

**Title : The Ancient One**

**Composer : Kathir / Shiva**

**Lyricist : Kathir**

Om Triyambakam Yajamahe  
Sugandhim Pushtivardhanam  
Urvarukamiva Bandhanat  
Mrtymuksheeya Mamrtat

Terrifying and yet benevolent  
Where the opposites dwell in harmony  
O Mahadeva, Praise to thee  
He is the eye of the storm  
And the calm after the same storm  
The Primal Cause, the Effulgent One  
Om Namah Shivaya Shivaya Namah  
I bow to the Ancient One, O Rudra  
Bow to the Ancient One, O Consort of Durga

The King of the Holy Mountains  
Who dwells beyond the three gunas  
He is the three-eyed one  
With the ash-besmeared body  
The one with the matted locks  
Who slays the demons

I bow before this wielder of the trident  
Who bears the Holy River in his matted locks  
Can't you see the serpent slithering around his  
neck  
O Mahayogi  
O Conqueror of Death  
The one who walks the cremation grounds  
garlanded with human skulls  
O Hara, My obeisance to you

Om Namah Shivaya Shivaya Namah  
I bow to the Ancient One  
O Lord of the three worlds  
Bow to the Ancient One  
O Consort of Shakti

The King of the Holy Mountains

Who dwells beyond the three gunas  
Who is the Maha-Guru  
Ruler of the Universe  
Most ancient of the ancients  
Bow to that primeval one