

## Lord Shiva`s Mantra



Tryambakam yajamahe  
sugandhim pusti-varadhanam I  
Urvkam iva bandhanan  
mrtyor muksiya mamrtat (svam) II

*Trayambakam Yajaamahe Sugandhim  
Pushtivardhanam I  
Urvaarukamiva Bandhanan Mrityor Muksheeya  
Mamritaata (svaam) II*

*Om Namah Shivaya Namah*

<https://www.youtube.com/watch?v= IGn7jPD12I>

**Translation:** "We worship the supreme light, the Absolute Shiva, who has three eyes, who is fragrant and nourishes all beings. This light is the expression and communication of our life, and it is our physical, mental and spiritual radiation and prosperity. Kindly release us from all calamities, bondage and suffering, just as the cucumber is released from its stalk, without any injury. May our minds be absorbed into Shiva, amritam (nectar), the ocean of tranquility"

*Interpretation by Shri Brahmananda Sarasvati*