



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Maka mmepeanya mmadu, Trisandhya di ka mmiri ndu."

Na-eme Trisandhya n'oge sandhya atọ niile kwa ụbọchị, na-agụ otu isi nke Shrimad Bhagavata Mahapurana kwa ụbọchị, ma na-akpọ aha Madhav mgbe niile n'ime uche.

JIDE OZIZI 5 NDỊ A TINYERE TRIKAL SANDHYA

1. Mụta irube isi.
2. Mụta ichere.
3. Mụta ihu n'anya na igosi ọmịiko n'ebe ihe niile di ndu nọ.
4. Ijikwa mmetụta uche.
5. Hapụ mmetụta nke "Mụ na nke m, gị na nke gị" (mmetụta nke mpako).

OGE ATỌ NKE TRISANDHYA

Ụtụtụ	na Brahma Muhurta, tupu anyanwụ apụta
Ehihie	n'etiti 11:30 na 12:30
Mgbede	enwere ike ime ya n'etiti nkeji iri atọ tupu na nkeji iri atọ mgbe anyanwụ dasịrị

IHE NDỊ DỊ NA TRISANDHYA

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

ARỊRỊỌ DỊ ALA BANYERE ỊKPỌPỤTA OKWU

Biko gee [odiyo Trisandhya goomenti](#) maka ịkpọpụta okwu ziri ezi (a na-atụ aro ka ege ntị na ọsọ 1.5x), ebe ọ bụ na ntughari asụsụ ederede nwere ike inwe obere ọdiche ụda. Anyị na-agba gị ume ka ị na-ege ntị ugboro ugboro ruo mgbe ị ga-enwe ahụ iru ala kpamkpam.

Rịba ama: A ga-akpọ aha 'Madhava' na nzuzo n'ime uche, ebe n'ime ndekọ odiyo, a na-abụ 'Madhava Geeta' n'akụkụ ahụ.

1. MANTRAS

['Om'] * ugboro 3

[*Om Bhūrbhuvah Svah Tatsaviturvareṇyam ।
Bhargo Devasya Dhīmahi Dhiyo Yo Nah Prachodayāt ॥*] * ugboro 3

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(AHA IRI NA ISII NKE SHRI VISHNU)

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

[*Sarva Kāryeṣu Mādhavam*] ॥ * ugboro 3

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

3. ŚRĪ DAŚĀVATĀRA STOTRA

(DASHAVATARA STOTRAM NKE SHRI JAYADEVA JI DERE)

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

*Kṣitirati Vipulatare Tava Tiṣṭhati Prṣṭhe ।
Dharaṇi Dhāraṇa 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 Bhṛṅgam ॥
Keśava Dhṛta- Narahari Rūpa Jaya Jagadīśa Hare ॥ 4 ॥*

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

*Kṣatriya Rudhira Maye Jagad-apagata Pāpam ।
Snāpayasi Payasi Śamita Bhava Tāpam ॥
Keśava Dhṛta- Bhṛgupati-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 Udītam Udāram ।
Śṛṇu Sukha-dam Śubha Dam Bhava-sāram ॥
Keśava Dhṛta- Daśa-vidha Rūpa Jaya Jagadīśa Hare ॥ 11 ॥*

4. DURGĀ-MĀDHABA STUTI

(IGU DURGA - MADHAVA STUTI)

*Jaya He! Durgā Mādhava Kṛpāmaya Kṛpāmāyī !
Durgāñku Sebi Mādhava Hoile Mo Diām Saim || 0 ||*

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Achhu Sarva Thābe !
Rāma Umā Baṇi Rādhā To Chhaḍā Anya Ke Nāhim || 1 ||*

Jaya He ...

*Madana-Mohana Rūpe Byāpi Achhu Sarva Thābe !
Mohana Citta Mohilu Śrī Sarva Maṅgala Tuhi || 2 ||*

Jaya He ...

*Dharma Saṁsthāpanne Janma Yadi Hvanti Nārāyaṇa !
Durgāñku Chhāḍi Mādhava Kheli Bara Śakti Kāhim || 3 ||*

Jaya He ...

*Mādhabanka Khelā Paim Deha Dhāru Mahāmayī !
Mādhabanku Pati Putra Rūpe Khelāouchhu Tuhi || 4 ||*

Jaya He ...

