

Message 502

Paris, 4 Jan , 2024

Arun Karnji (Nepal) sharing his beautiful perception of
Maha Mrityunjay Mantra

Om trayambkam yajaamahe
Sugandhim pushtivardhanam,
Urvaarukamiva bandhanaan
Mrityormukshiya maamritaam.

Literal meaning of this Mantra is considered as - We worship the three-eyed one (i.e. Maheshwara), the one who is the essence of everything and the one who nourishes all living beings. May he release us from the bondage of mind. May he thus reveal **to** us the immortality of Life.

In Kriya Yoga Swadhyay, Tapa and Ishwarpranidhan set us free from the pollutions of desires and ego, and strengthen the Energy of Understanding to see "what is" from moment to moment. The fragrance of flowering in Life and Love, is thus spread.

May Kriyayoga liberate us from the bondage of mind's attachment and may it grant us the Natural State of Life Divine.

Jai Perception Flowered in Nepal in the Lap of Himalaya.

