

## **MAHA MRITYUNJAYA MANTRA (OM TRAYUMBAKUM – MOKSHA MANTRA)**

At the end of every lecture or class we chant the Maha Mrityunjaya Mantra which is a life-giving Mantra. In these days when life is very complex, accidents are an everyday affair; this Mantra wards off death by snakebite, lightning, motor accidents, fire, cycle, water, air accidents and accidents of all kinds. Besides, it has a great curative effect for diseases. It should be repeated before any travel.

It is also a Moksha-Mantra and bestows liberation. It is a Siva Mantra. The Mantra should be repeated 3, 9, 27, or 108 times, especially on your birthday. This will bestow on you health, long life, liberation and prosperity.

**Om Trayumbakum Yajamahe  
Sugandhim Pushtivardhanam  
Urvarukamiva Bandhanan  
Mrityor Mukshiya Mamritat**

*Om, we worship the three-eyed one (Lord Siva)*

*Who is fragrant and who nourishes well all beings.*

*May he liberate us from death for the sake of Immortality,*

*Even as a cucumber is severed from its bondage (to the vine).*