*Mādhabanku Durgā Kole Jehum Dekhe Beni Dole !
Tāhara Bhāgyar Kathā Brahmā Śibe Na Jogāi || 5 ||*

Jaya He ...

*Jaya Durgati Nāśinī Abhirāmar Jananī !
Śubhāgamana Karantu Mādhabanku Kole Nei || 6 ||*

Jaya He ...

5. UGBORO 108 AHA “MADHAV” (NA NZUZO)

['Mādhava'] * ugboro 108

*Kpọọ aha 'Madhava' nke Jagannatha Mahaprabhu ugboro 108.
Ekwula ya n'olu dara ụda. Gụọ na mkpịsị aka gị ma kpọọ aha ahụ n'uche.*

6. KALKI MAHĀMANTRA

[*Rāma Hare Kṛṣṇa Hare, Rāma Hare Kṛṣṇa Hare* |
Rāma Hare Kṛṣṇa Hare, Ananta Mādhava Hare ||] * ugboro 11

7. JAYAGHOṢA

A ga-agụ Jayaghosha n'uche, n'ekwughị okwu n'olu dara ụda.
(Enwere ike ịkpọ ya n'olu dara ụda naanị ma ọ bụrụ na ị na-eguzo.)

Tvameva Mātā Ca Pitā Tvameva
Tvameva Bandhuśca Sakhā Tvameva |
Tvameva Vidyā Draviṇam Tvameva
[*Tvameva Sarvam Mama Deva Deva*] || * ugboro 3

Om Namō Brāhmaṇya Devāya Gobrahmaṇahitāya Ca |
Jagat Hitāya Kṛṣṇāya Govindāya Namō Namaḥ ||

[*Om Ananta Koṭi Viśva Brahmāṇḍa Nātha Parabrahma Nārāyaṇa Mahāviṣṇu*
Bhagavān Kalkirām Śrī Śrī Śrī Satya Ananta Mādhava Mahāprabhu Jī kī Jaya!] *
ugboro 3

[*Mātā Mahālakṣmī Jī kī Jaya!*] * ugboro 3
[*Mātā Vaiṣṇo Devī Jī kī Jaya!*] * ugboro 3
[*Sarva Devī-Devatāom kī Jaya!*] * ugboro 3
[*Sudharma Mahā-Mahā Saṅgha kī Jaya!*] * ugboro 3
[*Sudharma Mahā-Mahā Saṅgha kī Jaya!*] * ugboro 3

Onyenwe anyị! Ka a chịkọta ndị niile na-eфе ofufe n'ụwa niile ozugbo enwere ike

—
Kwuo n'obi uto otu ugboro, "Hari Hari", "Hari Hari", "Hari Hari"

Onyenwe anyị! Ka Eziokwu, Ihunanya, Omiiko, Mgbaghara na Udo guzobe n'ụwa
a, eluigwe na ụwa niile ozugbo enwere ike —

Kwuo n'obi uto otu ugboro, "Hari Hari", "Hari Hari", "Hari Hari" * ugboro 3

JAI ŚRĪ MĀDHAVA

NTUZIKA DỊ MKPA

Ọbuna ugbu a, mgbe sayensi na ime mmụọ na-enwe mmetụta nke nnukwu mgbanwe na-abịa, mmadụ enweghị ụzọ doro anya iji merie nsogbu a. Dị ka ‘Bhavishya Malika’ si kwuo — hapụ omume mmehie, ma mee ka ndị mmadụ nwere okwukwe ọ bụla nabata ‘Trisandhya’ maka nchekwa ndụ.

N'oge a nke mgbanwe afọ, ụkpụrụ nzuzo a bụ naanị Mrita Sanjivani maka nchekwa ndụ. Ndị chọrọ iru Satyayuga kwesiri ijide ozizi ndị a na ndụ ha.

