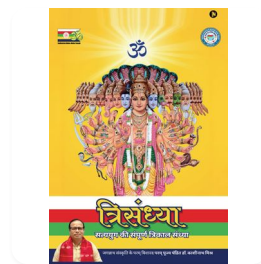




ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Adamzat órkenieti úshin Trisandhya – ómir shıryny sekildi."

Kún saıyn úsh sandhya ýaqytynda Trisandhya jasańyz, Shrimad Bhagavata Mahapurana-nyń bir babyn kún saıyn oqyńyz jáne Madhav esimín úzdiksiz ishke qaitalap júrińiz.

TRIKAL SANDHYA-MEN BIRGE KELESI 5 USTAZDYQTY USTANYŇYZ

1. Baǵynyńdy úrenińiz.
2. Kútyńdi úrenińiz.
3. Barlyq tirshilik ielerine súıspenshilik pen meýirimdilik tanyńdy úrenińiz.
4. Sezimderdi tejeý.
5. «Men jáne menińki, sen jáne senińki» degen sezimnen (menmendik seziminen) bas tartyńyz.

TRISANDHYA-NYŇ ÚSH ÝAQYTY

Tań	Brahma Muhurta-da, kún shyqpas buryn
Túske	11:30 ben 12:30 aralyǵynda
Keshke	kún batýdan otyz minýt buryn jáne otyz minýt keıin aralyǵynda jasalýy múmkin

TRISANDHYA MAZMUNY

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

AITYLÝYNA QATYSTY KISHIPEIIL ÓTINISH

Duryrys aitylýý úshin [resmi Trisandhya aýdiosyn](#) tyńdańyz (1.5x jyldamdyqta tyńdaý usynylady), óitkeni mátin transliteratsualarynda kishi fonetıkalyq ózgerister bolýy mýmkin. Ózińizdi tolyqtaı yńǵaıly sezingenge deın qajetinshe tyńdaýǵa shaqyramyz.

Eskertý: 'Madhava' esimin ishke únsiz qaitaý kerek, al aýdio jazbasynda bul bólimde 'Madhava Geeta' áni aitylady.

1. MANTRAS

['Om'] * 3 ret

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

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(SHRI VISHNU-DYŇ ON ALTY ESIMI)

Auśadhe 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 Jalaśāyinam ॥
Jalamadhye Varāham Ca । Gamane Vāmanam Caiva ॥
Parvate Raghunandanam ।

[Sarva Kāryeṣu Mādhavam] ॥ * 3 ret

Ṣoḍaśaitāni Nāmāni Prātarutthāya Yaḥ Paṭhet Sarvapāpa Vinirmukto Viṣṇuloke
Mahīyate ॥

3. ŚRĪ DAŚĀVATĀRA STOTRA

(SHRI JAYADEVA JI JAZĠAN DASHAVATARA STOTRAM)

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

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

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

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

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

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

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

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

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

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

*Śrī-Jayadeva-kāver Idam Udītam Udāram ।
Śṛṇu Sukha-dam Śubha Dam Bhava-sāram ॥
Keśava Dhŗta- Daśa-vidha Rūpa Jaya Jagadīśa Hare ॥ 11 ॥*

4. DURGĀ-MĀDHABĀ STUTI

(DURGA - MADHAVA STUTI OQÝ)

*Jaya He! Durgā Mādhavā Kṛpāmaya Kṛpāmāyī !
Durgāñku Sebi Mādhavā Hoile Mo Diāñ Saim || 0 ||*

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Acchu Sarva Thābe !
Rāmā Umā Bañi Rādhā To Chhaḍā Anya Ke Nāhiñ || 1 ||*

Jaya He ...

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

Jaya He ...

*Dharma Sañsthāpanne Janma Yadi Hvanti Nārāyaṇa !
Durgāñku Chhāḍi Mādhavā Kheli Bara Śakti Kāhiñ || 3 ||*

Jaya He ...

*Mādhavāñka Khelā Pāñ Deha Dharu Mahāmayī !
Mādhavāñku Pati Putra Rūpe Khelāoucchu Tuhi || 4 ||*

Jaya He ...

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

Jaya He ...

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

Jaya He ...

5. 108 RET «MADHAV» ESIMI (ÚNSIZ)

['Mādhava'] * 108 ret

*Jagannatha Mahaprabhu-dyñ 'Madhava' esimín 108 ret qaitaңыз.
Dáyistep aıtpaңыз. Saýsaqtaryңызben sanaңыз jáne esimdi ishke qaitaңыз.*

6. KALKI MAHĀMANTRA

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

7. JAYAGHOṢA

Jayaghosha-ny ishke, dáyistep aítpai oqý kerek.
(Tek turǵan jaǵdaida ǵana dáyistep aıtýǵa bolady.)

