

## Lesson 4

**FINAL PRAYERS AND ARATI****MAHA MRITYUNJAYA MANTRA (OM TRAYAMBAKAM)**

Maha-Mrityunjaya is a life-giving mantra. In these days, when life is very complex, this mantra wards off death and accidents of all kinds. It has a great curative effect on disease and should be repeated before any travel.

It is also a Moksha-Mantra and bestows liberation. It is a Siva Mantra. The mantra should be repeated 3, 9, 27 or 108 times, especially on your birthday. This will bestow on you health, long life, liberation and prosperity.

**MAHA MRITYUNJAYA MANTRA**

**OM TRAYAMBAKAM YAJĀMAHE  
SUGANDHIM PUSHTIVARDHANAM  
URVĀRUKAMĪVĀ BANDHANAN  
MRITYOR MUKSHIYĀ MAMRITAT**

Om - We worship the three-eyed One (Lord Siva) who is fragrant and who nourishes well all beings; may He liberate us from death for the sake of Immortality even as a cucumber is severed from its bondage (to the creeper)

**OM SARVESHAM SVASTI BHAVATU  
SARVESHAM SHANTIR BHAVATU  
SARVESHAM PURNAM BHAVATU  
SARVESHAM MANGALAM BHAVATU**

Om - May auspiciousness be unto all  
May peace be unto all  
May fullness be unto all  
May prosperity be unto all

**SARVE BHAVANTU SUKHIṆAH  
SARVE SANTU NIRAMAYĀAH  
SARVE BHADRĀNI PASYANTU  
MĀ KASCHID-DUKHA-BHAG-BHAVET**

Om - May all be happy  
May all be free from disabilities  
May all look to the good of others  
May none suffer from sorrow

**ASATO MĀ SAT GAMAYA  
TAMASO MĀ JYOTIR GAMAYA  
MRITYOR-MĀ AMRITAM GAMAYA**

Om - Lead me from the unreal to the Real  
From darkness to light  
From mortality to Immortality

**OM PURNAMADAH PURNAMIDAM  
PURNĀT PURNAMUDACHYATE  
PURNASYA PURNAMĀDĀYA  
PURNAMEVĀVASHISHYATE  
OM SHANTIH SHANTIH SHANTIH**

Om - That is whole. This is whole  
From the whole the whole becomes manifest  
From the whole when the whole is negated  
What remains is again the whole  
Om Peace Peace Peace