



ॐ TRIKALA SANDHYA ॐ

VISWA SANATAN DHARMA SEVA TRUST

॥ Jai Shree Madhava ॥



"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 ma gosiputa omiiko n'ebe ihe niile di ndu nọ.
4. Ijikwa mmetuta.
5. Hapụ mmetuta nke "Mụ na nke m, gi na nke gi" (echiche nke mpako).

OGE ATỌ NKE TRISANDHYA

Ututu	na Brahma Muhurta, tupu anyanwu aputa
Ehihie	n'etiti 11:30 na 12:30
Mgbede	enwere ike ime ya n'etiti nkeji iri atọ tupu na nkeji iri atọ mgbe anyanwu dasiri

IHE NDỊ DỊ NA TRISANDHYA

1. Mantras
2. Shri Vishnu Shodasha Nama Stotra
3. Shri Dashavatara Stotra
4. Durga-Madhaba Stuti
5. Ugboro 108 aha "Madhav" (na nzuzo)
6. Kalki Mahamantra
7. Jayghosha

ARỊRỊỌ DỊ ALA BANYERE ỊKPỌPỤTA OKWU

Biko gee [odiyo Trisandhya goomenti](#) maka ezi ikpọpụta okwu (a na-atụ aro ka ị gee ntị na ọsọ 1.5x), ebe ọ bụ na ntughari ederede nwere ike inwe obere ọdiche ụda. Anyị na-agba ị ume ka ị gee ntị ugboro ugboro dị ka ọ dị mkpa 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 Bhurbhuvah Svah Tatsaviturvarenyam ।
Bhargo Devasya Dhimahi Dhiyo Yonah Prachodayat ॥] * ugboro 3

2. SHRI VISHNU SHODASHA NAMA STOTRA

(AHA IRI NA ISII NKE SHRI VISHNU)

Aushadhe Chintayet Vishnum । Bhojane Cha Janardanam ॥
Shayane Padmanabham Cha । Vivahe Cha Prajapatim ॥
Yuddhe Chakradharam Devam । Pravase Cha Trivikramam ॥
Narayanam Tanutyage । Shridharam Priyasangame ॥
Duhsvapne Smara Govindam । Sankate Madhusudanam ॥
Kanane Narasimham Cha । Pavake Jalashayinam ॥
Jalamadhye Varaham Cha । Gamane Vamanam Chaiva ॥
Parvate Raghunandanam ।

[Sarva Karyeshu Madhavam] ॥ * ugboro 3

Shodashaitani Namani Pratarutthaya Yah Pathet Sarvapapa Vinirmukto Vishnuloke
Mahiyate ॥

3. SHRI DASHAVATARA STOTRA

(DASHAVATARA STOTRAM NKE SHRI JAYADEVA JI DERE)

*Pralaya Payodhi-jale Dhritavan Asi Vedam ।
Vihita Vahitra-charitram Akhedam ॥
Keshava Dhrita- Mina Sharira Jaya Jagadisha Hare ॥ 1 ॥*

*Kshitirati Vipulatara Tava Tishthati Prishthe ।
Dharani Dharana Kina Chakra Garishthe ॥
Keshava Dhrita- Kachchhapa-rupa Jaya Jagadisha Hare ॥ 2 ॥*

*Vasati Dashana-shikhara Dharani Tava Lagna ।
Shashini Kalanka Kaleva Nimagna ॥
Keshava Dhrita- Shukara Rupa Jaya Jagadisha Hare ॥ 3 ॥*

*Tava Kara Kamala-vare Nakham Adbhuta Shringam ।
Dalita-Hiranyakashipu-tanu Bhiringam ॥
Keshava Dhrita- Narahari Rupa Jaya Jagadisha Hare ॥ 4 ॥*

*Chhalayasi Vikramane Balim Adbhuta Vamana ।
Pada-nakha Nira Janita Jana-pavana ॥
Keshava Dhrita- Vamana Rupa Jaya Jagadisha Hare ॥ 5 ॥*

*Kshatriya Rudhira Maye Jagad-apagata Papam ।
Snapayasi Payasi Shamita Bhava Tapam ॥
Keshava Dhrita- Bhrigupati-rupa Jaya Jagadisha Hare ॥ 6 ॥*

*Vitarasi Dikshu Rane Dika Pati Kamaniyam ।
Dasha-mukha Mauli-balim Ramaniyam ॥
Keshava Dhrita- Raghupati Rupa Jaya Jagadisha Hare ॥ 7 ॥*

*Vahasi Vapushi Vishade Vasanam Jaladabham ।
Hala-hati-bhiti-milita-Yamunabham ॥
Keshava Dhrita- Haladhara-rupa Jaya Jagadisha Hare ॥ 8 ॥*

*Nindasi Yajna Vidher Ahaha Shruti Jatam ।
Sadaya Hridaya Darshita Pashu-ghatam ॥
Keshava Dhrita- Buddha-sharira Jaya Jagadisha Hare ॥ 9 ॥*

