



OM Trayāmbakam Yajāmahe  
Sugandhīm Pushti Vārdhanam  
Urvārukam Iva Bandhanān  
Mrtyor Mukshīya Māmrtāt

**Meaning:**

We adore you, oh Three eyed one, oh Shiva  
You are the fragrance of life, who nourishes us, restores our health and causes us to thrive  
As, in due time, the cucumber, and the gourd is freed from the vine,  
So free us from attachment and death, and do not withhold immortality

This mantra is known as **Mrityunjaya mantra** (or 'great death-conquering mantra') and comes from the Rigveda, one of the oldest Sanskrit texts.

It brings healing rejuvenation and nurturance, and is beneficial for mental, emotional and physical health.

This is also a mantra for attaining moksha and immortality, for liberation from attachments and the fear of death.

**Trayambakam** means 'Three-eyed Shiva', who is able to see beyond duality and use his 3rd eye to see the unity between all things.

