

This recording of the Dalai Lama chanting an ancient mantra from the Rig Veda, the Maha Mrityunjaya Mantra, was recorded by one of his disciples with the Dalai Lama's permission. At first he refused, but then he agreed, saying that it must never be sold, it can only be given. If you share this with others, please include this note and ask that they do the same.

### **Maha Mrityunjaya Mantra**

Om Tryambakam yajamahe

Sugandhim Pushti Vardhanam

Urva ukamiva bondhanan

Mrityor mukshiya mamritat

**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 skilful 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 me free me from death, decay and sickness and unite me with immortality.

**Explanation:** This is a healing and nourishing mantra and is in a sense "the Heart of the Veda". The healing force awakened by this mantra sends forth ripples from body to psyche and from psyche to soul. It strengthens our powers of will, knowledge and action, thus unblocking the flow of enthusiasm, courage and determination. The vibration of this mantra awakens the internal healing force while attracting nature's healing agents, creating an environment where the forces from both origins converge. This mantra connects us with the healer within and helps us receive the full nourishment from food, herbs, or any discipline undertaken for our total well being.

### **The great mantra which liberates one from death**

We pray to three-eyed Shiva to liberate us

From the bondage of existence

Just as easily as a cucumber (*urva ukamiva*)

Is plucked from the vine (of karma)

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