

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-varadhanam
urvārukam iva bandhanān mṛtyor mukṣīya māmṛtāt**

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| 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.