and treasured of all mantras. Like many mantras knowing its meaning is not necessary to obtain its main benefits, which come from the quality of its vibrations. Repeating it with a focused mind can bring healing to the body and mind as well as prosperity. It has the power to eliminate unhealthy, entrenched, conscious, and subconscious habits also. At its deepest level this mantra is an affirmation of the wish to overcome all suffering and to realize the state of cosmic consciousness that is our true nature. This mantra can be repeated anytime you wish to bring healing where there is disease, comfort where there is sorrow, wisdom where there is ignorance, love where there is hatred, and acceptance where there is intolerance. Use it to amplify joy in happy situations and help to usher in blessings at any important moment in life. Many people, including members of the Yoga Life Society, repeat it three times daily for the health and well-being of all people and all creation. Why not add your voice to the many thousands who make this mantra an integral part of their daily lives? Your good intentions and your loving heart can help bring healing to many. Together, we can make this world a heaven.

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।

उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

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

*Reverend Jaganath Chants the Maha Mrityunjaya Mantra*



<https://youtu.be/uk-vXspTDcA>