



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



"Mihringte awmna khawvel tan chuan, Trisandhya hi damdawi thuruk ang a ni."

Ni tin, sandhya hun thumah Trisandhya hi ti ziah la, ni tin Shrimad Bhagavata Mahapurana bung khat chhiar la, thinlung chhungrilah Madhav hming chu chham reng rawh.

TRIKAL SANDHYA RUALIN ZIRTIRNA 5 TE HI VAWNG TLAT RAWH

1. Thuawih zir rawh.
2. Nghah zir rawh.
3. Thil nung zawng zawngte hmangaih leh khawngaih zir rawh.
4. Hriatna thazamte insum.
5. "Kei leh ka ta, nang leh i ta" (mahni inngaihsanna) rilru chu kalsan rawh.

TRISANDHYA HUN THUMTE

Zing Brahma Muhurta-ah, ni chhuah hmain

Chhun lai 11:30 leh 12:30 inkarah

Tlai ni tlak hma minute sawmthum leh ni tlak hnu minute sawmthum inkarah tih theih a ni

TRISANDHYA CHHUNGTE

- | | |
|---------------------------------|-----------------------------|
| 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 | |

LAMRIK DAN CHUNGCHANGAH DILNA NGILNGHET

Lamrik dik tak hriat nan, [Trisandhya audio official](#) hi ngaithla hram rawh (1.5x speed-a ngaihthlak a tha), a chhan chu text transliteration-ah hian lamrik danglam deuh a awm thei a ni. I thlamuan hma chu vawi tam tak ngaihthlak turin kan fuih che a ni.

Note: 'Madhava' hming chham hi thinlung chhungrihah ngawichawiin tih tur a ni a, mahse audio recording-ah chuan 'Madhava Geeta' chu chu section-ah chuan sak a ni.

1. MANTRAS

['Om'] * vawi 3

[Om Bhūrbhuvah Svah Tatsaviturvareṇyam |
Bhargo Devasya Dhīmahi Dhiyo Yo Nah Prachodayāt ||] * vawi 3

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(SHRI VISHNU HMING SAWMPARUK)

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] || * vawi 3

Ṣoḍaśaitāni Nāmāni Prātarutthāya Yaḥ Paṭhet Sarvapāpa Vinirmukto Viṣṇuloke
Mahīyate ||

3. ŚRĪ DAŚĀVATĀRA STOTRA

(SHRI JAYADEVA JI PHUAH DASHAVATARA STOTRAM)

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

*Kṣitirati Vipulatare Tava Tiṣṭhati Prṣṭhe ।
Dharaṇī 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 ॥*

*Calayasi 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- 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-hāṭi-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-dam Śubha Dam Bhava-sāram ॥
Keśava Dhṛta- Daśa-vidha Rūpa Jaya Jagadīśa Hare ॥ 11 ॥*

4. DURGĀ-MĀDHABĀ STUTI

(DURGA - MADHAVA STUTI CHHAMNA)

*Jaya He! Durgā Mādhavā Kṛpāmaya Kṛpāmāyī ।
Durgāñku Sebī Mādhavā Hoile Mo Diān Saim ॥ 0 ॥*

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Achhu Sarva Thābe ।
Rāma Umā Bāṇī Rādhā To Chhaḍā Anya Ke Nāhīm ॥ 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 Chhaḍī Mādhavā Khelī Bārā Śakti Kāhīm ॥ 3 ॥*

Jaya He ...

*Mādhavāñka Khelā Pain Deha Dhāru Mahāmāyī ।
Mādhavāñku Pati Putra Rūpe Khelāouchhu Tuhi ॥ 4 ॥*

Jaya He ...

*Mādhavāñku Durgā Kole Jehuna Dekhe Benī Dole ।
Tāhārā Bhāgyar Kathā Brahmā Śibe Nā Jogāi ॥ 5 ॥*

Jaya He ...

*Jaya Durgati Nāśinī Abhirāmar Jananī ।
Śubhāgamana Karantu Mādhavāñku Kole Neī ॥ 6 ॥*

Jaya He ...

