

# Mahamrityunjaya Mantra

Rig Veda 7.59.12 (Healing mantra)

Om

Tryambakaṃ yajāmahe  
sugandhiṃ puṣṭivardhanam |  
urvārukamiva bandhanān  
mṛtyormukṣīya ma'mṛtāt ||

Om

We worship the three eyed one,  
who is fragrant and nourishes all. |  
Like the fruit that falls from the bondage  
of the stem, may we be liberated from  
death, to immortality. ||