



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Mō te ao tangata, he rite a Trisandhya ki te wai ora."

Mahia a Trisandhya i ngā wā sandhya e toru ia rā, pānuihia tētahi upoko o te Shrimad Bhagavata Mahapurana ia rā, me te whakahua i te ingoa Madhav i roto i te hinengaro i ngā wā katoa.

PURITIA NGĀ AKORANGA E 5 E WHAI AKE NEI ME TE TRIKAL SANDHYA

1. Akohia te whakarongo.
2. Akohia te tatari.
3. Akohia te aroha me te atawhai ki ngā mea ora katoa.
4. Te aukati i ngā pūmanawa.
5. Tukua te whakaaro o “Ko au me aku, ko koe me ō” (te manaaki whaiaro).

NGĀ WĀ E TORU O TRISANDHYA

Ata i Brahma Muhurta, i mua i te whitinga o te rā

Aotūroa i waenganui i te 11:30 me te 12:30

Ahiahi ka taea te mahi i waenganui i te toru tekau meneti i mua me te toru tekau meneti i muri i te whitinga o te rā

NGĀ IHIRANGI O 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-Mādhavā Stuti | |

HE TONO NGĀKAU MAHAKI MŌ TE WHAKAHUA

Tēnā koa whakarongo ki te [reo Trisandhya mana](#) mō te whakahua tika (e tūtohu ana kia whakarongo i te tere 1.5x), nā te mea kei roto pea i ngā tuhinga whakawhiti reo he rerekētanga oro iti. Ka akiaki mātou i a koe kia whakarongo i ngā wā katoa e tika ana kia tino māmā koe.

Tuhipoka: Ko te whakahua i te ingoa 'Madhava' me mahi ā-puku i roto i te hinengaro, engari i roto i te rekoata oro, ka waiatatia te 'Madhava Geeta' i taua wāhanga.

1. MANTRAS

['Om'] * 3 ngā wā

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

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(TEKAU MĀ ONO NGĀ INGOA O SHRI VISHNU)

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

[*Sarva Kāryeṣu **Mādhavam***] ॥ * 3 ngā wā

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

3. ŚRĪ DAŚĀVATĀRA STOTRA

(DASHAVATARA STOTRAM I TITOA E SHRI JAYADEVA JI)

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

*Kṣitirati Vipulatare Tava Tiṣṭhati Prṣṭhe ।
Dhāraṇī 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-Hiranyakaśipu-tanu Bhṛṅgam ॥
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- 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-MĀDHABĀ STUTI

(DURGA - MADHAVA STUTI WHAKAHUA)

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

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Achhu Sarva Thābe !
Rāmā Umā Bāṇī Rādhā To Chhāḍā Anya Ke Nāhiñ || 1 ||*

Jaya He ...

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

Jaya He ...

*Dharma Sansthāpanne Janma Yadi Hvanti Nārāyaṇa !
Durgāñku Chhāḍī Mādhavā Kheli Bāra Śakti Kāhiñ || 3 ||*

Jaya He ...

*Mādhavāñka Khelā Pain Deha Dhāru Mahāmāyī !
Mādhavāñku Pati Putra Rūpe Khelāucchu Tuhi || 4 ||*

Jaya He ...

*Mādhavāñku Durgā Kole Jehuna Dekhe Benī Dole !
Tāhāra Bhāgyar Kathā Brahmā Śibe Nā Jogāi || 5 ||*

Jaya He ...

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

Jaya He ...

5. 108 NGĀ WĀ “MADHAV” INGOA (Ā-PUKU)

['Mādhava'] * 108 ngā wā

Whakahua i te ingoa 'Madhava' o Jagannatha Mahaprabhu 108 ngā wā.

Kaua e kōrero nui. Tatauria ki ō maihao ka whakahua i te ingoa i roto i te hinengaro.

6. KALKI MAHĀMANTRA

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

7. JAYAGHOṢA

Ko te Jayaghosha me whakahua ā-puku, kaua e kōrero nui.

(Ka taea anake te whakahua nui mena kei te tū koe.)