*Mlechchha Nivaha Nidhane Kalayasi Karavalam ।
Dhumaketum-iva Kim Api Karalam ॥
Keshava Dhrita- Kalki Sharira Jaya Jagadisha Hare ॥ 10 ॥*

*Shri-Jayadeva-kaver Idam Uditam Udaram ।
Shrinu Sukha-dam Shubha Dam Bhava-saram ॥
Keshava Dhrita- Dasha-vidha Rupa Jaya Jagadisha Hare ॥ 11 ॥*

4. DURGA-MADHABA STUTI

(IGU DURGA - MADHAVA STUTI)

*Jaya He! Durga Madhaba Krupamaya Krupamayee !
Durganku Sebi Madhaba Hoile Mo Dian Saim || 0 ||*

Jaya He ...

*Bahu Rupe Jaya Durge, Byapi Achhu Sarva Thabe !
Rama Uma Bani Radha To Chhada Anya Ke Nahin || 1 ||*

Jaya He ...

*Madana-Mohana Rupe Byapi Achhu Sarva Thabe !
Mohana Chitta Mohilu Shri Sarva Mangala Tuhi || 2 ||*

Jaya He ...

*Dharma Sansthapanne Janma Yadi Hvanti Narayana !
Durganku Chhadi Madhaba Kheli Bara Shakti Kahin || 3 ||*

Jaya He ...

*Madhabanka Khela Pain Deha Dharu Mahamayee !
Madhabanku Pati Putra Rupe Khelaouchhu Tuhi || 4 ||*

Jaya He ...

*Madhabanku Durga Kole Jehun Dekhe Beni Dole !
Tahara Bhagyar Katha Brahma Shibe Na Jogai || 5 ||*

Jaya He ...

*Jaya Durgati Nashini Abhiramar Janani !
Shubhagamana Karantu Madhabanku Kole Nei || 6 ||*

Jaya He ...

5. UGBORO 108 AHA “MADHAV” (NA NZUZO)

['Madhava'] * 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 MAHAMANTRA

[*Rama Hare Krishna Hare, Rama Hare Krishna Hare ।
Rama Hare Krishna Hare, Ananta Madhava Hare ॥*] * ugboro 11

6. JAYGHOSH

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

*Tvameva Mata Cha Pita Tvameva
Tvameva Bandhushcha Sakha Tvameva ।
Tvameva Vidya Dravinam Tvameva
[Tvameva Sarvam Mama Deva Deva] ॥ * ugboro 3*

*Om Namō Brahmanya Devaya Gobrahmanahitaya Cha ।
Jagat Hitaya Krishnaya Govindaya Namō Namah ॥*

[*Om Ananta Koti Vishva Brahmanda Natha Parabrahma Narayana Mahavishnu
Bhagavan Kalkiram Shri Shri Shri Satya Ananta Madhava Mahaprabhu Ji ki
Jaya!] * ugboro 3*

[*Mata Mahalakshmi Ji ki Jaya!] * ugboro 3*

[*Mata Vaishno Devi Ji ki Jaya!] * ugboro 3*

[*Sarva Devi-Devataom ki Jaya!] * ugboro 3*

[*Sudharma Maha-Maha Sangha ki Jaya!] * ugboro 3*

[*Sudharma Maha-Maha Sangha ki Jaya!] * ugboro 3*

Onyenwe anyị! Ka a chikọta 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 SHREE MADHAV

NTUZIKA DỊ MKPA

Ọbuna ugbo a, mgbe sayensi na ime mmụọ na-ahụ nso nke nnukwu mgbanwe na-abịa, mmadụ enweghị ụzọ doro anya iji merie nsogbu a. Dị ka ‘Bhavishya Malika’ si kwuo — hapụ omume mmehie, ma ka ndị mmadụ niile nwere okwukwe 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. Emebila ihe ọ bụla dị ndụ ma ọ bụ mmadụ ọ bụla n'uzọ 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 ije ije n'uzọ Dharma.**
- 8. Na-ebili n'elu ikpa okè agbụrụ na okpukperechi, nwee 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 ha.**
- 10. Na-agụ Shrimad Bhagavata Mahapurana n'ulọ kwa ụbọchị. Dị ka oge si kwere, 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.**

AJỤJỤ NDI A NA-AJỤKARI

1. Ajụjụ izugbe gbasara omume Trisandhya

Enwere ike ime Trisandhya **n'enweghị isa ahụ**. Tinye aka gị n'egedege ihu gị ma cheta Nne Ganga, na-asị “**Shri Gange**” ugboro atọ. Ọ bụrụ na o kwere omume, saa ụkwụ gị tupu oge eruoma fesa obere mmiri n'ahụ gị.

Enwere ike ime Trisandhya ebe ọ bụla — **n'okporo ụzọ, n'ugbo okporo igwè, n'ugbo ala, n'ebe orụ gị**, ma ọ bụ **na nzuzo n'ime obi**. N'ụdị ọ bụla, n'ebe ọ bụla, a ga-emeriri ya n'enweghị ihe ọ bụla.

