



# ॐ TRIKALA HANATIA ॐ

WIIHWA HANATAN DHARMA HEWA TARATI

॥ Jai Hiri Madhawa ॥



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

Mahia te Trisandhya i ngā wā sandhya e toru ia rā, pānuhia tētahi upoko o te Shrimad Bhagavata Mahapurana ia rā, me te karakia 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 kare ā-roto o “ko au me aku, ko koe me ō” (te kare ā-roto o te ego).

## NGĀ WĀ E TORU O TRISANDHYA

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

**Waenganui** i waenganui i te 11:30 me te 12:30 rā

**Ahiahi** ka taea te mahi i waenganui i te toru tekau meneti i mua me te toru tekau meneti i muri i te rā ka tō

## NGĀ IHIRANGI O TRISANDHYA

- |                                  |                                          |
|----------------------------------|------------------------------------------|
| 1. Manatara                      | 5. 108 ngā wā “Madhav” ingoa (ā-wahangu) |
| 2. Hiri Wihnu Hodaha Nama Hotara | 6. Karaki Mahamanatara                   |
| 3. Hiri Dahawatara Hotara        | 7. Jayghoha                              |
| 4. Turaka-Madhawa Hututi         |                                          |

## HE TONO NGĀKAU MAHAKI MŌ TE WHAKAHUA

Tēnā koa whakarongo ki te [reo kōrero mana o Trisandhya](#) mō te whakahua tika (e tūtohu ana kia whakarongo i te tere 1.5x), nā te mea kei roto pea i ngā tuinga 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 karakia i te ingoa 'Madhava' me mahi ā-wahangu i roto i te hinengaro, engari i roto i te rekoata oro, ka waiatatia te 'Madhava Geeta' i taua wāhanga.

### 1. MANATARA

[ 'Om' ] \* 3 ngā wā

[ Om Bhurbhuwah Hwah Tatshawiturwarenyam |  
Bhargo Dewahia Dhimahi Dhiyo Yonah Prachodayat || ] \* 3 ngā wā

### 2. HIRI WIHNU HODAHA NAMA HOTARA

(NGĀ INGOA TEKAU MĀ ONO O SHRI VISHNU)

Auhadhe Chintayet Wihnum | Bhojane Cha Janardanam ||  
Hayane Padmanabham Cha | Wiwahe Cha Prajapatim ||  
Yuddhe Chakradharam Dewam | Prawase Cha Triwikramam ||  
Narayanam Tanutyage | Hridharam Priyahangame ||  
Duhhwapne Hmara Gowindam | Hankate Madhuhudanam ||  
Kanane Narahimham Cha | Pawake Jalahayinam ||  
Jalamadhye Waraham Cha | Gamane Wamanam Chaiwa ||  
Parwate Raghunandanam |

[ Harwa Karyehu Madhawam ] || \* 3 ngā wā

Hodahaitani Namani Pratarutthaya Yah Pathet Harwapapa Winirmukto Wihnuloke  
Mahiyate ||

### 3. HIRI DAHAWATARA HOTARA

(DASHAVATARA STOTRAM I TITOA E SHRI JAYADEVA JI)

*Pralaya Payodhi-jale Dhritawan Ahi Wedam ।  
Wihita Wahitra-charitram Akhedam ॥  
Kehawa Dhrita- Mina Harira Jaya Jagadiha Hare ॥ 1 ॥*

*Khitirati Wipulatare Tawa Tihthati Prihthe ।  
Dharani Dharana Kina Chakra Garihthe ॥  
Kehawa Dhrita- Kachchhapa-rupa Jaya Jagadiha Hare ॥ 2 ॥*

*Wahati Dahana-hikhare Dharani Tawa Lagna ।  
Hahini Karanka Kalewa Nimagna ॥  
Kehawa Dhrita- Hukara Rupa Jaya Jagadiha Hare ॥ 3 ॥*

*Tawa Kara Kamala-ware Nakham Adbhuta Hringam ।  
Dalita-Hiranyakahipu-tanu Bhiringam ॥  
Kehawa Dhrita- Narahari Rupa Jaya Jagadiha Hare ॥ 4 ॥*

