

VEDIC CHANTING

CHANTING - 03

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात्॥

**Om tryambakam yajamahe
sugandhim pushti vardhanam |
Urvarukamiv bandhanan
mrityormukshiya maamritat ||**

ॐ Om = a sacred syllable.

त्र्यम्बकं tryambakam = who has three eyes/three mothers is called

Tryambakam .

यजामहे yajamahe = One who is prayed or worshipped

सुगन्धिम् sugandhim = fragrance

पुष्टि pushti = Prosperous, fulfilled

वर्धनम् vardhanam = One who nourishes, strengthens, increases

health, wealth, well-being

उर्वारुकमिव urvarukam iva- = Just as a ripe melon separates from its vine without any pain or discomfort, similarly a human being, after living his/her whole life, the soul is separated from his/her body.

(diseases, obstacles in life, resulting depression)

बन्धनान् bandhanan = attachment which can bind down

मृत्योर्मुक्षीय mrityormukshiya = Free or liberate from death

माऽमृतात् maamritat = Free me from death but not from immortality

Mahamrityunjaya Mantra Meaning:

Om. We pray to The One who has three eyes/three mothers whose name is called Tryambakam . who is fragrant and who increasingly nourishes the devotees. Worshipping him may we be liberated from death to attain immortality just as the ripe cucumber easily separates itself from the binding stalk.

Significance/Benefits:

It is a collection of high-energy words. When chanted in proper rhythm it creates positive & divine vibrations around the body of the chanter which acts as a protective shield for the devotee.

Mahamrityunjaya Mantra is:

- **The life-saving mantra from untimely death or any fear.**
- **The most powerful healing mantra**
- **Adopted from ancient times till now.**
- **Has the power to give health, wealth, peace, prosperity, or salvation by first eliminating all the problems.**
- **Has been tested on patients when all medical treatments failed and chanting or playing the mantra around the patient has done wonders in their lives.**

- **The divine vibrations of this mantra are not only for treating diseases but also to remove any fear, anxiety, or mental illness**
- **Keeps away from any negative energy.**
- **This mantra brings happiness, peace, calmness, and consciousness in the mind of a chanter.**
- **It will work in subtle ways, not necessarily it will affect directly in materialism but it will give you mental strength, power, and virtues of Lord Shiva.**

This is also called
Moksha Mantra

- One can connect with the Supreme with its help
- Understand the meaning of the last line of the mantra
“Freedom from the cycle of life-death & attain salvation”
- Devotee receives blessings of Lord Shiva which is the most beautiful thing.
- This mantra is self-sufficient in every aspect.