

Maha Mr̥tyunjaya Mantra

ॐ त्र्यम्बकं यजामहे सुगंधिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनात् मृत्योर्मुक्षीय मामृतात् ॥

Om tryambakam yajāmahe sugandhim puṣṭivardhanam.
Urvārukamiva bandhanāt mṛtyormukṣīya māmṛtāt.

We worship the Three-Eyed One (Lord Shiva),
who is fragrant and who nourishes well all beings.
May He liberate us from the bond of death to immortality,
even as the gourd is severed from its vine.

Gayatri Mantra

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं ।
भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥

Om bhūrbhuvah svaḥ tat savitur vareṇyam.
Bhargo devasya dhimahi.
Dhiyo yo naḥ pracodayāt.

We contemplate the Ultimate Reality which is in the earth, the sky and the heaven.
Let us bring our minds to meditate in the Glory of the Divine Truth.
May Truth inspire our reflection.

Rudra Gayatri

ॐ तत्पुरुषाय विद्महे महदेवाय धीमहि
तन्नो रुद्रः प्रचोदयात् ॥

Om tatpuruṣāya vidmahe mahadevāya dhimahi.
Tanno rudraḥ pracodayāt.

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दुर्गाद्विंशन्नाममाला

Durgā dvārtriṃ śan nāma mālā

32 Names of Durga

ॐ दुर्गा दुर्गातिशमनी दुर्गापद्विनिवारिणी । दुर्गच्छेदिनी दुर्गसाधिनी दुर्गनाशिनी ॥

Om Durgā Durgārti-śamanī Durgāpad-vinivāriṇī,
Durgama-cchedinī Durga-sādhinī Durga-nāśinī,

The goddess who is accessible with great difficulty, alleviates the sufferings of mankind, wards off unavoidable calamities, cuts out a path when it is difficult to pass, inspires our spiritual practice and destroys our ignorance.

उर्गतोद्धारिणी दुर्गनिहन्त्री दुर्गमापहा । दुर्गमज्ञानदा दुर्गदैत्यलोकदवानला ॥

Durgat-oddhāriṇī Durga-nihantri Durgamāpahā,
Durgama-jñāna-dā Durga-daitya-loka-davānalā.

Who uplifts the downtrodden, destroys and removes obstacles, bestows wisdom and scorches the abode of troubling demons.

दुर्गमा दुर्गमालोका दुर्गमात्मस्वरूपिणी । दुर्गमार्गप्रदा दुर्गमविद्या दुर्गमाश्रिता ॥

Durgamā Durgamālokā Durgam-ātma-svarūpiṇī,
Durga-mārga-pradā Durgama-vidyā Durgam-āśritā.

Who is difficult to access, the light, the embodiment of Ātma, who shows us the path, bestows knowledge and is the supreme refuge.

दुर्गमज्ञानसंस्थाना दुर्गमध्यानभासिनी । दुर्गमोहा दुर्गमगा दुर्गमार्थस्वरूपिणी ॥

Durgama-jñāna-samsthānā Durgama-dhyāna-bhāsinī
Durga-mohā Durgamagā Durgam-ārtha-svarūpiṇī

Who presides over wisdom, shows the light of meditation, enchants everyone, whose ways are inscrutable and who embodies the subtle meaning of the scriptures.

दुर्गमासुरसंहत्री दुर्गमायुधधारिणी । दुर्गमङ्गी दुर्गमता दुर्गम्या दुर्गमेश्वरी ॥

Durgam-āsura-saṃhātri Durgam-āyudha-dhāriṇī
Durgam-aṅgī Durga-matā Durgamyā Durgam-eśvarī

Who destroys the demons on the paths, wields powerful weapons and with an army of formidable units, who is the source of this mysterious creation, inaccessible except by painstaking exertion, the supreme ruler.

दुर्गभीमा दुर्गभामा दुर्गभा दुर्गदारिणी ।

Durga-bhimā Durga-bhāmā Durga-bhā Durga-dāriṇī

Who terrifies and is easily reached only through grace, the radiant one who breaks and pierces the citadel