



ॐ **TRIKĀLA SANDHYĀ** ॐ
VIŚVA SANĀTAN DHARMA SEVĀ TRUST
॥ Jai Śrī Mādhava ॥



"Ga wayewar ɗan adam, Trisandhya kamar maganin rayuwa ne."

Yi Trisandhya a dukkan lokutan sandhya uku kowace rana, karanta babi ɗaya na Shrimad Bhagavata Mahapurana kowace rana, kuma ka ambaci sunan Madhav koyaushe a cikin zuciya.

RIKE WAƊANNAN KOYARWA 5 TARE DA TRIKAL SANDHYA

1. Koyi biyayya.
2. Koyi jira.
3. Koyi soyayya da nuna tausayi ga dukkan halittu masu rai.
4. Kame hankali.
5. Ka bar jin “Ni da nawa, kai da naka” (jin kai).

LOKUTAN TRISANDHYA UKU

Safiya a Brahma Muhurta, **kafin fitowar rana**

Tsakar rana tsakanin 11:30 da 12:30

Maraice ana iya yin shi tsakanin **mintuna talatin kafin da mintuna talatin bayan faɗuwar rana**

ABUBUWAN DA KE CIKIN TRISANDHYA

- | | |
|---------------------------------|-----------------------------|
| 1. Mantras | 5. 108 times “Mādhava” name |
| 2. Śrī Viṣṇu Ṣoḍaśa Nāma Stotra | 6. Kalki Mahāmantra |
| 3. Śrī Daśāvatāra Stotra | 7. Jayaghoṣa |
| 4. Durgā-Mādhava Stuti | |

ROKO MAI TAWALI'U GAME DA FURCI

Da fatan za a saurari [sautin Trisandhya na hukuma](#) don furci na gaskiya (ana ba da shawarar sauraro a saurin 1.5x), saboda rubutun rubutu na iya kunsar kananan bambance-bambancen sauti. Muna karfafa ku ku saurara sau da yawa kamar yadda ake bukata har sai kun ji dadi sosai.

Lura: Ana yin ambaton sunan 'Madhava' a hankali a cikin zuciya, yayin da a cikin rikodin sauti, ana rera 'Madhava Geeta' a wannan sashin.

1. MANTRAS

['Om'] * sau 3

[*Om Bhūrbhuvah Svah Tatsaviturvareṇyam ।
Bhargo Devasya Dhīmahi Dhiyo Yonah Prachodayāt ॥*] * sau 3

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(SUNAYE GOMA SHA SHIDA NA SHRI VISHNU)

*Auṣadhe Cintayet Viṣṇum । Bhojane Ca Janārdanam ॥
Śayane Padmanābham Ca । Vivāhe Ca Prajāpatim ॥
Yuddhe Cakradharam Devam । Pravāse Ca Trivikramam ॥
Nārāyaṇam Tanutyāge । Śrīdharam Priyasaṅgame ॥
Duhsvapne Smara Govindam । Saṅkaṭe Madhusūdanam ॥
Kānane Narasiṃham Ca । Pāvake Jalaśāyinam ॥
Jalamadhye Varāham Ca । Gamane Vāmanam Caiva ॥
Parvate Raghunandanam ।*

[*Sarva Kāryeṣu Mādhavam*] ॥ * sau 3

*Ṣoḍaśaitāni Nāmāni Prātarutthāya Yah Paṭhet Sarvapāpa Vinirmukto Viṣṇuloke
Mahīyate ॥*

3. ŚRĪ DAŚĀVATĀRA STOTRA

(DASHAVATARA STOTRAM WANDA SHRI JAYADEVA JI YA TSARA)

*Pralaya Payodhi-jale Dhṛtavān Asi Vedam ।
Vihita Vāhitra-caritram Akhedam ॥
Keśava Dhṛta- Mīna Śarīra Jaya Jagadīśa Hare ॥ 1 ॥*

*Kṣitir Ati Vipulatare Tava Tiṣṭhati Prṣṭhe ।
Dharaṇī Dharaṇa Kīṇa Cakra Gariṣṭhe ॥
Keśava Dhṛta- Kacchapa-rūpa Jaya Jagadīśa Hare ॥ 2 ॥*

*Vasati Daśana-śikhare Dharaṇī Tava Lagnā ।
Śaśini Kalaṅka Kaleva Nimagnā ॥
Keśava Dhṛta- Śūkara Rūpa Jaya Jagadīśa Hare ॥ 3 ॥*