Dị ka ntuziaka nke Onyenwe anyị Kalki si dị n'oge ntọala Dharma, anyị kwesiri igbaso ihe ndị a na ndụ anyị:

- 1. Gosiputa omiiko n'ebe ihe niile dị ndụ nọ. Hapụ iri anụ ma nabata ndụ sattvic. Emela ihe ojọọ ọ bụla nye ihe ọ bụla dị ndụ ma ọ bụ mmadụ ọ bụla n'ụzọ ọ bụla.**
- 2. N'oge a, kpọọ aha Madhav (Onyenwe anyị). Ọ bụrụ na ịchọrọ, ị nwere ike ikpọ n'olu dara ụda ma ọ bụ cheta aha Ya na nzuzo n'uche.**
- 3. Onye ọ bụla kwesiri ijide omume oma ise ndị a: Eziokwu, Ihunanya, Omiiko, Mgbaghara na Udo.**
- 4. Onye ọ bụla kwesiri isonye na Satsang mgbe niile. Satsang putara igbakota onụ ibụ abụ banyere agwà Chineke, ikowa ebube Ya, na inwe mkparịta ụka ime mmụọ.**
- 5. Na-eme Trisandhya kwa ụbọchị — cheta ma too Onyenwe anyị n'ụtụtụ, ehihie na mgbede.**
- 6. Na-akpọ Kalki Mahamantra nke Onyenwe anyị Kalki nyere kwa ụbọchị.**
- 7. Onye ọ bụla kwesiri iga ije n'ụzọ Dharma.**
- 8. Na-ebili n'elu ikpa okè agbụrụ na okpukperechi, na-enwe Satsang na onye ọ bụla.**
- 9. Hapụ mmetụta nke “Mụ” na “nke m.” Mpako na njikota dị otú ahụ na-ebupụ mmadụ n'ezi odidi ime mmụọ ya.**
- 10. Na-agụ Shrimad Bhagavata Mahapurana n'ụlọ kwa ụbọchị. Ka oge na-enye ohere, mụọ bhajan, kirtan, Puranas, akwukwọ nsọ, Bhavishya Malika na ederede ime mmụọ ndị ọzọ.**
- 11. Na-akpọ nwanyị ọ bụla “Nne”/“Maa” na nwoke ọ bụla “Nwanne.”**
- 12. Tupu iri nri, buru ụzọ nye Onyenwe anyị nri ahụ.**
- 13. Ọ bụrụ na ịchọrọ imatakwa banyere Onyenwe anyị Kalki na nnukwu orụ a, kpọturu nomba ekwentị e nyere na njedebe nke akwukwọ nta a.**

AJUJU NDI A NA-AJUKARI

1. Ajuju izugbe gbasara omume Trisandhya

Enwere ike ime Trisandhya **n'esighi ahụ**. Tinye aka gi n'egedege ihu gi ma cheta Nne Ganga, na-asị “**Shri Gange**” ugboro atọ. O buru na o kwere omume, saa ukwu gi tupu oge eruo ma fesa obere mmiri n'ahụ gi.

Enwere ike ime Trisandhya ebe o bula — **n'okporo uzọ, n'ugbo okporo igwè, n'ugbala, n'ebe oru gi**, ma o bu **na nzuzo n'ime obi**. N'udi ufodu ma o bu n'ebe ufodu, a ga-emeriri ya n'enweghi ihe o bula.

A ga-agu Shrimad Bhagavata Mahapurana **naani mgbe isachara ahụ**, mgbe di ocha. N'oge nsọ nwanyị, a na-eme Trisandhya n'oge atọ niile di ka o di na mbu — n'olu dara uda ma o bu n'ime obi. Maka ubochi asaa ahụ, a gaghị **agu** Shrimad Bhagavata Mahapurana, o bu ezie na enwere ike **inu ya**.

N'oge sutak kwa, enwere ike ime Trisandhya n'oge atọ niile; mana n'oge ahụ, a gaghị **agu ma o bu nu** Shrimad Bhagavata Mahapurana, a gaghikwa esonye na Satsang. N'onodu abuo ahụ, a gaghị **emetu** Shrimad Bhagavata Mahapurana na ihe ndi ozo e ji efe ofufe aka.

2. Gịnị ka a ga-eme ma ọ bụrụ na Trisandhya zuru ezu agaghị ekwe omume n'oge kwesiri ekwesị?

Ọ bụrụ na Trisandhya zuru ezu agaghị ekwe omume n'oge kwesiri ekwesị, mee **Trisandhya dī mkpụmkpụ** n'oge ahụ, ma mee **Trisandhya zuru ezu ma emechaa** mgbe oge kwere.

