

Maha Mritunjaya Mantra

In Vedic practices, most ancient techniques and classical Hinduism, mantra symbolizes as a necessity for spiritual advancement and high attainment. Mantras are energy-based sounds. Saying any word produces an actual physical vibration. How do you feel when someone praises you and how do you feel when scolds you, something inside you cringes and cries. Yogies and Rishis over the years have captured the strength of sound in mantras to heal by vibration.

Over time, if we know what the effect of that vibration is, then the word may come to have meaning associated with the effect of saying that vibration or word. This is one level of energy basis for words. Another level is intent. Actual physical vibration when coupled with a mental intention, the vibration then contains an additional mental component, which influences the result of saying it. Cause and effect are never separate, same way word and sound is inseparable. Combined with honest intent it produces profound energy within you. And when it is done in a group setting it has unlimited healing power.



The vibrations wash over you, rinse you and render you clean just like tidal wave would. All mantras have deep meaning. Each syllable and word has a reason for being there. When produced correctly and with honest intent they become alive. Repeating a mantra makes you comfortable with the physical structure of the words. Once you are comfortable with the outer layer of words, then the honest intent or the meditation will become prominent and the vibrations of the inner you will take you to

an equilibrium position.

Anybody can recite Mahamritunjaya mantra from the Rig-Veda and attain good health, release from bondage and other problems. This is the greatest reliever from all evils and can be recited at any time like any other Mahamantra. The "Isht Dev" of the mantra is Lord Shiva, the redeemer of man from all physical and mental torments. It arouses our spiritual powers & different senses become stronger enough to destroy diseases, grief, fear, worries etc. This Mantra, which gives health, wealth & many physical & spiritual benefits has a never-ending source of energy. Try it you all will experience it.



WHAT IS THE MEANING OF THIS MAHAMANTRA

It is important to understand the meaning of the words as this makes the repetition meaningful and brings forth the results.

- **OM** is not spelt out in the Rig-Veda, but has to be added to the beginning of all Mantras as given in an earlier Mantra of the Rig-Veda addressed to Ganapati.
- **TRYAMBAKKAM** refers to the Three eyes of Lord Shiva. 'Trya' means 'Three' and 'Ambakam' means eyes. The sources of enlightenment of these three eyes are the Trimurti Brahma, Vishnu and Shiva, Sri Duttatreya, three wisdom eyes of Brahma, Vishnu and Shiva. Plus the three 'AMBA' Shakti' are Saraswati, Lakshmi and Gouri.
- **YAJAMAHE** means, "We sing Thy praise".

- **SUGANDHIM** refers to His fragrance of knowledge, presence and strength, the ever present trimurti or three aspects. Fragrance refers to the joy that we get on knowing, seeing or feeling His virtuous deeds.
- **PUSTIVARDHANAM**: Pooshan refers to Him as the sustainer of this world and in this manner, He is the Father of all. Pooshan is also the inner impeller of all knowledge and is thus Savitur or the Sun and also symbolises Brahma the Omniscient Creator. In this manner He is also the Father creator of all.
- **URVAAROKAMEVA**: 'URVA' means "VISHAL" or big and powerful. 'AAROOKAM' means 'Disease'. Thus URVAROOKA means deadly and overpowering diseases. The diseases are also of three kinds caused by the influence of the three Guna's and are ignorance, falsehood, and weakness. Avail, Asat, Shadripu. Trimurti is every where but we fail to perceive Him and are guided by physical sight and senses. Shiva is all powerful.
- **BANDANAAM** means bound down. Thus read with URVAROOKAMEVA, it means 'I am bound down by deadly and overpowering diseases'.
- **MRITYORMOOKSHEYA** , deliver us from death. Premature death of physical world and from the never-ending cycle of deaths due to re-birth and the final emancipation from re-birth.
- **MAAMRITAAT** Lord 'please give me some Amritam,life rejuvenating nectar. Read with the previous word, it means that we are praying for some 'Amrit' to get out of the death inflicting diseases as well as the cycle of re-birth.