*Tava Kara Kamala-vare Nakham Adbhuta Śṛṅgam ।
Dalita-Hiraṇyakaśipu-tanu Bhrṅgam ॥
Keśava Dhṛta- Narahari Rūpa Jaya Jagadīśa Hare ॥ 4 ॥*

*Chalayasi Vikramane Balim Adbhuta Vāmana ।
Pāda-nakha Nīra Janita Jana-pāvana ॥
Keśava Dhṛta- Vāmana Rūpa Jaya Jagadīśa Hare ॥ 5 ॥*

*Kṣatriya Rudhira Maye Jagad-apagata Pāpam ।
Snāpayasi Payasi Śamita Bhava Tāpam ॥
Keśava Dhṛta- Bhr̥gupati-rūpa Jaya Jagadīśa Hare ॥ 6 ॥*

*Vitarasi Dikṣu Raṇe Dika Pati Kamanīyam ।
Daśa-mukha Mauli-balim Ramaṇīyam ॥
Keśava Dhṛta- Raghupati Rūpa Jaya Jagadīśa Hare ॥ 7 ॥*

*Vahasi Vapuṣi Viśade Vasanam Jaladābham ।
Hala-hati-bhīti-milita-Yamunābham ॥
Keśava Dhṛta- Haladhara-rūpa Jaya Jagadīśa Hare ॥ 8 ॥*

*Nindasi Yajña Vidher Ahaha Śruti Jātam ।
Sadaya Hṛdaya Darśita Paśu-ghātam ॥
Keśava Dhṛta- Buddha-śarīra Jaya Jagadīśa Hare ॥ 9 ॥*

*Mleccha Nivaha Nidhane Kalayasi Karavālam ।
Dhūmaketum-iva Kim Api Karālam ॥
Keśava Dhṛta- Kalki Śarīra Jaya Jagadīśa Hare ॥ 10 ॥*

*Śrī-Jayadeva-kaver Idam Uditam Udāram ।
Śṛṇu Sukha-daṁ Śubha Daṁ Bhava-sāram ॥
Keśava Dhṛta- Daśa-vidha Rūpa Jaya Jagadīśa Hare ॥ 11 ॥*

4. DURGĀ-MĀDHABA STUTI

(DURGA - MADHAVA STUTI KARATU)

*Jaya He! Durgā Mādhava Kṛpamaya Kṛpamayī ।
Durgāṅku Sebi Mādhava Hoile Mo Diān Saim ॥ 0 ॥*

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Achhu Sarva Thabe ।
Rama Uma Baṇi Rādhā To Chhaḍā Anya Ke Nāhiṃ ॥ 1 ॥*

Jaya He ...

*Madana-Mohana Rūpe Byāpi Achhu Sarva Thabe ।
Mohana Citta Mohilu Śrī Sarva Maṅgala Tuhi ॥ 2 ॥*

Jaya He ...

*Dharma Saṁsthāpanne Janma Yadi Hvanti Nārāyaṇa ।
Durgāṅku Chhaḍi Mādhava Kheli Bāra Śakti Kāhiṃ ॥ 3 ॥*

Jaya He ...

*Mādhabanka Khela Pain Deha Dhāru Mahāmayī ।
Mādhabanku Pati Putra Rūpe Khelaouchhu Tuhi ॥ 4 ॥*

Jaya He ...

*Mādhabanku Durgā Kole Jehuna Dekhe Benī Dole ।
Tāhāra Bhāgyar Kathā Brahma Śibe Na Jogai ॥ 5 ॥*

Jaya He ...

*Jaya Durgati Nāśinī Abhirāmar Jananī ।
Śubhāgamana Karantu Mādhabanku Kole Nei ॥ 6 ॥*

Jaya He ...

5. SAU 108 SUNAN “MADHAV” (A HANKALI)

['Mādhava'] * sau 108

*Ka ambaci sunan 'Madhava' na Jagannatha Mahaprabhu sau 108.
Kada ka faḍa da babbar murya. Ka kidaya a yatsunka kuma ka ambaci sunan a cikin
zuciya.*

6. KALKI MAHĀMANTRA

[*Rāma Hare Kṛṣṇa Hare, Rāma Hare Kṛṣṇa Hare ।*
Rāma Hare Kṛṣṇa Hare, Ananta Mādhava Hare ॥] * sau 11

7. JAYAGHOṢA

Za a karanta Jayaghosha a cikin zuciya, ba tare da magana da babbar murya ba.
(Ana iya rera shi da babbar murya ne kawai idan kana tsaye.)