Enwere ike ime Trikal Sandhya ebe ọ bụla — **n'ebe ọrụ, mgbe ị na-aga ije n'okporo ụzọ, mgbe ị na-anyà ụgbọala, n'ụlọ akwụkwọ**, ma ọ bụ ọbuna mgbe ị na-arụ ọrụ ọ bụla ọzọ: **na nzuzo, n'ime uche**. Ime Trisandhya n'oge kwesiri ekwesị ya, n'ebe ọ bụla, dī oke mkpa.

Ọ bụrụ na Trikal Sandhya agaghị ekwe omume n'oge kwesiri ekwesị, kpọọ aha Onyenwe anyị Madhav ma **chegharịa**, ma kpee ekpere nye Onyenwe anyị ka site ugbo a gaa n'ihu, a ga-eme ya n'oge kwesiri ekwesị; n'ihì na akwụkwọ nsọ na-ekwuputa na Trikal Sandhya kwesiri ime n'oge kwesiri ekwesị ya.

Ụzọ e si eme Trikal Sandhya mgbe enweghị oge

Shloka nke Panditji nyere na Google Meet. Mgbe oge ime sandhya na-abịaghị ma oge amalite igafe, mgbe ahụ n'ọnọdụ sandhya, ị nwere ike **ịkpọ aha Madhav ugboro 108, Jai Durga Madhav ugboro 11**, ma guọ shloka e nyere n'okpuru otu ugboro.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

***Vedān uddharate jagannivahate bhūgolam udbibhrate
daityaṁ dārayate balim chalayate kṣatrapāyaṁ kurvate,
paulastyāṁ jayate halaṁ kalayate kārūṇyam ātanvate
mlecchān mūrccayate daśākr̥tikṛte Kṛṣṇāya tubhyaṁ namaḥ.***

3. Olee otú ụmụ akwụkwọ kwesiri isi mee Trisandhya tinyere usoro ihe omume ha kwa ụbọchị?

Ụmụ akwụkwọ kwesiri ime sandhya ụtụtụ (Brahma Muhurta) na mgbede n'oge kwesiri ekwesị, dī ka iwu si dī. N'ihì ihe achọrọ n'ụlọ akwụkwọ ma ọ bụ ọmụmụ ihe, ha nwere ike mezue sandhya ehihie **n'ime obi, na-atughari uche n'Onyenwe anyị n'uche**.

4. Olee otú e kwesiri isi mee Trisandhya n'ebe ọrụ?

Enweghị **iwu ebe** maka Trisandhya. Ị nwere ike ime ya ebe ọ bụla ị nọ — **na tebụl gị, n'ụlọ ọrụ mmepụta ihe, n'ụlọ ahịa, n'ubi**, ma ọ bụ **n'okporo ụzọ**.

Ọ bụrụ na ọ gaghị ekwe omume ikwu ya n'olu dara ụda, mee ya **n'ime obi**; obi bụ ebe zuru oke. Ọ bụrụ na ọ kwere omume, yipụ akpụkpọ ụkwụ gị ma nọdụ ala nwa oge; ma ọ bụrụ na nke ahụ agaghị ekwe omume, ahapụkwala Trisandhya n'ihì ihe ahụ.

Ọ bụrụ na ichetaghị ya ma ọ kwere omume, ị nwere ike **ige ntị na ọdiyo Trisandhya**. Ihe kacha mkpa bụ na a gaghị efufu ya.

5. Ọ bụrụ na ọrụ ụlọ anaghị ahapụ oge, olee otú e kwesiri isi gbasoo omume Trisandhya?

Mee Trisandhya **mgbe i na-arụ ọrụ** — maka nke a, ọ dighị mkpa ichere oge efu; ọbuna mgbe aka na-arụ ọrụ, enwere ike ime ya **n'ime obi**.

Maka Bhagavata, wepụ obere oge ọ bụla i nwere ike ichota — ọ bụrụ na isi zuru ezu ga-ekwe omume mgbe ahụ otu isi, ma ọ bụrụ na ọ bughị, otu peeji, ma ọ bụ ọbuna otu shloka. Ka nke a bụrụ ihe e chetara, na ọbuna otu ụbọchị agaghị agafe n'agughị ya.

