

Om Tryambakam Homa

- In this Homa there is only one Mantra and after the word Swáhá you add a drop of ghee to the fire. Repeat the Mantra and again add a drop of ghee. You can do this continuously for any length of time. However, if it is sunrise or sunset time while you are doing this Homa then you interrupt it briefly to perform Agnihotra in a separate pyramid.
- This Homa can be commenced and completed with Vyáhruti Homa.
- As a part of Homa Farming and also in Healing Centres, Om Tryambakam Homa is practiced 4 hours daily and 24 hours on full moon and new moon days by people taking turns. Full moon, no moon is a very special cycle which has terrific impact on the mind. The word 'lunatic' meaning a mad person comes from luna meaning moon.
- There are thousands of people in all continents who practice this Homa regularly in the evening for fifteen minutes in their homes.
- In the US, Europe, Asia, Africa and Australia there are hundreds of places where this Homa fire is kept for several hours a day. This Homa fire can be maintained round the clock continuously and the atmosphere becomes very healing.
- This Homa can be performed by anyone who regularly practices Agnihotra Homa fire. People should practice Agnihotra first for at least 15 days before learning Om Tryambakam Homa.
- It is good if one can do this Homa at night in a room where a child is sleeping. It has a good effect on the child.
- If a new person sits for fifteen minutes he would like to sit for a longer period next time as he experiences the healing effect.

Om Tryambakam Homa

*Om tryambakaṃ yajāmahe sugandhiṃ puṣṭi wardhanam
urwārukamiwa bandhanān mṛutyor mukṣhīya māmṛutāt, swāhā*

(after the word swāhā, add a drop of ghee into the fire)

Pronunciation Guide

tryambakaṃ sounds like tryambakaing
ā is pronounced like a in 'father'