

MAHĀMRITYUNJAYA MANTRA

om **tra**-yam-BA-kam **ya**-jaa-MA-he

su-gan-dhim pu-**ṣhṭi**-var-dha-NAM

ur-vaa-**ru-ka-mi-va** ban-DHA-naat

mrit-yor-**muk**-shee-**ya** maam-RI-taat

We pay homage to the universal consciousness which nourishes all beings. May we be liberated from the death of ignorance through knowledge of our immortal essence, just as the cucumber is severed from the bondage of the vine.