Tvameva Mātā Ca Pitā Tvameva

Tvameva Bandhuśca Sakhā Tvameva ।

Tvameva Vidyā Draviṇam Tvameva

[*Tvameva Sarvam Mama Deva Deva ॥*] * 3 ngā wā

Om Namō Brāhmaṇya Devāya Gobrahmaṇahitāya Ca ।

Jagat Hitāya Kṛṣṇāya Govindāya Namō Namah ॥

[*Om Ananta Koṭi Viśva Brahmāṇḍa Nātha Parabrahma Nārāyaṇa Mahāviṣṇu*
Bhagavān Kalkirām Śrī Śrī Śrī Satya Ananta Mādhava Mahāprabhu Ji kī Jaya! ॥] *
3 ngā wā

[*Mātā Mahālakṣmī Ji kī Jaya! ॥*] * 3 ngā wā

[*Mātā Vaiṣṇo Devī Ji kī Jaya! ॥*] * 3 ngā wā

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

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

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

E te Ariki! Kia kohia ngātahi ngā karakia katoa o te ao katoa i te wā e taea ai —
Kōrero koa kotahi, "Hari Hari", "Hari Hari", "Hari Hari"

E te Ariki! Kia tū te Pono, te Aroha, te Atawhai, te Murunga hara me te
Rangimārie ki runga i tēnei whenua, te ao katoa i te wā e taea ai —
Kōrero koa kotahi, "Hari Hari", "Hari Hari", "Hari Hari" * 3 ngā wā

JAI ŚRĪ MĀDHAVA

NGĀ TOHUTOHU NUI

Ahakoia ināiane, i te wā e rongono ana te pūtaiao me te wairua i te tata mai o te panoni nui, kāore he huarahi mō te tangata ki te wikitoria i tēnei raruraru. E ai ki te ‘Bhavishya Malika’ — tukua ngā mahi hara, ā, kia whai ngā tāngata o ia whakapono i te ‘Trisandhya’ mō te tiaki i te ora.

I tēnei wā o te hurihanga o te tau, ko tēnei mātāpono ngaro anake te Mrita Sanjivani mō te tiaki i te ora.

Ko te hunga e hiahia ana kia tae ki Satyayuga me pupuri ēnei akoranga i roto i ō rātou oranga.

E ai ki ngā tohutohu a te Ariki Kalki i te wā o te whakatūnga o Dharma, me whai tātou i ēnei mea i roto i ō tātou oranga:

- 1. Whakaatuhia te atawhai ki ngā mea ora katoa. Tukua te kai mīti me te whai i te oranga sattvic. Kaua e tukino i tētahi mea ora, i tētahi tangata rānei i tētahi huarahi.**
- 2. I tēnei tau, whakahua i te ingoa o Madhav (te Ariki). Mena e hiahia ana koe, ka taea e koe te whakahua nui, te mahara rānei ki tōna ingoa ā-puku i roto i te hinengaro.**
- 3. Me pupuri e ia tangata ēnei tikanga e rima: Te Pono, te Aroha, te Atawhai, te Murunga hara me te Rangimārie.**
- 4. Me whai wāhi ia tangata ki te Satsang i ngā wā katoa. Ko te Satsang te kohikohi tahi ki te waiata i ngā āhuatanga o te Atua, ki te whakaahua i tōna korōria, me te whakahaere i ngā kōrero wairua.**
- 5. Mahia a Trisandhya ia rā — mahara me te whakanui i te Ariki i te ata, i te aotūroa me te ahiahi.**
- 6. Whakahua i te Kalki Mahamantra i homai e te Ariki Kalki ia rā.**
- 7. Me haere ia tangata i runga i te ara o Dharma.**
- 8. Ka piki ake i runga i te wehewehenga iwi me te whakapono, puritia te Satsang me ngā tāngata katoa.**
- 9. Tukua te whakaaro o “Ko au” me “aku.” Ko taua whakapehapeha me te piri ka kawhe i te tangata mai i tōna āhua wairua tūturu.**
- 10. Pānuihia te Shrimad Bhagavata Mahapurana i te kāinga ia rā. I te wā e wātea ana, akohia te bhajan, kirtan, ngā Puranas, ngā karaipiture, te Bhavishya Malika me ētahi atu tuhinga wairua.**
- 11. Karangatia ia wahine ko “Whaea”/“Maa” me ia tāne ko “Tuakana.”**
- 12. I mua i te kai, tuatahi tukua te kai ki te Ariki.**

13. Mena e hiahia ana koe ki te mōhio atu mō te Ariki Kalki me tēnei mahi nui, whakapā atu ki te nama waea pūkoro kei te mutunga o tēnei pukapuka.

