

# Maha Mrityunjai

## Transliteration

Om Tri-ambakham Yaajaa Mahay  
Sugandheem Pushteevaadhaanan  
Oorvaarookamiv Bandhanaat  
Mrityor Mukhshee-aa Maamrootaat

## Meaning

Om, we worship the tri-ambakham (the three-eyed one)  
Who is fragrant (as the spiritual essence),  
increasing the nourishment (of our spiritual core)  
From these many bondages (of samsara) like cucumbers (attached  
to their vines)  
May I be liberated from death (attachment to perishable  
things) so that I am not separated from the perception  
of immortality (immortal essence pervading everywhere)

## Effect

This mantra helps us prepare to face death by knowing that who we really are cannot die, but just leaves the physical body. It strengthens the mind and nervous system to get ready for the coming age, so we can help others along the way. It develops purity in us.

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# Maḷa

A string of prayer beads used to count repetitions of mantras or prayers.

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# Manas

Manas is a Sanskrit term that refers to the aspect of the mind responsible for processing sensory information and forming thoughts and perceptions. It is often translated as “mind” and is considered one of the four aspects of the inner instrument (Antahkarana) in yoga philosophy, along with Buddhi (intellect), Chitta (mind stuff), and Ahamkara (ego). Manas is associated with the sense of sight and is considered the seat of emotions and desires. It plays a crucial role in the functioning of the mind and is central to the practice of yoga, which aims to control and transcend its fluctuations to attain a state of inner peace and clarity.

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# Manipura

Manipura is the third primary chakra, located at the solar plexus region of the body. Its name translates to “lustrous gem” in Sanskrit, symbolizing its qualities of personal power, vitality, and transformation. Manipura is associated with the element of fire and is believed to govern aspects of self-esteem, willpower, and digestion. Balancing Manipura is thought to result in a sense of confidence, self-control, and the ability to pursue one’s goals with clarity and

determination.

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## Manomaya Kosha

Manomaya Kosha is a concept in yoga philosophy that refers to the mental sheath or layer of the human being, according to the Pancha Kosha (five sheaths) model. It is considered the second outermost layer, surrounding the physical body (Annamaya Kosha), and is associated with the mind, emotions, and sensory perceptions. Manomaya Kosha is where thoughts, feelings, and memories are processed and experienced. This sheath is believed to be made up of the subtle elements of the mind (manas) and is responsible for the functioning of the lower mind. In the practice of yoga, understanding and working with the Manomaya Kosha can lead to a deeper understanding of the mind and its influence on our experiences and behaviors.

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## Mantra

Mantra refers to a sacred word, sound, or phrase repeated or chanted during meditation or spiritual practice. Mantras are believed to have inherent power and are used as a tool to focus the mind, cultivate specific qualities or intentions, and connect with the divine. They can be simple sounds, syllables, or phrases with deep spiritual significance, and their repetition is believed to create a vibration that aligns the individual with higher consciousness.

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# Maya

Maya refers to the illusionary nature of the material world. According to this belief, Maya is the veil of illusion that conceals the true nature of reality, leading individuals to perceive the world as separate from the divine or ultimate reality. Maya is seen as a cosmic illusion created by the mind, which distorts and colors our perception of the world, causing us to mistake the transient and ever-changing world for the ultimate truth. The goal of spiritual practice is to transcend Maya and perceive the underlying unity and oneness of all existence.

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# Meere Man Loche

## Transliteration

Mayraa man lochai gur darshan taa-ee  
Bilap karay chaatrik kee ni-aa-ee  
Trikhaa na utarai Shaant na aavai  
Bin Darshan Sant pi-aaray jee-o  
Hao Gholee jee-o ghol ghumaa-ee  
Gur darshan sant pi-aaray jee-o

Tayraa much suhaavaa jee-o sahaj dhun baanee  
Chir ho-aa daykhay saaring paanee  
Dhan so days jahaa too(n) vasi-aa  
Mayray sajan meet muraaray jee-o  
Hao gholee hao ghol ghumaa-ee

Gur sajan meet muraaray jee-o

Ik gharee na milatay taa kalijug hotaa  
Hun kad milee-ai pri-a tudh bhagavantaa  
Mo-eh rain na vihaavai need na aavai  
Bin daykhay gur darbaaray jee-o  
Hao gholee jee-o ghol ghumaa-ee  
Tis sachay gur darbaaray jee-o

Bhaag ho-aa gur sant milaa-i-aa  
Prabh abhinaasee ghar meh paa-i-aa  
Sayv karee pal chasaa na vichhuraa  
Jan Naanak daas tumaaray jee-o  
Hao gholee jee-o ghol ghumaa-ee  
Jan Naanak daas tumaaray jee-o

## Meaning

My mind longs for the vision of the Guru's Darshan  
It cries out like the thirsty song bird for the nectar of your  
name. My thirst is not quenched, and I can not find peace  
Until I receive the Darshan the beloved saint.