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

Om Namō Brahmaṇya 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! ॥] *
3 ret

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

Ýa, Rabbym! Búkil álemniń barlyq dindarlary múmkindiginsha tezirek jinalǵaı

Bir ret qýanyshpen aıtyńyz, "Hari Hari", "Hari Hari", "Hari Hari"

Ýa, Rabbym! Shyndyq, Mahabbat, Meyirimdilik, Keshirimdilik jáne Beıbitshilik
osy jerde, búkil ǵalamda múmkindiginsha tezirek ornaǵaı —

Bir ret qýanyshpen aıtyńyz, "Hari Hari", "Hari Hari", "Hari Hari" * 3 ret

JAI ŚRĪ MĀDHAVA

MAÑYZDY NUSQAÝLAR

Qazirgi ýaqytta da, gylym da, rýhanuat ta bolatyn úlken ózgeristiň jaqyndaǵanyň sezgen kezde, adamzat bul daǵdarysty eńserýdiň naqty quralyna ie emes. «Bhavishya Malika» boıynsha — kúnalı is-áreketterden bas tartyńyz jáne ár senimdegi adamdar ómirin qorǵaý úshin «Trisandhya-ny» qabyldańyz.

Dáýir ózgergen osy ýaqytta, bul qurıa qaǵıda ómirdi qorǵaý úshin jalǵyz Mrita Sanjivani bolyp tabylady.

Satyayuga-ǵa jetkisi keletinder bul ustazdyqtardy óz ómirlerinde ustanyńyz.

Dharma ornатылған kezde Lord Kalki-diń nusqaýlaryna sáikes, biz ómirimizde myna nárselerdi ustanyńyz kerek:

- 1. Barlyq tirshilik ielerine meyirimdilik tanytyńyz. Et jeýden bas tartyńyz jáne sattvic ómir saltyn ustanyńyz. Eshbir tirshilik iesine nemese adamǵa eshqandaı zıan keltirmeńiz.**
- 2. Bul dáýirde Madhav (Rabbynyń) esimin qaitańyz. Eger qalańyz, dáýistep qaita alańyz nemese onyń esimin ishke únsiz eske ala alańyz.**
- 3. Ár adam myna bes izgi qasıetti ustanyńyz kerek: Shyndyq, Mahabbat, Meyirimdilik, Keshirimdilik jáne Beibitshilik.**
- 4. Ár adam Satsang-qa turaqty túrde qatysýy kerek. Satsang degenimiz – Qudaıdyń qasıetterin ánge qosý, Onyń dańqyn sıpattaý jáne rýhanı talqylaý úshin birge jinalý.**
- 5. Kún saıyn Trisandhya jasańyz — tańerteń, túste jáne keshte Rabbyny eske alyńyz jáne maqtap júrińiz.**
- 6. Lord Kalki bergen Kalki Mahamantra-ny kún saıyn qaitańyz.**
- 7. Ár adam Dharma joly menen júrińiz kerek.**
- 8. Kasta jáne dinı diskriminatsıadan joǵary turyp, barlyǵymen Satsang ótkizińiz.**
- 9. «Men» jáne «menińki» degen sezimnen bas tartyńyz. Mundaı maqtanysh pen baılanys adamdy óziniń shynay rýhanı tabıǵatynan alysqa alyp ketedi.**
- 10. Úıde kún saıyn Shrimad Bhagavata Mahapurana-ny oqyńyz. Ýaqyt múmkindik bergen jaǵdaıda, bhajan, kirtan, Puranalar, jazbalar, Bhavishya Malika jáne basqa rýhanı málimetterdi zertteńiz.**
- 11. Ár áıeldi «Ana»/«Maa», al ár er adamdy «Aǵa» dep atańyz.**
- 12. Tamaqtanýdan buryn, aldymen tamaqty Rabbyna usynyńyz.**
- 13. Eger Lord Kalki jáne bul uly jumys týraly kóbirek bilgińiz kelse, osy kitapshanyń sońynda berilgen ualy telefon nómirine habarlasyńyz.**

JII QOIYLATYN SURAQ TAR

1. Trisandhya tájiribesine qatysty jalpy suraqtar

Trisandhya-ny **shomylmai-aq** jasaýğa bolady. Mañdauñyzğa qolyñyzdy qoiyp, Ana Ganga-ny eske alyñyz, «**Shri Gange**» dep úsh ret aityñyz. Eger mümkin bolsa, aldymen aiaqtaryñyzdy juýyp, óziñizge biraz sý sepkileñiz.

