

- 14 -

for same purposes as of previous Mantra

Note :

If the patient is in a serious condition full Mrtyunjaya Mantra should be chanted either 1 lakh times orally or atleast 1008 times per day preferably by lighting a sacrificial fire (Havan) and offering oblations with the chanting of Mantra 1008 times. Otherwise Laghu Mantra will do.

- 14 -

लघु मृत्युंजय मन्त्रं

ओं जूं सः

त्र्यंबकं यजामहे सुगन्धिं पुष्टि वर्धनम् ।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

सः जूं ओं

LAGHU MRTYUNJAYA MANTRA
(A shorter version)

Om Joom Saḥ

**Tṛyambakam Yajāmahē
Sugandhim Puṣṭivardhanam
Urvārukamiva Bandhanānmṛtyōr
Muksheeya Māmṛtāt**

Saḥ Joom Ōm

(This should be chanted 1008 times)