

## **OM TRYAMBAKAM YAJNYA**

Agnihotra establishes the basic healing cycle; Om Tryambakam Homa and the other healing fires we teach strengthen that cycle. Om Tryambakam Yajnya may be performed for as long as one likes at any time other than exact Agnihotra time. This Homa is especially beneficial to plant life.

For Homa Farming, a minimum of four hours of Om Tryambakam Homa is performed daily, plus twenty-four hours of this Homa on full moon and no moon days. The four hours may be performed consecutively, or two hours at a time.

The fire is prepared from dried cowdung and ghee. If one needs to conserve on cowdung, a minimal amount of it may be used, but some cowdung should be added at least every fifteen minutes. The mantra is repeated approximately once every fifteen seconds and a small amount of ghee is offered to the fire after the word "SWAHA".

**OM TRYAMBAKAM YAJAMAHE**

**SUGANDHIM PUSHTI VARDANUM**

**URVAARUKAMIVA BANDHANAAT**

**MRITYORMUKSHEEYA MAAMRITAT SWAHA**