Trisandhya-ny kez kelgen jerde jasaýğa bolady — **jolda, poıyždá, kólikte, jumys ornynynda**, nemese **ishke únsiz**. Qalaı bolğanda da, qai jerde bolmasyn, ony mindetti túrde jasaý kerek.

Shrimad Bhagavata Mahapurana-ny **tek shomylgannan keın**, taza kezde oqý kerek. Etekki kirgen kúnderi Trisandhya ádettegideı úsh ýaqytta da jasalady — dáýistep nemese ishke. Sol jeti kún ishinde Shrimad Bhagavata Mahapurana-ny **oqýğa bolmaıdy, biraq tyńdaýğa bolady**.

Sutak kezinde de Trisandhya-ny úsh ýaqytta da jasaýğa bolady; biraq bul ýaqytta Shrimad Bhagavata Mahapurana-ny **oqýğa da, tyńdaýğa da bolmaıdy**, jáne Satsang-qa qatysýğa bolmaıdy. Eki jağdaıda da Shrimad Bhagavata Mahapurana-ğa jáne basqa da tabyný zattaryna **qol tigizýge bolmaıdy**.

2. Eger tolyq Trisandhya durys ýaqytta mümkin bolmasa, ne isteý kerek?

Eger tolyq Trisandhya durys ýaqytta mümkin bolmasa, onda sol ýaqytta **qysqa Trisandhya-ny** jasañyz, al ýaqyt bolğanda **tolıq Trisandhya-ny keınirek** jasañyz.

Trikal Sandhya-ny kez kelgen jerde jasaýğa bolady — **jumys ornynynda, jolda júrgen kezde, kólik júrgizgen kezde, mektepte**, nemese basqa kez kelgen jumysty istep júrgen kezde: **ishke, únsiz**. Trisandhya-ny óz ýaqytynda, kez kelgen jerde jasaý óte mañyzdy.

Eger Trikal Sandhya-ny durys ýaqytta jasaý mümkin bolmasa, Lord Madhav-tyń esimin alyp **ókininiñiz**, jáne Rabbyna endi ony durys ýaqytta jasaýğa múmkindik berýin tileñiz; ótkeni jazbalarda Trikal Sandhya-ny óz ýaqytynda jasaý kerek delingen.

Ýaqyt joq kezde Trikal Sandhya-nyń ádisi

Panditji Google Meet-te bergen shloka. Sandhya jasaýğa múmkindik bolmağanda jáne ýaqyt óte bastağanda, sandhya ornyna **Madhav esimin 108 ret, Jai Durga Madhav-ty 11 ret qaitañyz**, jáne tómende berilgen shloka-ny bir ret oqyñyz.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

*Vedān uddharate jagannivahate bhūgolam udbibhrate
daityaṁ dārayate balim chalayate kṣatrakṣayaṁ kurvate,
paulastyam jayate haram kalayate kārūṇyam ātanvate
mlecchān mūrcchayate daśākṛtiktē Kṛṣṇāya tubhyaṁ namaḥ.*

3. Oqýshylar kúndelikti rejimimen birge Trisandhya-ny qalai jasaýy kerek?

Oqýshylar tańgy (Brahma Muhurta) jáne keshki sandhya-ny durys ýaqytta, erejege sáikes jasaýy kerek. Mektep nemese oqý talaptaryna bailanysty, olar túske sandhya-ny **ishke, Rabbyny oisha oilaı otyryp**, aiaqtaýy múmkin.

4. Jumys ornynyzda Trisandhya-ny qalai jasaý kerek?

Trisandhya úshin **orny erejesi joq**. Ony qai jerde bolsanyz da jasaýğa bolady — **ústelenizde, zaýytta, dúkende, dalada**, nemese **jolda**.

Eger ony dáýistep aıtý múmkin bolmasa, ony **ishke** jasańyz; júrek jetkilikti oryn. Eger múmkin bolsa, aiaq kuimińizdi sheship, bir sáke otyryńyz; al eger bul da múmkin bolmasa, sol sebepten Trisandhya-dan bas tartpańyz.

Eger ony eske túsire almańyz jáne múmkin bolsa, **Trisandhya aýdiosyn tyńdaýğa** bolady. Eń bastysy — ony jibermeý.