Tvameva Mātā Ca Pitā Tvameva
Tvameva Bandhuśca Sakhā Tvameva ।
Tvameva Vidyā Draviṇam Tvameva
[*Tvameva Sarvam Mama Deva Deva*] ॥ * sau 3

Om Namō Brāhmaṇya Devāya Gobrahmaṇahitāya Ca ।
Jagat Hitāya Kṛṣṇāya Govindāya Namō Namah ॥

[*Om Ananta Koṭi Viśva Brahmāṇḍa Nātha Parabrahma Nārāyaṇa Mahāviṣṇu*
Bhagavan Kalkirām Śrī Śrī Śrī Satya Ananta Mādhava Mahāprabhu Ji ki Jaya!] *
sau 3

[*Mātā Mahālakṣmī Ji ki Jaya!*] * sau 3
[*Mātā Vaiṣṇo Devī Ji ki Jaya!*] * sau 3
[*Sarva Devī-Devatāom ki Jaya!*] * sau 3
[*Sudharma Mahā-Mahā Saṅgha ki Jaya!*] * sau 3
[*Sudharma Mahā-Mahā Saṅgha ki Jaya!*] * sau 3

Ya Ubangiji! Da fatan za a tattara dukkan masu ibada na duniya baki ɗaya da wuri-wuri —

Ka faɗa da farin ciki sau ɗaya, "Hari Hari", "Hari Hari", "Hari Hari"

Ya Ubangiji! Da fatan Gaskiya, Soyayya, Tausayi, Gafara da Salama za su tabbata a kan wannan duniya, dukkan sararin samaniya da wuri-wuri —

Ka faɗa da farin ciki sau ɗaya, "Hari Hari", "Hari Hari", "Hari Hari" * sau 3

JAI ŚRĪ MĀDHAVA

MUHIMMAN UMARNI

Ko da yanzu, lokacin da kimiyya da ruhaniya ke jin kusancin babban canjin da zai zo, ɗan adam ba shi da tabbas na shawo kan wannan rikicin. Dangane da 'Bhavishya Malika' — ka bar ayyukan zunubi, kuma ka bar mutanen kowane addini su rungumi 'Trisandhya' don kare rayuwa.

A wannan lokacin na juyawar zamani, wannan sirrin shine Mrita Sanjivani ɗaya tilo don kare rayuwa.

Wadanda suke so su kai Satyayuga ya kamata su riƙe waɗannan koyarwa a rayuwarsu.

Dangane da umarnin Ubangiji Kalki a lokacin kafa Dharma, ya kamata mu bi waɗannan abubuwa a rayuwarmu:

- 1. Ka nuna tausayi ga dukkan halittu masu rai. Ka bar cin nama kuma ka rungumi rayuwa mai tsarki. Kada ka cutar da kowane halitta mai rai ko wani ɗan adam ta kowace hanya.**
- 2. A wannan zamani, ka ambaci sunan Madhav (Ubangiji). Idan kana so, za ka iya ambata da babbar murya ko ka tuna sunansa a hankali a cikin zuciya.**
- 3. Kowane mutum ya riƙe waɗannan halaye biyar: Gaskiya, Soyayya, Tausayi, Gafara da Salama.**
- 4. Kowane mutum ya shiga Satsang akai-akai. Satsang yana nufin taruwa don rera halayen Allah, don bayyana ɗaukakarsa, da kuma yin tattaunawar ruhaniya.**
- 5. Yi Trisandhya kowace rana — ka tuna kuma ka yabi Ubangiji da safe, tsakar rana da maraice.**
- 6. Ka ambaci Kalki Mahamantra da Ubangiji Kalki ya bayar kowace rana.**
- 7. Kowane mutum ya yi tafiya a kan hanyar Dharma.**
- 8. Ka tashi sama da bambancin kabilanci da addini, ka yi Satsang da kowa.**
- 9. Ka bar jin “Ni” da “nawa.” Irin wannan girman kai da haɗe-haɗe suna ɗauke mutum daga ainihin yanayinsa na ruhaniya.**
- 10. Ka karanta Shrimad Bhagavata Mahapurana a gida kowace rana. Yayin da lokaci ya ba da dama, ka yi nazarin bhajan, kirtan, Puranas, nassosi, Bhavishya Malika da sauran rubutun ruhaniya.**
- 11. Ka kira kowace mace “Uwa”/“Maa” kuma kowane namiji “Dan’uwa.”**
- 12. Kafin cin abinci, da farko ka mika abincin ga Ubangiji.**
- 13. Idan kana so ka karin bayani game da Ubangiji Kalki da wannan babban aiki, ka tuntuɓi lambar waya da aka bayar a ƙarshen wannan littafin.**

TAMBAYOYI MAFI YAWA

1. Tambayoyi na gaba daya game da aikin Trisandhya

Ana iya yin Trisandhya **ba tare da wanka ba**. Ka sanya hannunka a goshinka kuma ka tuna Uwar Ganga, kana cewa “**Shri Gange**” sau uku. Idan zai yiwu, ka wanke kafafunka kafin ka yayyafa ruwa kaɗan a jikinka.