5. “MADHAV” HMING VAWI 108 (NGAWICHAWIIN)

['Mādhava'] * vawi 108

*Jagannatha Mahaprabhu hming 'Madhava' chu vawi 108 chham rawh.
Ring takin sawi suh. Kut zungtangin chhiar la, thinlungin hming chu chham
rawh.*

6. KALKI MAHĀMANTRA

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

7. JAYAGHOṢA

Jayaghosha hi thinlungin chham tur a ni, ring taka sawi lovin.

(Ding chungin chauh ring takin chham theih a ni.)

Tvameva Mātā Ca Pitā Tvameva

Tvameva Bandhuśca Sakhā Tvameva ।

Tvameva Vidyā Draviṇam Tvameva

[*Tvameva Sarvam Mama Deva Deva ॥*] * vawī 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! ॥] *
vawī 3

[*Mātā Mahālakṣmī Jī kī Jaya! ॥*] * vawī 3

[*Mātā Vaiṣṇo Devī Jī kī Jaya! ॥*] * vawī 3

[*Sarva Devī-Devatāom kī Jaya! ॥*] * vawī 3

[*Sudharma Mahā-Mahā Saṅgha kī Jaya! ॥*] * vawī 3

[*Sudharma Mahā-Mahā Saṅgha kī Jaya! ॥*] * vawī 3

Aw Lalpa! Khawvel hmun tin a mi Pathian ngaihsak zawng zawngte chu rang
taka inkhawm khawm theihna turin —

[*Hlim takin vawī khat sawi rawh, "Hari Hari", "Hari Hari", "Hari Hari" ॥*]

Aw Lalpa! He khawvelah, van boruak zawng zawngah hian, Dikna, Hmangaihna,
Khawngaihna, Ngaihdamna leh Remna chu rang taka din nghet rawh se —

[*Hlim takin vawī khat sawi rawh, "Hari Hari", "Hari Hari", "Hari Hari" ॥*]

JAI ŚRĪ MĀDHAVA

THUPUAN PAWIMAWHTE

Tunah pawh, science leh thlarau lam thiamna pawhin hun lo thleng tur danglamna ropui chu an hriat theih laiin, mihringte hian he harsatna hi hnehna tur kawng chiang an la nei lo. ‘Bhavishya Malika’ angin — sualna thiltih kalsan la, sakhaw tin a mite chuan nun humhimna atan ‘Trisandhya’ hi hmang rawh se.

Kum danglamna hunah hian, he thuruk thil tum hi nun humhimna atan Mrita Sanjivani pakhat chauh a ni.

Satyayuga thleng duh apiangte chuan an nunah hian zirtirna te hi vawng tlat rawh se.

Dharma dinna hunah Lalpa Kalki thupuan angin, kan nunah hian heng thil te hi kan zui tur a ni:

- 1. Thil nung zawng zawngte khawngaih rawh. Sa ei kalsan la, nun sattvic hmang rawh. Thil nung engmah emaw mihring engmah emaw eng kawng mahin tikhawlo suh.**
- 2. He hunah hian, Madhav (Lalpa) hming chu chham rawh. I duh chuan, ring takin i chham thei a, emaw thinlungah ngawichawiin a hming chu i hriat reng thei a ni.**
- 3. Mi tinin heng nungchang tha panga te hi an vawng tlat tur a ni: Dikna, Hmangaihna, Khawngaihna, Ngaihdamna leh Remna.**
- 4. Mi tinin Satsang-ah regular takin an tel tur a ni. Satsang tih awmzia chu Pathian nungchang tha te sak ho, A ropuina sawi, leh thlarau lam thil sawi ho a ni.**
- 5. Ni tin Trisandhya ti ziah rawh — zing, chhun leh tlaiin Lalpa chu hrereng la, fak rawh.**
- 6. Lalpa Kalki hnen atanga Kalki Mahamantra pek chu ni tin chham rawh.**
- 7. Mi tinin Dharma kawngah an kal tur a ni.**
- 8. Hnam leh sakhaw thliar hranna chungah chhoin, mi zawng zawng nen Satsang nei rawh.**
- 9. “Kei” leh “ka ta” rilru chu kalsan rawh. Mahni inngaihsanna leh inngaihsakna hian mi chu an thlarau lam nungchang dik tak atangin a hruai hla thin.**
- 10. Inah ni tin Shrimad Bhagavata Mahapurana chhiar rawh. Hun i neih ang zelin, bhajan, kirtan, Puranas, scriptures, Bhavishya Malika leh thlarau lam lehkhabu dangte zir rawh.**

11. Hmeichhe tin chu “Nu”/“Maa” tiin ko la, mipa tin chu “Unaupa” tiin ko rawh.

12. Ei hmain, chaw chu Lalpa hnenah hlan hmasa rawh.

13. Lalpa Kalki leh he hna ropui chungchangah hian hriat belh i duh chuan, he lehkhabu tawp lama mobile number pek ah hian biak theih a ni.