NGĀ PĀTAI NUI RAWA

1. Ngā pātai whānui mō te mahi Trisandhya

Ka taea te mahi Trisandhya **kāore he kaukau**. Whakanohoia tō ringa ki tō rae ka mahara ki a Whaea Ganga, me kī “**Shri Gange**” e toru ngā wā. Mena ka taea, horoia ō waewae i mua ka tauhiuhia he wai iti ki runga i a koe.

Ka taea te mahi Trisandhya i ngā wāhi katoa — **i te rori, i te tereina, i te waka, i tō wāhi mahi**, te **ā-puku rānei i roto i te ngākau**. I tētahi āhua, i tētahi wāhi rānei, me mahi tonu.

Ko te Shrimad Bhagavata Mahapurana me pānui **i muri anake i te kaukau**, i te wā e mā ana. I ngā rā o te paheketanga ka mahia a Trisandhya i ngā wā e toru i ngā wā katoa — nui, ā-puku rānei i roto i te ngākau. Mō aua rā e whitu **kāore e pānuhia** te Shrimad Bhagavata Mahapurana, ahakoa **ka taea te whakarongo**.

I te wā o te sutak hoki, ka taea te mahi a Trisandhya i ngā wā e toru; engari i taua wā **kāore e pānuhia, e whakarongo rānei** te Shrimad Bhagavata Mahapurana, ā, kaua e uru ki te Satsang. I ngā take e rua **kāore e pa atu** te Shrimad Bhagavata Mahapurana me ētahi atu mea karakia.

2. He aha te mahi mena kāore e taea te mahi i te Trisandhya katoa i te wā tika?

Mena kāore e taea te mahi i te Trisandhya katoa i te wā tika, nā, mahia te **Trisandhya poto** i taua wā, ā, mahia te **Trisandhya katoa i muri mai** i te wā e wātea ana.

Ka taea te mahi i te Trikal Sandhya i ngā wāhi katoa — **i te wāhi mahi, i te wā e hīkoi ana i te rori, i te wā e taraiwa ana, i te kura**, te ahakoa i te wā e mahi ana i ētahi atu mahi: **ā-puku, i roto i te hinengaro**. Ko te mahi i te Trisandhya i tōna wā tika, ahakoa kei hea, he mea tino nui.

Mena kāore e taea te mahi i te Trikal Sandhya i te wā tika, tangohia te ingoa o te Ariki Madhav ka **whakapāha**, ā, inoi ki te Ariki kia taea ai te mahi i te wā tika mai i tēnei wā; nā te mea e kī ana ngā karaipiture me mahi te Trikal Sandhya i tōna wā tika.

Te tikanga o te Trikal Sandhya i te wā kāore he wā

Ko te shloka i homai e Panditji i te Google Meet. I te wā kāore e tae mai te wā ki te mahi i te sandhya ka tīmata te wā ki te haere, nā, hei whakakapi i te sandhya ka taea e koe te **whakahua i te ingoa o Madhav 108 ngā wā, Jai Durga Madhav 11 ngā wā**, ka whakahua i te shloka i raro nei kotahi.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

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

3. Me pēhea ngā ākonga e mahi i te Trisandhya me ō rātou mahi o ia rā?

Me mahi ngā ākonga i te sandhya o te ata (Brahma Muhurta) me te ahiahi i te wā tika, e ai ki te ture. Nā te hiahia o te kura, o te ako rānei, ka taea e rātou te whakaoti i te sandhya o te aotūroa **i roto i te ngākau, me te whakaaroaro ki te Ariki i roto i te hinengaro.**

4. Me pēhea te mahi i te Trisandhya i te wāhi mahi?

Kāore he ture wāhi mō Trisandhya. Ka taea e koe te mahi i ngā wāhi katoa e noho ana koe — **i tō tēpu, i tētahi wheketere, i tētahi toa, i tētahi mara, te i te rori rānei.**

Mena kāore e taea te kōrero nui, mahia **i roto i te ngākau**; he nui noa te ngākau. Mena ka taea, tangohia ō hu ka noho mō tētahi wā; ā, mena kāore e taea tēnā, kaua e whakarere i a Trisandhya mō tēnā take.

Mena kāore koe e mahara, ā, ka taea, ka taea e koe te **whakarongo ki te reo Trisandhya**. Ko te mea nui kia kaua e ngaro.