Ana iya yin Trisandhya a ko'ina — **a kan hanya, a cikin jirgin kasa, a cikin abin hawa, a wurin aikinka**, ko **a hankali a cikin zuciya**. A wani nau'i ko wani, a wani wuri ko wani, dole ne a yi shi ba tare da gazawa ba.

Ya kamata a karanta Shrimad Bhagavata Mahapurana **bayan wanka kawai**, lokacin da yake tsarki. A lokacin hila ana yin Trisandhya a dukkan lokuta uku kamar yadda aka saba — da babbar murya ko a cikin zuciya. A wadannan kwanaki bakwai ba **za a karanta** Shrimad Bhagavata Mahapurana ba, ko da yake **ana iya saurara**.

A lokacin sutak ma, ana iya yin Trisandhya a dukkan lokuta uku; amma a wannan lokacin ba **za a karanta ko saurara** Shrimad Bhagavata Mahapurana ba, kuma ba za a shiga Satsang ba. A duka biyun ba **za a taɓa** Shrimad Bhagavata Mahapurana da sauran kayan ibada ba.

2. Me ya kamata a yi idan cikakken Trisandhya bai yiwu ba a lokacin da ya dace?

Idan cikakken Trisandhya bai yiwu ba a lokacin da ya dace, to ka yi **Trisandhya gajere** a wannan lokacin, kuma ka yi **cikakken Trisandhya daga baya** idan lokaci ya ba da dama.

Ana iya yin Trikal Sandhya a ko'ina — **a wurin aiki, yayin tafiya a kan hanya, yayin tuki, a makaranta**, ko ma yayin yin wani aiki: **a hankali, a cikin zuciya**. Yin Trisandhya a lokacinsa, a kowane wuri, yana da matuƙar mahimmanci.

Idan ba za a iya yin Trikal Sandhya a lokacin da ya dace ba, ka ambaci sunan Ubangiji Madhav kuma ka **tuba**, kuma ka yi addu'a ga Ubangiji cewa daga yanzu za a iya yin shi a lokacin da ya dace; domin nassosi sun bayyana cewa ya kamata a yi Trikal Sandhya a lokacinsa.

Hanyar Trikal Sandhya lokacin da babu lokaci

Shloka da Panditji ya bayar a Google Meet. Lokacin da damar yin sandhya bai zo ba kuma lokaci ya fara wucewa, to a maimakon sandhya za ka iya **ambaton sunan Madhav sau 108, Jai Durga Madhav sau 11**, kuma ka karanta shloka da aka bayar a kasa sau ɗaya.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

***Vedān uddharate jagannivahate bhūgolam udbibhrate
daityaṃ dārayate balim chalayate kṣatrakṣayaṃ kurvate,
paulastyam jayate haram kalayate kārūṇyam ātanvate
mlechchān mūrchchhayate daśākṛtikṛte Kṛṣṇāya tubhyaṃ namaḥ.***

3. Ta yaya ɗalibai za su yi Trisandhya tare da ayyukansu na yau da kullun?

Ya kamata ɗalibai su yi sandhya na safe (Brahma Muhurta) da maraice a lokacin da ya dace, bisa ga doka. Saboda buƙatun makaranta ko karatu, za su iya kammala sandhya na tsakar rana **a cikin zuciya, suna tunani game da Ubangiji a cikin zuciya**.

4. Ta yaya za a yi Trisandhya a wurin aiki?

Babu **dokar wuri** don Trisandhya. Za ka iya yin shi a duk inda kake — **a teburinka, a masana'anta, a shago, a fili**, ko **a kan hanya**.

Idan ba zai yiwu a faɗa da babbar murya ba, ka yi shi **a cikin zuciya**; zuciya wuri ce mai isasshe. Idan zai yiwu, ka cire takalmanka kuma ka zauna na ɗan lokaci; kuma idan ma hakan bai yiwu ba, kada ka bar Trisandhya saboda wannan dalili.

Idan ba ka tuna ba kuma zai yiwu, za ka iya **sauraron sautin Trisandhya**. Babban abu shine kada a rasa shi.

