

## II Maha Mrityunjaya Mantra II

महा मृत्युंजय मंत्र

### II Introduction to Maha Mrityunjaya Mantra II

The great mantra dedicated to Shiva as Mrityunjaya is found in the Rig Veda. It is called the Maha Mrityunjaya mantra, the Great Death-Conquering mantra. It is a mantra that has many names and forms. It is called the Rudra mantra, referring to the furious aspect of Shiva; the Tryambakam mantra, alluding to Shiva's three eyes; and its is sometimes known as the Mrita-Sanjivini mantra because it is a component of the "life-restoring" practice given to the primordial sage Shukra after he had completed an exhausting period of austerity. The Maha Mrityunjaya mantra is hailed by the sages as the heart of the Veda. Along with the Gayatri mantra it holds the highest place among the many mantras used for contemplation and meditation.

### II The Maha Mrityunjaya Mantra II

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्  
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मा मृतात्

ENGLISH

OM. Tryambakam yajamahe  
Sugandhim pushti-varadhanam  
Urvarukamiva bandhanan  
Mryor mukshiya mamritat

### II Meaning of Maha Mrityunjaya Mantra II

॥ महा मृत्युंजय मंत्र का अर्थ ॥  
समस्त संसार के पालनहार  
तीन नेत्रो वाले शिव की हम अराधना करते है  
विश्व मे सुरभि फैलाने वाले भगवान शिव  
मृत्यु न कि मोक्ष से हमे मुक्ति दिलाएं

OM. We worship and adore you, O three-eyed one, O Shiva. You are sweet gladness, the fragrance of life, who nourishes us, restores our health, and causes us to thrive. As, in due time, the stem of the cucumber weakens, and the gourd if freed from the vine, so free us from attachment and death, and do not withhold immortality.

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## II Word to Word Meaning of Maha Mrityunjaya Mantra II

<b>OM</b>	Almighty God
<b>Tryambakam</b>	three-eyed
<b>Yajamahe</b>	We worship, adore, honor, revere
<b>Sugandhim</b>	sweet fragrance
<b>Pushti</b>	A well-nourished condition, thriving, prosperous, full, and complete
<b>Vardhanam</b>	One who nourishes, strengthens, causes to increase (in health, wealth, well-being); who gladdens, exhilarates, and restores health; a good gardener
<b>Urvarukam</b>	disease, attachment, obstacles in life, and resulting depression
<b>Iva</b>	Like, just as
<b>Bandhanan</b>	Stem (of the gourd); but more generally, unhealthy attachment
<b>Mrityor</b>	From death
<b>Mukshiya</b>	Free us, liberate us
<b>Ma</b>	not
<b>Amritat</b>	Immortality, emancipation