

Maha Mrityunjaya Mantra in Sanskrit with Meaning

The world is full of unique faiths and religions. Every religion although names might be different but teach us some basic principles of love and sacrifice. Hence every religion has its own written knowledge hub in the form of books. We as human beings always have the curiosity of learning different religions, hence in this series, we bring you some unique meanings and Sanskrit slokas.

In Hinduism, there are some slokas and chants which are very prime and without which you can say day never begins for many spiritual people. As these verses are so purifying you cannot resist resisting them.

Maha Mrityunjaya Mantra in Sanskrit with Meaning

ॐ NAMAH SIVAY !!

ॐ त्र्यम्बकं यजामहे
सुगन्धिं पुष्टिवर्धनम्।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय मामृतात् ॥



हम त्रिनेत्र धारी शिवकी आराधना करते हैं, जो अपनी शक्ति से संसार का पालन करते हैं।
उनसे प्रार्थना है कि वे हमें जीवन व मृत्यु के बंधन से मुक्त करे और हमें दिखा दे कि हम कभी भी अपनी अमर प्रकृति से अलग नहीं होते हैं॥

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Transliteration:

om tryambakam yajāmahe
sugandhim puṣṭivardhanam |
urvārukamiva bandhanān
mṛtyormukṣīya māmṛtāt ||

Hindi Translation:

हम त्रिनेत्र धारी शिवकी आराधना करते हैं, जो अपनी शक्ति से संसार का पालन करते हैं।
उनसे प्रार्थना है कि वे हमें जीवन व मृत्यु के बंधन से मुक्त करे और हमें दिखा दे कि हम
कभी भी अपनी अमर प्रकृति से अलग नहीं
होते हैं॥

English translation:

I worship that fragrant Shiva of three eyes, the one who nourishes all living
entities.
May he help us sever our bondage with samsara by making us realize that we are
never separated
from our immortal nature.

Detailed Translation:

I meditate on and surrender myself to, the Divine Being who embodies the power of will, the power of knowledge, and the power of action. I pray to the Divine Being who manifests in the form of fragrance in the flower of life and is the eternal nourisher of the plant of life. Like a skilful gardener, may the Lord of Life disentangle me from the binding forces of my physical, psychological, and spiritual foes? May the Lord of Immortality residing within free me from death, decay, and sickness and unite me with immortality.

Source: Maha Mrityunjaya Mantra, Rigved 7.59.12

Some of the famous Mantras are:

- Gayatri Mantra
- Maha Mrityunjaya Mantra
- Aditya Hrudayam Stotram
- Vishnu Sahasranamam Stotram
- Hanuman Chalisa etc.

Hence if you ask anyone what is the most fundamental thing which drives many, and told by these mantras is "Fear". Yes, If you are walking and you suddenly see a tiger approaching you, what you will do. You will gather all your energy and try to save your life and in doing that you will use your best possible energy which many times we event haven't imagined that we possess that.

Hence fear plays a key role in bringing some best out of you. That fear sometimes is shown in any form and many people to you.

And hence these mantras are going to tell help you in conquering this greatest fear on this earth. Hence this Maha Mrityunjaya Mantra is the one, which protects us from our deepest fear – Fear of death.