

Mahā-Mṛtyun-jaya Mantraḥ

The Great Mantra of Victory Over Death

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् ॥

**Om tryambakaṃ yajāmahe sugandhiṃ puṣṭi-vardhanam
urvārukam iva bandhanān mṛtyor mukṣīya māmṛtāt**

त्र्यम्बकं	tryambakaṃ	three-eyed (Śiva)
यजामहे	yajāmahe	we meditate on
सुगन्धिं	sugandhiṃ	sweet fragrance
पुष्टि	puṣṭi	nourishment
वर्धनम्	vardhanam	growth/expansion
उर्वारुकमिव	urvārukam iva	as a ripe cucumber
बन्धनान्	bandhanān	cut from the vine
मृत्यो	mṛtyo(r)	from death
मुक्षीय	mukṣīya	may I be free
मामृतात्	māmṛtāt	not from immortality

We meditate on Shiva, the three-eyed one of sweet fragrance,
who nourishes spiritual growth. Like a ripe cucumber
easily snapped from the vine, may I be free from the bondage of death,
but not from immortality.