

Healing Mantra: Maha Mrityunjaya — “Victory over Death”

Boston, Mar 19, 2019 (IssueWire.com) - For centuries, Yogis have meditated to the ancient Maha Mrityunjaya Mantra for enlightenment, healing, health, liberation, and to dissolve the fears of death and the unknown. It is one of the oldest mantras from the Vedas. The title consists of three words: Maha means great, Mrityun means death, and Jaya means victory — victory over death.

The mantra is recited in Sanskrit, one of the oldest, sacred, and highly mathematical languages known to mankind. Linguists refer to Sanskrit as the “mother of all languages”. Due to Sanskrit’s abundance of words and preciseness of letters, it can convey the grandest meanings, quantitatively and qualitatively, with minimal words. When we chant a Sanskrit mantra, we affirm it’s meaning in our subconscious mind, allowing our chakras to evoke the affirmation. With the mantra’s correct pronunciation, this “perfect language” manifests unique energies that vibrate in the Universe, setting the meaning of the mantra in motion.

Maha Mrityunjaya Mantra, if recited properly with full devotion, helps one conquer fears of the unknown. It evokes the great force of divine energy within us, lifting us up during difficult times and reminding us of the higher purpose of life. Whenever lethargy, stress, anxiety, grief, sickness, or fear meddles with the consciousness, this divine mantra can be used for healing mental and physical health, maintaining strength, and dissolving fears. One can even attain self-realization and liberation through rigorous meditations on this powerful mantra.

To reap benefits of this mantra, one should sit in a peaceful isolated place, play the mantra, concentrate on your third eye – middle of the forehead – and allow the mantra to vibrate throughout their physical and aura body with devotion.

The mantra can be downloaded from DivineHeartCenter.com for a small price. The voice in the mantra is of Shailesh Kumar’s, who is the spiritual Guru and founder of Divine Heart Center.

If you are seeking to transform your life spiritually, Maha Mrityunjaya Mantra can take you a long way. Meditate on the mantra and experience the divine energy.

You can download this Healing Mantra from <https://www.divineheartcenter.com/products/the-healing-mantra-digital-download>

Media Contact

Divine Heart Center

pr@divineheartcenter.com

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