6. Olee otú ụmụ nwanyi kwesiri isi gbasoo omume Trisandhya n'oge nsọ nwanyi?

N'oge nsọ nwanyi, a gaghi **agụ** Bhagavata maka ụbọchị asaa ahụ zuru ezu. Enwere ike **inụ ya**.

Mee Trisandhya n'oge atọ niile. Ọ bụrụ na ichetaghị ya, gee ya ntị.

(**Emetula** Shrimad Bhagavata Mahapurana, ma ọ bụ ihe ndị ọzọ e ji efe ofufe aka.)

7. Ọ bụrụ na otu onye n'ime ezinụlọ na-agbaso omume Trisandhya, ha niile ga-enweta mkpụrụ ya?

Ọ dị mkpa ka **onye ọ bụla gbasoo ya n'onwe ya**. Ọ bụrụ na mmadụ n'ime ezinụlọ enweghi ike ịgụ ihe, ka ha gee Trisandhya na Bhagavata ntị. Ma maka ndị na-enweghi ike ikwu okwu ma ọ bụ inụ ihe, gbalisie ike, di ka o kwere omume, ka ha **dee aha 'Madhav'** ugboro ugboro.

8. Ọ bụrụ na anyị na-eri anụ na-abughị akwụkwọ nri ma na-anụ mmanya, anyị nwere ike imalite trisandhya?

Mba, tupu imalite Trisandhya, mmadụ ga-anabata **ụdị ndụ anaghị eri anụ kpamkpam**, ekwesighi **ọbuna iri akwa**. **Ụdị ihe ọ bụla na-egbu egbu (dị ka mmanya, bhang, siga, ngwaahia ụtaba, pan masala, gutka, wdg) kwesikwara ikwusi** n'ụzọ doro anya.

9. Anyị kwesiri ihapụ yabasị na galik iji malite Trisandhya?

Mba, i nwere ike ime Trisandhya **ọbuna ma ọ bụrụ na i na-eri yabasị na galik**. Naanị **ụdị anụ niile na-abughị akwụkwọ nri kwesiri izere** (gunyere akwa).

10. Ụmụ nwanyị nwere ike ikpọ Gayatri Mantra na Trisandhya?

Ee, ụmụ nwanyị kwesiri ikpọ gayatri mantra ugboro atọ n'oge trisandhya.

11. Anyị nwere ike ikpọ Gayatri Mantra n'enweghi *The Upnayan Sanskar (janeu)*?

Ee, ị nwere ike ikpọ Gayatri Mantra **obuna ma ọ bụrụ na ị naghị eyi eriri *janeu* dị nsọ.** Ị nwere ike ịgụ mantras niile nke Trisandhya **n'enweghi onye guru deekshit** kwa.

12. Anyị nwere ike ikpọ Gayatri Mantra n'enweghi *Shaap vimochan* (mgbaghara nkocha)?

Ee, ị kwesiri ikpọ Gayatri Mantra ugboro atọ n'oge ị na-eme Trisandhya, **n'emeghi mgbaghara nkocha ọ bụla.**

13. Ọ bụrụ na mmadụ amaghi akwukwọ, nwere nkwaru, nwa ọhụrụ ma ọ bụ agadi nwoke/nwanyị, enweghi ike ịgụ Trisandhya, gini ka ha kwesiri ime?

Ọ bụrụ na mmadụ enweghi ike ịgụ ederede Trisandhya, ha nwere ike **ige ntị na ọdiyo ya ugboro atọ n'ubochi** n'oge Trisandhya. A na-ewepu ụmụ ọhụrụ **ma ọ bụrụ na nne ha na-eme Trisandhya** (a ga-erite uru ha). Otú ọ dị, ha **ga-eme Trisandhya ka ha na-etolite.**

VIŚVA SANĀTAN DHARAMA SEVĀ TRUST

Maka Trisandhya na ozi okpukperechi ndi ọzọ, kpọturu na WhatsApp:

+91 9923071727

Ebe Nruorụ Weebụ Gọmentị na Ọwa YouTube

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Ọwa Gọmentị: https://www.youtube.com/@Kalki_Avatara

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JAI ŚRĪ MĀDHAV