5. Mena kāore he wā i te mahi kāinga, me pēhea te whai i te mahi Trisandhya?

Mahia a Trisandhya **i te wā e mahi ana koe** — mō tēnei kāore e tatarihia he wā wātea; ahakoa e pukumahi ana ngā ringa ka taea te mahi **i roto i te ngākau.**

Mō te Bhagavata, tangohia te wā iti e kitea e koe — mena ka taea he upoko katoa, nā he upoko, ā, mena kāore, he whārangi kotahi, he shloka kotahi rānei. Kia mahara ki tēnei, kia kaua e pahemo tētahi rā kāore he pānui.

6. Me pēhea ngā wāhine e whai i te mahi Trisandhya i te wā o te paheketanga?

I te wā o te paheketanga, **kāore e pānuhia** te Bhagavata mō ngā rā e whitu katoa. **Ka taea te whakarongo.**

Mahia a Trisandhya i ngā wā e toru. Mena kāore koe e mahara, whakarongo ki a ia.

(Kaua e pa atu ki te Shrimad Bhagavata Mahapurana, ki ētahi atu mea karakia rānei.)

7. Mena ka whai tētahi tangata i roto i te whānau i te mahi Trisandhya, ka riro i a rātou katoa ōna hua?

He mea nui kia **whai ia tangata i a ia anō**. Mena kāore e taea e tētahi i roto i te whānau te pānui, tukua kia whakarongo ki te Trisandhya me te Bhagavata. Ā, mō te hunga kāore e taea te kōrero, te whakarongo rānei, mahia te kaha, i te wā e taea ana, kia **tuhia e rātou te ingoa 'Madhav'** i ngā wā katoa.

8. Mena ka kai mātou i te kai kore-huawhenua me te inu waipiro, ka taea e mātou te tīmata i te trisandhya?

Kāore, i mua i te tīmatanga o Trisandhya me whai tētahi i te **oranga kai huawhenua katoa**, kaua e kai hēki. Me whakamutu hoki ngā momo haurangi katoa (pērā i te waipiro, bhang, hikareti, hua tupeka, pan masala, gutka, me ētahi atu).

9. Me karo mātou i te Aniana me te Kāriki kia tīmata ai a Trisandhya?

Kāore, ka taea e koe te mahi Trisandhya **ahakoa ka kai koe i te Aniana me te kāriki**. Ko ngā momo kai kore-huawhenua katoa me karo (tae atu ki te hēki).

10. Ka taea e ngā wāhine te whakahua i te Gayatri Mantra me te Trisandhya?

Āe, me whakahua e ngā wāhine te gayatri mantra e toru ngā wā i te wā o te trisandhya.

11. Ka taea e mātou te whakahua i te Gayatri Mantra me te kore *The Upnayan Sanskar (janeu)*?

Āe, ka taea e koe te whakahua i te Gayatri Mantra **ahakoa kāore koe e mau i te miro tapu janeu**. Ka taea e koe te whakahua i ngā mantras katoa o Trisandhya **me te kore e deekshit ki tētahi guru hoki**.

12. Ka taea e mātou te whakahua i te Gayatri Mantra me te kore *Shaap vimochan (whakamārama kanga)*?

Āe, me whakahua e koe te Gayatri Mantra e toru ngā wā i te wā e mahi ana i te Trisandhya, **me te kore e mahi i tētahi whakamārama kanga**.

13. Mena he tangata kāore i te mōhio ki te pānui, he hauā, he pēpi, he kaumātua rānei, kāore e taea te pānui i te Trisandhya, he aha te mahi mā rātou?

Mena kāore e taea e tētahi te pānui i te tuhinga Trisandhya, ka taea e rātou te **whakarongo ki tōna reo e toru ngā wā i te rā i te wā o Trisandhya**. Ka **whakawāteatia ngā pēpi mena ka mahi ō rātou whaea i te Trisandhya** (ka whai hua rātou). Heoi anō, **me mahi rātou i te Trisandhya i a rātou e tipu ake ana**.

VIŚVA SANĀTANA DHARMA SEVĀ TRUST

Mō Trisandhya me ētahi atu mōhiohio whakapono, whakapā mai ki WhatsApp:

+91 9923071727

Ngā Paetukutuku Mana me Ngā Hongere YouTube

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Te Hongere Mana: https://www.youtube.com/@Kalki_Avatar

Te Whakapapa o te Ariki KALKI (Te Ara ki tētahi Ao Hou): <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 MĀDHAV
