



# DOWNINGTOWN YOGA and Meditation Center

## Maha Mrtyunjaya Mantra

The Fear-Dispelling Mantra

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।  
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् ॥

**om try-ambakam yajaa-mahe  
sugandhim pushti-varadhanam  
urvaaru kamiva bandhanaan  
mrtyor mukshiiya ma-amritaat**

*Om* – I sing your praise, *Shiva*, the three-eyed lord. You are the captivating One who is the basis of the world.

I'm overwhelmed by my own limitations, worldliness and pain.

Make me free from death and fear.

Grant me the nectar of the knowing of my own immortal essence.