Your face is so beautiful, and the sound of your words (shabd)  
is so filled with inner wisdom. It has been too long since  
this rainbird has had even a glimpse of water. Blessed is the  
land, where you live, my friend and loved one, my Divine  
teacher.

An instant away from you, brings darkness When will I meet  
You, my beloved Waheguru? I can't endure this night, sleep  
eludes me too Until I see your home, my beloved Guru!

By good fortune, I met my Saint Guru and I have found that the  
immortal creator is within the home my own self and so I will  
always serve you and never be separated from you even for an  
instant.

Guru Nanak says- I'm your slave, my beloved Lord.

I give myself and my soul. Servant Nanak lives to serve you.

## Effect

To heal the wounds of the heart.

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## Mudra

Mudra is a Sanskrit term that refers to a symbolic gesture or posture, often used in yoga, meditation, and Indian classical dance. Mudras are believed to channel the flow of energy in the body and stimulate different parts of the brain, leading to specific physical or mental benefits. These gestures are typically performed with the hands and fingers, but can also involve the whole body. Each mudra has a specific meaning or intention, and when practiced with awareness, they are said to enhance concentration, deepen meditation, and promote overall well-being.

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## Muḷ Mantra

### Transliteration

Ik

Onkaar

Satnaam

Kartaa Purakh

Nirbhau.

Nirvair  
Akaal Moorat  
Ajooni  
Saibhang  
Gurprasaad

Jap  
Aad Sach  
Jugaad Sach  
Haibhee Sach  
Nanak Hosee Bhee Sach

## Meaning

The Creator of all is One;  
Truth is His name;  
He is the Doer of everything;  
He is fearless;  
He is without anger;  
He never dies;  
He is never born,  
and He is self-illuminated.  
All this is known by the Guru's grace.  
Meditate  
He was Truth at the beginning,  
He is Truth throughout the ages,  
He is Truth even now,  
Oh Nanak, He shall forever be Truth.

## Effect

To have inner guidance, for expansion, and to open the heart.

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# Muḷa Bandha

## Root Lock

Mulabandha, or Root Lock, is a yogic technique involving the contraction of the pelvic floor muscles, sex organ, and Navel Center. This practice helps activate and balance the lower chakras, promoting a sense of grounding and stability. By directing energy flow from the lower abdomen into the central energy channel, Mulabandha supports overall vitality and raises the Kundalini.



Head over to our Deep Dive article on Mulabandha to learn how to practice this breathing technique safely.

[Read More Here ->](#)

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## Muḷadhara

Muladhara, often referred to as the root chakra, is the first primary energy center in the body. Located at the base of the spine, it is associated with the color red and symbolizes stability, security, and the basic needs of survival. Muladhara is believed to govern aspects of physicality, grounding, and the connection to the earth. Balancing this chakra is thought to result in a sense of stability, security, and a strong foundation for personal growth and spiritual development.



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# Naad

Naad is a Sanskrit term that refers to the primal sound or cosmic vibration that underlies and sustains the universe. In yogic and spiritual traditions, Naad is considered the essence of all sound and the source of all creation. It is believed that by attuning to this subtle vibration through practices such as chanting, mantra, and meditation, one can harmonize with the universal energy, leading to spiritual awakening and inner peace. Naad Yoga, the yoga of sound, focuses on using these vibrations to elevate consciousness and connect with the divine.

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## Naad Yoga

Naad Yoga is a branch of yoga that focuses on the healing and transformative power of sound and vibration. It is based on the concept of Naad, the primal sound or cosmic vibration that is believed to underlie all creation. Through practices such as chanting, mantra repetition, and listening to sacred sounds, practitioners of Naad Yoga aim to harmonize their inner vibrations with the universal energy. This alignment is said to lead to heightened awareness, spiritual growth, and a deep sense of inner peace. Naad Yoga emphasizes the use of sound as a tool for meditation, healing, and connecting with the divine.

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# Nadi

Nadis are channels in the subtle body through which prana, or vital life force, flows according to yogic and Ayurvedic traditions. They are not physical structures but energy pathways that connect different parts of the body and facilitate the movement of prana. The three main nadis are Ida, Pingala, and Sushumna. Ida is associated with lunar energy and the left side of the body, Pingala with solar energy and the right side, and Sushumna runs along the spine, linking the chakras. Balancing the nadis is essential for maintaining physical and spiritual health.

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# Namaste

Namaste comes from Sanskrit, where “nama” means “bow,” “as” means “I,” and “te” means “you.” Together, “Namaste” translates to “I bow to you.” It is often accompanied by a gesture of bringing the palms together in front of the chest and bowing slightly. Beyond a simple greeting, Namaste holds a spiritual significance, acknowledging the divine spark within each person and conveying respect, honor, and goodwill.