

sāganamni paṣṇi varāṇam
urvā-rukamiva bandhanān
mr̥tyor-mukṣīya mā'mṛtāt



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 skillful 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.

The Maha Mrityunjaya mantra restores health and happiness and brings calmness in the face of death. When courage or determination are blocked, it rises up to overcome obstacles. It awakens a healing force that reaches deep into the body and mind.

Just as a plant patiently gathers nutrients from the soil, so healing and nourishing forces enter the human body through foods, medicines, supportive emotions, and encouraging thoughts. The Maha Mrityunjaya mantra attracts these forces and creates an inner environment to enhance their effectiveness. Thus the mantra can be used whenever any restorative process is undertaken: while taking medicine, food, or doing healing practices like yoga. It activates the source of all healing and removes physical, mental and celestial ailments to bring auspiciousness and happiness to life.

- a. Here is a rendition of this powerful mantra, that gives a sense of it's masculine, strengthening and nourishing power:

<https://www.youtube.com/watch?v=OV9LXGOXjgs>

- b. And another, that renders mantra's infinitely kind and compassionate nature:

<https://www.youtube.com/watch?v=dHIRNamEOb4>

- c. Natasha's voice recording of MMM can be found here:

<http://www.involution.yoga/resources.html>