5. Idan aikin gida bai bar lokaci ba, ta yaya za a bi aikin Trisandhya?

Yi Trisandhya **yayin da kake aiki** — don wannan ba a buƙatar jira lokacin hutu; ko da hannaye suna aiki ana iya yin shi **a cikin zuciya**.

Don Bhagavata, ka fitar da duk wani ɗan lokaci da za ka iya samu — idan cikakken babi zai yiwu to babi ɗaya, kuma idan ba haka ba, shafi ɗaya, ko ma shloka ɗaya. A kiyaye wannan a zuciya, cewa ko da kwana ɗaya bai wuce ba tare da karatu ba.

6. Ta yaya mata za su bi aikin Trisandhya a lokacin hailsa?

A lokacin hailsa, ba **za a karanta** Bhagavata ba na tsawon kwanaki bakwai. **Ana iya saurara**.

Yi Trisandhya a dukkan lokuta uku. Idan ba ka tuna ba, ka saurara.

(**Kada ka taɓa** Shrimad Bhagavata Mahapurana, ko sauran kayan ibada.)

7. Idan mutum ɗaya a cikin iyali ya bi aikin Trisandhya, shin dukkaninsu za su sami 'ya'yansa?

Yana da mahimmanci ga **kowane mutum ya bi shi da kansa**. Idan wani a cikin iyali ba zai iya karantawa ba, bari su saurari Trisandhya da Bhagavata. Kuma ga waɗanda ba za su iya magana ko ji ba, ka yi ƙoƙari, gwargwadon yiwuwa, don su **rubuta sunan 'Madhav'** akai-akai.

8. Idan muna cin nama da shan barasa, za mu iya fara trisandhya?

A'a, kafin fara Trisandhya dole ne mutum ya rungumi **rayuwa ta cin ganyayyaki gaba ɗaya**, kada **ma ya ci kwai**. Duk wani nau'in maye (**kamar barasa, bhang, sigari, kayayyakin taba, pan masala, gutka, da sauransu**) ya kamata a dakatar da shi tabbatacce.

9. Shin muna buƙatar guje wa albasa da tafarnuwa don fara Trisandhya?

A'a, za ka iya yin Trisandhya **ko da kana cin albasa da tafarnuwa**. Sai dai **duk nau'ikan abincin nama ya kamata a guje su** (ciki har da kwai).

10. Shin mata za su iya ambaton Gayatri Mantra da Trisandhya?

Iya, mata ya kamata su ambaci gayatri mantra sau uku a lokacin trisandhya.

11. Za mu iya ambaton Gayatri Mantra ba tare da *The Upnayan Sanskar (janeu)* ba?

Iya, za ka iya ambaton Gayatri Mantra **ko da ba ka sa zaren *janeu* mai tsarki ba**. Za ka iya karanta dukkan mantras na Trisandhya **ba tare da an yi maka deekshit ga wani guru ba**.

12. Za mu iya ambaton Gayatri Mantra ba tare da *Shaap vimochan (sakin la'ana)* ba?

Iya, ya kamata ka ambaci Gayatri Mantra sau uku a lokacin yin Trisandhya, **ba tare da yin wani sakin la'ana ba**.

13. Idan mutum jahili ne, mai nakasa, jariri ko dattijo, wanda ba zai iya karanta Trisandhya ba, me ya kamata su yi?

Idan wani ba zai iya karanta rubutun Trisandhya ba, za su iya **sauraron sautinsa sau uku a rana** a lokacin Trisandhya. Jarirai **an kebe su idan iyayensu mata suna yin Trisandhya** (za su amfana). Duk da haka, **dole ne su yi aikin Trisandhya yayin da suke girma**.

VIŚVA SANATAN DHARMA SEVA TRUST

Don Trisandhya da sauran bayanan addini, tuntubi ta WhatsApp:

+91 9923071727

Shafukan Yanar Gizo na Hukuma da Tashoshin YouTube

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Tashar Hukuma: https://www.youtube.com/@Kalki_Avatara

Dynasty Of Lord KALKI (Hanyar zuwa Sabuwar Duniya): <https://youtube.com/@dynastyofkali>

KalkiAvatarRussian: <https://youtube.com/@kalkiavatarrussian>

kalkiavatartelugu: <https://youtube.com/@kalkiavatartelugu>

kalkiavatarspanish: <https://youtube.com/@kalkiavatarspanish>

kalkiavatarkannada: <https://youtube.com/@kalkiavatarkannada>

JAI ŚRĪ MĀDHAVA

