

महामृत्युञ्जय मन्त्रः

Mahā Mr̥tyuñjaya Mantrah

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।

उर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय माऽमृतात् ॥

*Om tryambakam yajāmahe sugandhiṃ puṣṭivardhanam |
urvārukamiva bandhanāt mr̥tyormukṣīya mā'mṛtāt ||*

Om! We worship the Three-eyed One, the fragrant (the limitless), the nourisher of all beings: “Just as the ripe melon (frees itself) from bondage (to the vine), please (make me mature — bless me with Knowledge — and thereby) free me from mortality (from *samsāra*), not from immortality!”

Om – the sound-symbol of the Lord, of *Brahman*; an auspicious utterance used in prayers

tryambakam – three-eyed one (*tri* - three; *ambaka* - eye): the one endowed with the three ‘eyes’ (sources of light) of sun, moon and fire

yajāmahe – we worship (all of us, by our every action, worship the limitless, whether we realise it or not, for we seek it in every action)

sugandhim – beautiful fragrance (*su* - superior, virtuous, beautiful; *gandhim* - fragrance); *sugandha* implies happiness — just as fragrance attracts the mind towards itself, so does happiness; hence *sugandhi* implies one who is of the nature of happiness (limitlessness).

puṣṭi – health, wellbeing, welfare, prosperity

vardhanam – the one who develops, nourishes, strengthens

urvārukam – ripe melon (a ripe melon naturally detaches its own stalk from the vine: its very ripeness/maturity gives it its ‘liberation’ from the vine)

iva – just as

bandhanāt – from bondage (to death, or in the melon’s case, to the vine). (*Sandhi* turns the word to *bandhanān* when chanting).

mr̥tyoh – from death (and, by implication, ‘from life’ too, i.e. ‘from *samsāra*, the eternal round of birth, death and rebirth by giving me that knowledge that is *mokṣa*’ is what is meant here)

mukṣīya – please free/liberate (me) — imperative form of verb

mā – not

amṛtāt – from immortality (used here to emphasise the desire for liberation: “Free me from death and rebirth! — not from immortality!”)

(N.B. When chanted, each repetition of this entire mantra should be preceded by *Om hr̥im namaḥ Śivāya* – salutations to Shiva)