

## MRTYUNJAYA MANTRA

Om tṛyambakam yajāmahe Sugandhim puṣṭivardhanam

Urvārukamiva bandhanāt Mṛtyormukṣīya māmṛtāt

Om... Śāntih, śāntih, śāntiḥ

Om we offer our salutation to the three-eyed lord (Siva) for increasing the vitality and fragrance in us; release us from bondage of death as effortlessly as a ripe cucumber falls out of its creeper automatically.

Arsha Yoga

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