

Origin

The Maha Mrityunjaya Mantra was found by Rishi Markandeya. It was a secret mantra, and Rishi Markandeya was the only one in the world who knew this mantra. The Moon was once in trouble, cursed by King Daksha. Rishi Markandeya gave the Mahamrityunjaya Mantra to Sati, Daksha's daughter, for the Moon. This is how this mantra became known which according to another version is the Bija mantra as revealed to Rishi Kahola that was given by Lord Shiva to sage Sukracharya who taught it to Rishi Dadicha who gave it to King Kshuva through whom it reached the Shiva Purana.

Significance

Mahamrityunjaya Mantra is the great mantra for conquering death for it protects against all threats and at the time of death eases the process of release. It is one of the more potent of the ancient mantras, a call for enlightenment and a practice of purifying the karmas of the soul at a deep level. It is beneficial for mental, emotional and physical health. It is also a moksha mantra which bestows longevity and immortality.

According to some puranas, the Mahamrityunjaya Mantra has been used by many Rishis as well as Sati during the time when Chandra suffered from the curse of Prajapati Daksha. By reciting this mantra, the effect of the curse of Daksha, that could make him die, slowed, and Shiva then took Chandra and placed it upon his head.

This mantra is addressed to Lord Shiva for warding off untimely death. While its energy protects and guides the initiates and re-links consciousness to its deeper and more abiding nature and repetition of the mantra constitutes Japa, the practice of which develops concentration that leads to a transformation of awareness. Whereas the Gayatri Mantra is meant for purification and spiritual guidance, the Mahamrityunjaya Mantra is meant for healing rejuvenation and nurturance.

AUM NAMAH SHIVAYA



Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.

swami vivekananda

Pandit Sachin Singh
Cell: 082 456 5143

Visit our sites

Website: www.shreenathdham.org

Contact us: sdinteraction@shreenathdham.org

श्रीरत्न नाथे वीहारा