

Trisandhya FAQs (English)

SUDHARMA MAHA-MAHA SANGH (BISWA SANATAN DHARMA SEVA TRUST)

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1) What is Trisandhya?

Answer: 'Trikala Sandhya' or 'Trisandhya' is the practice of worshipping and praising God during the three twilight periods of the day. The 'Bhavishya Malika', written by the Panchasakha, advises reciting the Sri Dashavatara Stotra, Durga-Madhava Stuti, and Sri Vishnu Shodasha Nama Stotram three times daily. This recitation is called Sandhyavandan.

2) What is the appropriate time for Trisandhya?

Answer: Trisandhya is performed at the three twilight periods: between 4-6 AM (morning), 11:30 AM-12:30 PM (midday), and 5-7 PM (evening).

3) Is Trisandhya a means to attain divinity?

Answer: Twilight is the time when deities praise God. When humans engage in meditation, worship, and praise during this period, they cultivate divine qualities within themselves. This is currently a time of *Dharmasthapana*, where all gods and goddesses are present on earth in human form. Therefore, Trisandhya is the only means for the revival of human society.

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4) Will Trisandhya protect us during cataclysm?

Answer: As part of *Dharmasthapana*, numerous disasters are expected to occur in the near future, including severe floods with water levels rising up to 100 feet due to heavy rainfall, 49 different types of winds, earthquakes, and meteor showers. In such dire times, the only means of protection is the practice of Trisandhya. Those who do not recite the *Sri Vishnu Shodasha Nama*, *Dashavatara Stotra*, and *Durga-Madhava Stuti* three times daily will be unprotected.

5) Is Trikala Snana (bathing thrice) necessary for Trisandhya?

Answer: No, due to the intense effects of Kaliyuga, physical purification is not given much importance. One can begin the practice of Trisandhya by sitting calmly in a pure place and meditating on Mother Ganga. The special quality of Mother Ganga, the divine washer of the Lord's feet, is that merely by meditating on her, a person attains purity equivalent to bathing in the Ganga.

6) Why is Trisandhya necessary in every household?

Answer: When all members of a household perform Trisandhya, there is no sorrow, scarcity, famine, disease, or epidemic within the home. Such a family is close to Lord Mahavishnu. The nature of individuals who practice Trisandhya becomes so pure that they take refuge in the Lord during calamities, thus remaining free from delusion. Trisandhya is a practice that,

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in a short time, fosters deep devotion and leads a person on the path to liberation.

7) Can we enter Satyuga merely by following Trisandhya?

Answer: By practicing Trisandhya and reading the *Srimad Bhagavatam*, we will receive divine grace and be able to take refuge in Mahaprabhu Kalki. Following the practice of Trisandhya will enable individuals to live long lives, potentially for 1,009 years in the divine age of Mahaprabhu's Ramrajya. In this divine age, there will be no issues of disease, fever, or ailments. There will be no old age in the divine body, allowing humans to live happily.

8) What impact does Trikala Sandhya have on young people?

Answer: Young people should perform *Trikala Sandhya* daily, which will protect them from untimely death and help them become true Sanatanis. In today's times, many young people suffer from mental distress, leading some to the tragic act of suicide. By practicing Trisandhya, they will be protected from such tendencies. With Mahaprabhu's grace, young people who perform Trisandhya will experience mental peace and joy.

9) Is there mention of Trisandhya in the Vedas and scriptures?

Yes, Trisandhya is the simplest and easiest way to attain Lord Mahavishnu. In ancient times, many devotees attained Lord Mahavishnu through the practice of Trisandhya. According to the *Srimad Bhagavatam*, upon the

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guidance of Sage Narada, devotee Dhruva performed Trisandhya and achieved a rare, supreme position. Thus, Trisandhya is recognized as an important path of practice in the Vedas and other sacred texts.

10) Does Trisandhya accelerate spiritual progress?

Answer: Practicing Trisandhya destroys all inauspicious impressions in a person, calms the mind, and removes attachments. With Trisandhya, one continuously remembers the Lord, preventing the mind from wandering. Thus, as spiritual strength increases, the path to liberation becomes easier.

11) How to perform Trisandhya?

Answer: To perform Trisandhya, choose a quiet and sacred place. Sit with a straight back, steady your mind, and focus on the Lord while reciting the Trisandhya.

12) What are the qualifications for performing Trisandhya?

Answer: Anyone who has been free from meat consumption and addiction for at least three months can recite Trisandhya. There are no restrictions regarding religion, caste, family, or class.