A ga-agụ Shrimad Bhagavata Mahapurana **naanị mgbe isachara ahụ**, mgbe di ọcha. N'oge ihu nsọ, a na-eme Trisandhya n'oge atọ niile di ka ọ di na mbụ — n'olu dara ụda ma ọ bụ n'ime obi. Maka ụbọchị asaa ahụ, a gaghị **agụ** Shrimad Bhagavata Mahapurana, ọ bụ ezie na **enwere ike inụ ya**.

N'oge sutak kwa, enwere ike ime Trisandhya n'oge atọ niile; mana n'oge ahụ, a gaghị **agụ ma ọ bụ gee** Shrimad Bhagavata Mahapurana, a gaghikwa esonye na Satsang. N'ọnọdụ abụọ ahụ, a gaghị **emetu** Shrimad Bhagavata Mahapurana na ihe ndi ọzọ e ji efe ofufe.

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** **dị 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-anyanya ụgbọ ala, n'ụlọ akwụkwọ**, ma ọ bụ ọbuna mgbe ị na-eme ọrụ ọ bụla ọzọ: **na nzuzo, n'ime uche**. Ime Trisandhya n'oge kwesiri ekwesị, n'ebe ọ bụla, **dị 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'ihi na akwụkwọ nsọ na-ekwuputa na a ga-eme Trikal Sandhya n'oge kwesiri ekwesị.

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.

DASHAVATARA STOTRAM (FINAL VERSE)

***Vedān uddharate jagannivahate bhūgolam udbibhrate
daityaṁ dārayate balim chhalayate kṣātrākṣayaṁ kurvate,
paulastyāṁ jayate halaṁ kalayate kārūṇyam ātanvate
mlechchhān mūrchchhayate daśākṛtikṛte 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, **dị ka iwu si dị**. N'ihi 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 a ga-esi mee Trisandhya n'ebe ọrụ?

Enweghị **iwu ebe** maka Trisandhya. Ị nwere ike ime ya ebe ọ bụla ị nọ — **n'uche ọrụ gi, 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 ezu. Ọ bụrụ na ọ kwere omume, yipụ akpụkpọ ụkwụ gi ma nọdụ ala nwa oge; ma ọ bụrụ na nke ahụ agaghị ekwe omume, ahapụkwala Trisandhya n'ihi nke 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 echefu ya.

5. Ọ bụrụ na ọrụ ụlọ anaghị ahapụ oge, olee otú a ga-esi agbaso omume Trisandhya?

Mee Trisandhya **mgbe ị 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 ị nwere ike ịchọta — ọ bụrụ na isi zuru ezu ga-ekwe omume mgbe ahụ otu isi, ma ọ bụrụ na ọ bughị, otu ibe, ma ọ bụ ọbuna otu shloka. Ka e cheta nke a, na ọbuna otu ụbọchị agaghị agafe n'enweghị ịgụ akwụkwọ.

6. Olee otú ụmụ nwanyị kwesiri isi agbaso omume Trisandhya n'oge ịhụ nsọ?

N'oge ịhụ nsọ, a gaghị **agụ** Bhagavata maka ụbọchị asaa zuru ezu. **Enwere ike ịnụ 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.)

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

Ọ dị mkpa ka **onye ọ bụla gbasoo ya n'onwe ya**. Ọ bụrụ na onye ọ bụla n'ime ezinụlọ enweghị ike ịgụ akwụkwọ, ka ha gee Trisandhya na Bhagavata. Ma maka ndị na-enweghị ike ikwu okwu ma ọ bụ ịnụ ihe, gbalisie ike, dị 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 ịmalite trisandhya?

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

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

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

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

Ee, ụmụ nwanyị **kwesiri ịkpọ 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 **ọbuna ma ọ bụrụ na ị naghị eyi eriri nsọ janeu**. Ị nwere ike ịgụ mantras niile nke Trisandhya **n'enweghi ka a deekshit gi nye guru** kwa.

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

Ee, ị kwesiri ikpọ Gayatri Mantra ugboro atọ n'oge ị na-eme Trisandhya, **n'enweghi ime mgbaghara ọbubu ọnu ọ bụla**.

13. Ọ bụrụ na mmadụ amaghị akwukwọ, nwere nkwaru di iche iche, nwa ọhuru 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'ụbọchị** n'oge Trisandhya. A na-ewepu umu ọhuru **ma ọ bụrụ na nne ha na-eme Trisandhya** (ha ga-erite uru). Otú ọ dị, ha **ga-eme Trisandhya ka ha na-etolite**.

VISWA SANATAN DHARAMA SEVA 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

Ọchịchị Onyenwe anyị KALKI (Ụzọ Maka Ụwa Ọhụrụ): <https://youtube.com/@dynastyofkal>
[ki](https://youtube.com/@dynastyofkal)

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

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

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

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

JAI SHREE MADHAV

