

अथ महामृत्युञ्जय मन्त्र  
(Life Giving Mantra)  
Ath Mahamrityunjaya mantra



ॐ हौं जूं सः ॐ भू भुवः स्वः ॐ त्र्यम्बकम् यजामहे सुगन्धिम् पुष्टि वर्धनम् ।  
उर्वा रुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् स्वः भुवः भू ॐ सः जूं हौं ॐ ॥

(RigVeda. 7.59.12, YajurVeda. 3.60)

Aum tryambakam yajamahe sugandhim pushti vardhanam urva rukmiva  
bandhanan mrtyormukshiya mamritat.

*“We worship the three-eyed One (Lord Shiva) who is fragrant  
and who nourishes all beings; may He liberate me from death,  
for the sake of immortality, even as the cucumber is severed  
from its bondage (of the vine).”*

Meaning: I venerate the Supreme Being, the creator of Lord Brahma, Vishnu and Shiva, Whose fame pervades the entire universe. He who is the primeval source of the universe and Who bestows boons and supernatural powers to those who worship Him. I pray to Him to liberate me from the bondage of death, like separating the cucumber fruit from its vine, and grant me immortality (making the soul unite with the Supreme Being).