5. Úi jumystary ýaqyt qaldyrmasa, Trisandhya tájiribesin qalai ustanyńyz kerek?

Trisandhya-ny **jumys istep júrip** jasańyz — bunyń úshin bos ýaqytty kútip otyrýdyń qajeti joq; goldar bos emes kezde de ony **ishke** jasaýğa bolady.

Bhagavata úshin, qansha ýaqyt tapsańyz da bólińiz — eger tolyq bap múmkin bolsa, onda bir bap, al eger joq bolsa, bir bet, nemese bir shloka. Bir kún de oqymastan ótpeýi kerek ekenin eskerińiz.

6. Áielder etekki kirgen kezde Trisandhya tájiribesin qalai ustanyńyz kerek?

Etekki kirgen kezde, Bhagavata-ny tolyq jeti kún boıy **oqýğa bolmaıdy**. Ony **tyńdaýğa bolady**.

Trisandhya-ny úsh ýaqytta da jasańyz. Eger eske túsire almańyz, ony tyńdańyz.

(Shrimad Bhagavata Mahapurana-ğa nemese basqa da tabyný zattaryna **qol tıgizbeńiz**.)

7. Eger otbasyný bir músheleri Trisandhya tájiribesin ustansa, olardyń bári onyń jemisin ala ma?

Ár adamnyń **ózderi ustanyńyz** qajet. Eger otbasyný bireýi oqı almağan jaǵdaıda, olarǵa Trisandhya men Bhagavata-ny tyńdatyńyz. Al sóıleı nemese esteı almaıtyndar úshin, múmkindiginsha, olarǵa «**Madhav**» **esimin qaita-qaita jazýğa** tyrysıńyz.

8. Eger biz et jemeseñiz jáne alkohol ishetin bolsaq, Trisandhya-ny bastai alańyz ba?

Joq, Trisandhya-ny bastamas buryn **tolıqtai vegerariandyq ómir saltyn** ustanyńyz kerek, **tipti jumyrtqa da tutynbaı** kerek. Kez kelgen mas bolý (mysaly, alkohol, bhang, temeki, temeki ónimderi, pan masala, gutka, t.b.) da tolyqtai toqtatylýy kerek.

9. Trisandhya-ny bastaı úshin piaz ben saramsaqtan bas tartýymyz kerek pe?

Joq, Trisandhya-ny **piaz ben saramsaq jeseñiz de** jasaýǵa bolady. Tek **barlyq et túrлерinen bas tartý** kerek (jumyrtqany qosa alǵanda).

10. Áielder Gayatri Mantra men Trisandhya-ny qaitai ala ma?

Iá, áielder Trisandhya kezinde **Gayatri mantra-ny úsh ret qaitaıy** kerek.

11. Upnayan Sanskar (janeu)-syz Gayatri Mantra-ny qaitai alańyz ba?

Iá, qasietti **janeu jipin taqpaǵan jaǵdaıda da** Gayatri Mantra-ny qaitaıǵa bolady. Trisandhya-nyń barlyq mantralaryn **gurýǵa deekshit bolmai-aq** oqýǵa bolady.

12. Shaap vimochan (qargyshtan bosatý)-syz Gayatri Mantra-ny qaitai alańyz ba?

Iá, Trisandhya jasaǵan kezde Gayatri Mantra-ny **eshqandaı qargyshtan bosatýsyz** úsh ret qaitaıyńyz kerek.

13. Eger adam saıatsyz, múgedek, sábi nemese qart adam bolsa, Trisandhya-ny oqı almaǵan jaǵdaıda ne isteı kerek?

Eger bireı Trisandhya málimetin oqı almaǵan jaǵdaıda, olar Trisandhya yaqytynda **kúnine úsh ret onyń áydiósyn tyńdaı** alady. Sábiler **anasy Trisandhya jasaǵan jaǵdaıda bosatylady** (olar paida kóryi múmkin). Alada, olar **ósken saıyn Trisandhya-ny ustanyńyz kerek.**

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

Trisandhya jáne basqa dinı aqparat úshin WhatsApp arqyly habarlasyńyz:

+91 9923071727

Resmi saıttar jáne YouTube arnasy

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Resmi arna: https://www.youtube.com/@Kalki_Avatara

Lord KALKI áyleti (Jańa álemge jol): <https://youtube.com/@dynastyofkalki>

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

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

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

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

JAI ŚRĪ MĀDHAVA