ZAWHNA TAM BERTÉ

1. Trisandhya tih dan chungchang zawhna hrang hrangte

Trisandhya hi **inbual lovin** tih theih a ni. I chal chungah i kut dah la, Nu Ganga hrereng chungin, “**Shri Gange**” vawi thum sawi rawh. Theih a nih chuan, ke i sil hmasa la, tui tlem i inphuh rawh.

Trisandhya hi khawi hmunah pawh tih theih a ni — **kawngah, rel-ah, motor-ah, i hna hmunah**, emaw **thinlung chhunggrilah ngawichawiin**. Engtin emaw, eng hmunah emaw, tih ngei ngei tur a ni.

Shrimad Bhagavata Mahapurana chu **inbual hnuah chauh**, thianghlim taka chhiar tur a ni. Hmeichhiate thla thi laiin Trisandhya chu hun thumah pangngai takin tih tur a ni — ring takin emaw thinlungin. Chu ni sarih chhung chuan Shrimad Bhagavata Mahapurana chu **chhiar loh tur a ni, mahse ngaihthlak theih a ni**.

Sutak laiin pawh, Trisandhya chu hun thumah tih theih a ni; mahse chu hunah chuan Shrimad Bhagavata Mahapurana chu **chhiar emaw ngaihthlak loh tur a ni**, leh Satsang-ah tel loh tur a ni. Heng pahnihah hian Shrimad Bhagavata Mahapurana leh Pathian biakna thil dangte chu **khawih loh tur a ni**.

2. Trisandhya pum pui hun takah tih theih loh chuan engtin nge tih tur?

Trisandhya pum pui hun takah tih theih loh chuan, chu hunah chuan **Trisandhya tawi** ti la, hun i neih hunah **Trisandhya pum pui** chu ti leh rawh.

Trikal Sandhya hi khawi hmunah pawh tih theih a ni — **hna hmunah, kawngah kal chungin, motor khalh chungin, school-ah**, emaw hna dang engmah tih chungin pawh: **ngawichawiin, thinlung chhungrilah**. Trisandhya chu a hun takah, khawi hmunah pawh ni se, tih ngei ngei tur a ni.

Trikal Sandhya chu a hun takah tih theih loh chuan, Lalpa Madhav hming lam la, **sim** la, tun atanga chuan a hun takah tih theih nan Lalpa hnenah tawngtai rawh; a chhan chu Pathian lehkhabin Trikal Sandhya chu a hun takah tih tur a ni tih a puang a ni.

Hun awm loh laia Trikal Sandhya tih dan

Panditji-in Google Meet-a shloka a pek. Sandhya tih hun a awm loh a, hun a kal zel chuan, sandhya aiah chuan **Madhav hming vawi 108, Jai Durga Madhav vawi 11** chham la, a hnuaia shloka pek hi vawi khat chham rawh.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

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

3. Zirlaiten an ni tin hna nen Trisandhya engtin nge an tih ang?

Zirlaiten zing (Brahma Muhurta) leh tlai sandhya chu a hun takah, dan angin an ti tur a ni. School emaw zirna avanga hun neih loh vangin, chhun sandhya chu **thinlung chhungrilah**, Lalpa ngaihtuah chungin an ti thei a ni.

4. Hna hmunah Trisandhya engtin nge tih tur?

Trisandhya atan hian **hmun dan** a awm lo. Khawi hmunah pawh i awmnaah i ti thei a ni — **i desk-ah, factory-ah, dawr-ah, lo-ah**, emaw **kawngah**.

