Mahā Mr̥tyuṁjaya Homa

Observations:

* Maintain a consistent Agnihotra practice.
* You can perform the Maha Mrityunjaya Yajna any time of the day.
* Offer ghee with the right hand while uttering **svāhā**, and offer all of the ghee in the spoon.
* If you are performing the Maha Mrityunjaya Yajna with Agnihotra, make the Agnihotra offering either before the first Vyahruti or between the second and third Vyahruti mantra.
* Learn the Agni Aawahan Mantra (below) and recite this Mantra aloud when you perform this Yajna.
* Shower beforehand, avoid wearing black, and avoid during menstruation.
* Upon concluding the Yajna, it is recommended to meditate for at least 15 minutes.
* Visit [www.awakeninnerfire.com/training](http://www.awakeninnerfire.com/training) for audio and training.

# Vyāhr̥ti Hōmaṁ

bhū: **svāhā** agnayē idaṁ na mama **|**

bhuva: **svāhā** vāyavē idaṁ na mama **|**

svaḥ **svāhā** sūryāya idaṁ na mama **|**

bhūr bhuva: sva: **svāhā** prajāpatayē idaṁ na mama **||**

# Guru Prārthanā

ōṁ śrī guru bhyō namaḥ **|**

gurur bramhā gurur viṣṇuḥ gurur dēvō mahēś varaḥ **|**

gurur sākṣāt para brahma ¦

tasmai śrī guravē namaḥ **||**

brahma naṁdaṁ parama sukha daṁ kēvalaṁ jñāna mūrtim **|**

dvan dvā tītaṁ gagana sad r̥śaṁ ¦

tatva mas yādi lakṣyaṁ **|**

ēkaṁ nityaṁ vimalaṁ acalaṁ sarva dhī sākṣi bhūtaṁ **|**

bhāvā tītaṁ triguṇa rahi taṁ ¦

sadguruṁ tan namāmi **||**

# Agni Aawahan Mantra

ōṁ cat vāri śr̥ṁ gā **|**

trayō asya pādā **|**

dvē śira sē sapta hastā:'sō asya **|**

tridhā badhdō vr̥ṣa bhō rōra vīti **|**

mahō dēvō mart yāṁ āvi vēṣa **||**

# Vyāhr̥ti Hōmaṁ

bhū: **svāhā** agnayē idaṁ na mama **|**

bhuva: **svāhā** vāyavē idaṁ na mama **|**

svaḥ **svāhā** sūryāya idaṁ na mama **|**

bhūr bhuva: sva: **svāhā** prajāpatayē idaṁ na mama **||**

(You may pause to set your intentions.)

# Mahāmr̥tyuṁjaya Maṁtra Svāhākāraṁ (108x or at least 20 minutes)

ōṁ tryaṁ bakain̆ yajā mahē ¦

sugaṁ dhiṁ puṣṭi vardha naṁ **|**

urvā ruka miva baṁdha nān mr̥tyōr muk ṣīya mā:'mr̥tāt **svāhā ||**

# Vyāhr̥ti Hōmaṁ

bhū: **svāhā** agnayē idaṁ na mama **|**

bhuva: **svāhā** vāyavē idaṁ na mama **|**

svaḥ **svāhā** sūryāya idaṁ na mama **|**

bhūr bhuva: sva: **svāhā** prajāpatayē idaṁ na mama **||**

(conclusion of Yajna, fire may go out on its own)

# Sapta Slōki

yadā sr̥ṣṭaṁ jagat sarvaṁ tadā lōka pitā maha: **|**

catur vēda samā yuktaṁ śāśva taṁ dhar mamā dhiśat **|1|**

kim satkarma kim adhyāt maṁ yadi vijñā tum arhati **|**

sarva śās trēṣu graṁ thēṣu pramāṇaṁ paramaṁ śruti: **|2|**

aspaṣṭaṁ cakadā spaṣṭaṁ tatva jñāna vivē canaṁ **|**

anyatra labhyatē kintu pramāṇaṁ paramaṁ śruti: **|3|**

ārṣa gran thēṣu sarvēṣu śruti prāmāṇya mēva ca **|**

sarvata: sāramā dadyān nija kalyāṇa hētavē **|4|**

śuṣkavā daratā: kēcin nānya dastīti vādina: **|**

sarvē tē vilayaṁ yānti mithyā kalaha kāriṇa: **|5|**

nāstikā vēda nindakā: pāk haṁṇ ḍā vēda dūṣakā: **|**

ētē sarvē vina śyanti mithyācāra pra vartakā: **|6|**

yajña dāna tapa:karma svādhyāya niratō bhavēt **|**

ēṣa ēva hi śrut yukta: satya dharmaḥ sanātana: **|7|**

# Trisatya śaraṇāgati (repeat 3 times)

satyaṁ śaraṇaṁ gacchāmi **|1|**

satya-dharmaṁ śaraṇaṁ gacchāmi **|2|**

satya-dharma-saṅghaṁ śaraṇaṁ gacchāmi **|3|**

# Peace Prayer

ōṁ śānti: śānti: śāntiḥ: ||