

SADHANA FOR FREEDOM FROM ACCIDENTS

Maha Mrityunjaya Mantra

*" Om Tryambakam Yajamahe Sugandhim Pushtivardhanam
Urvarukamiva Bandhanaat Mrityormuksheeya Maamritaat "*

॥महामृत्युञ्जयमन्त्रः॥

ॐ त्र्यंबकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

We worship the three-eyed One (Lord Siva) who is fragrant and who nourishes well all beings; may He liberate us from death for the sake of Immortality even as the cucumber is severed from its bondage (to the creeper).

This Maha Mrityunjaya Mantra is a life giving Mantra. In these days, when life is very complex and accidents are an every day affair, this Mantra wards off deaths by snake bite, lightening, motor vehicle accidents, fire accidents, cycle accidents, water accidents, air accidents and accidents of all descriptions. Besides, it has a great curative effect. Again, diseases pronounced incurable by doctors are cured by this Mantra when chanted with sincerity, faith, and devotion. It is a weapon against diseases. It is a Mantra to conquer death.

This Mantra is also a Moksha Mantra. It is Lord Siva's Mantra. It bestows long life (*Deerga Ayush*), peace (*Santi*), wealth (*Aisvarya*), prosperity (*Pushti*), satisfaction (*Tushti*), and Immortality (*Moksha*).

- His Holiness Sri Swami Sivananda

(Adapted from "Sadhana" - Published by The Divine Life Society, India.)