Ring taka sawi theih loh chuan, **thinlung chhungrilah** ti rawh; thinlung chu hmun tawh a ni. Theih a nih chuan, i pheikhawk phelh la, rei lo te thu la; chu pawh theih loh chuan, chu vang chuan Trisandhya kalsan suh.

I hriat loh a, theih a nih chuan, **Trisandhya audio chu i ngaithla thei a ni**. A pawimawh ber chu tih hmaih loh a ni.

5. In hna vangin hun a awm loh chuan, Trisandhya tih dan engtin nge zui tur?

Hna i thawh laiin Trisandhya ti rawh — hei hian hun ruak nghah a ngai lo; kut a buai lai pawhin **thinlung chhunggrilah** tih theih a ni.

Bhagavata atan chuan, hun i neih tlemte chu hmang rawh — bung khat pum pui theih a nih chuan bung khat, theih loh chuan pheh khat, emaw shloka khat pawh. Hei hi hrereng tur a ni, ni khat pawh chhiar lovin a ral tur a ni lo.

6. Hmeichhiaten thla thi laiin Trisandhya tih dan engtin nge an zui ang?

Thla thi laiin, Bhagavata chu ni sarih pum pui **chhiar loh tur a ni**. Ngaihthlak theih a ni.

Trisandhya chu hun thumah ti vek rawh. I hriat loh chuan, ngaithla rawh.

(Shrimad Bhagavata Mahapurana, emaw Pathian biakna thil dangte chu **khawih loh tur a ni**.)

7. Chhungkuaa mi pakhatin Trisandhya a tih chuan, an zaa hian a rah an hmu vek ang em?

Mi tinin mahniin an zui a ngai. Chhungkuaa mi chhiar thiam lo an awm chuan, Trisandhya leh Bhagavata chu ngaithla rawh se. Leh, tawng thei lo emaw bengngawngte tan chuan, theih chin chinah, ‘**Madhav**’ **hming chu vawi tam tak zia**k turin tanpui rawh.

8. Sa leh zu kan in chuan, trisandhya kan tan thei ang em?

Ni lo, Trisandhya tan hmain **chawhmeh chauh ei** tur a ni, **artui pawh ei loh tur a ni**. **Ruihhlo chi tin (zu, bhang, cigarette, vaihlo thil siam, pan masala, gutka, etc.) pawh bansan vek** tur a ni.

9. Trisandhya tan turin Purun leh Sawhthing ei loh a ngai em?

Ni lo, **Purun leh Sawhthing i ei chung pawhin** Trisandhya i ti thei. **Sa chi tin chauh ei loh tur a ni** (artui telin).

10. Hmeichhiaten Gayatri Mantra leh Trisandhya an chham thei em?

Aw, hmeichhiaten trisandhya laiin **gayatri mantra vawi thum an chham tur a ni**.

11. *The Upnayan Sanskar (janeu)* tel lovin Gayatri Mantra kan chham thei em?

Aw, **janeu thianglim i ha lo chung pawhin** Gayatri Mantra i chham thei.

Trisandhya mantra zawng zawng chu **guru hnen atanga deekshit ni lovin pawh** i chham thei a ni.

12. *Shaap vimochan (anchhia lakna)* tel lovin Gayatri Mantra kan chham thei em?

Aw, Trisandhya i tih lain Gayatri Mantra chu vawi thum i chham tur a ni, **anchhia lakna engmah ti lovin**.

13. *Mi lehkha thiam lo, taksa chak lo, nausen emaw upa tawh, Trisandhya chhiar thei lo an nih chuan engtin nge an tih ang?*

If someone is incapable of reading the Trisandhya text, they can **listen to its audio thrice a day** at the time of Trisandhya. Infants are **exempted if their mothers do Trisandhya** (they'll be benefited). However, they **must practice Trisandhya as they grow up**.

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

Trisandhya leh sakhaw lam thil dang hriat duh chuan, WhatsApp-ah hian biak theih a
ni:

+91 9923071727

Official Website leh YouTube Channel-te

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - The Official Channel: https://www.youtube.com/@Kalki_Avatar

Dynasty Of Lord KALKI (Path to a New World): <https://youtube.com/@dynastyofkalki>

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

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

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

JAI ŚRĪ MĀDHAVA