*Chhalayahi Wikramane Balim Adbhuta Wamana ।  
Pada-nakha Nira Janita Jana-pawana ॥  
Kehawa Dhrita- Wamana Rupa Jaya Jagadiha Hare ॥ 5 ॥*

*Khatriya Rudhira Maye Jagad-apagata Papam ।  
Hnapayahi Payahi Hamita Bhawa Tapam ॥  
Kehawa Dhrita- Bhrigupati-rupa Jaya Jagadiha Hare ॥ 6 ॥*

*Witarahi Dikhu Rane Dika Pati Kamaniyam ।  
Daha-mukha Mauli-balim Ramaniyam ॥  
Kehawa Dhrita- Raghupati Rupa Jaya Jagadiha Hare ॥ 7 ॥*

*Wahahi Wapuhi Wihade Wahana Jalarabham ।  
Hala-hati-bhiti-milita-Yamunabham ॥  
Kehawa Dhrita- Haladhara-rupa Jaya Jagadiha Hare ॥ 8 ॥*

*Nindahi Yajna Wither Ahaha Hruti Jatam ।  
Hadaya Hridaya Darhita Pahhu-ghatam ॥  
Kehawa Dhrita- Buddha-harira Jaya Jagadiha Hare ॥ 9 ॥*

*Mlechchhan Niwaha Nidane Kalayahi Karawalam ।  
Dhumaketum-iwa Kim Api Karalam ॥  
Kehawa Dhrita- Karaki Harira Jaya Jagadiha Hare ॥ 10 ॥*

*Hiri-Jayadewa-kawer Idam Uditam Udaram ।  
Hrinu Hukha-dam Hubha Dam Bhawa-haram ॥  
Kehawa Dhrita- Daha-widha Rupa Jaya Jagadiha Hare ॥ 11 ॥*

## 4. TURAKA-MADHAWA HUTUTI

(TE KARAKIA O DURGA - MADHAVA STUTI)

*Jaya He! Turaka Madhawa Krupamaya Krupamayee !  
Turakanku Hewi Madhawa Hoile Mo Tian Haim || 0 ||*

Jaya He ...

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

Jaya He ...

*Madana-Mohana Rupe Byapi Achhu Harwa Thabe !  
Mohana Chitta Mohilu Hiri Harwa Mangala Tuhi || 2 ||*

Jaya He ...

*Dharma Hansthapanne Janma Yadi Hwanti Narayana !  
Turakanku Chhadi Madhawa Kheli Bara Haki Kahin || 3 ||*

Jaya He ...

*Madhawanku Khela Pain Teha Dharu Mahamayee !  
Madhawanku Pati Putra Rupe Khelaouchhu Tuhi || 4 ||*

Jaya He ...

*Madhawanku Turaka Kole Jehun Tekhe Weni Tole !  
Tahara Bhagyar Katha Brahma Hibe Na Jogai || 5 ||*

Jaya He ...

*Jaya Turagati Nahini Abhiramar Janani !  
Hubhagamana Karantu Madhawanku Kole Nei || 6 ||*

Jaya He ...

## 5. 108 NGĀ WĀ “MADHAV” INGOA (Ā-WAHANGU)

[ 'Madhawa' ] \* 108 ngā wā

*Karakia i te ingoa 'Madhava' o Jagannatha Mahaprabhu 108 ngā wā.  
Kaua e kōrero nui. Tatauria ki ō maihao ka karakia i te ingoa i roto i te hinengaro.*

## 6. KARAKI MAHAMANATARA

[ *Rama Hare Krihna Hare, Rama Hare Krihna Hare ।*  
*Rama Hare Krihna Hare, Ananta Madhawa Hare ॥* ] \* 11 ngā wā

## 6. JAYGHOSH

*Me karakia te Jayaghosha i roto i te hinengaro, kaua e kōrero nui.*  
*(Ka taea anake te karakia nui ki te tū koe.)*

*Tewamewa Mata Cha Pita Tewamewa*  
*Tewamewa Bandhuhcha Hakha Tewamewa ।*  
*Tewamewa Widya Drawinam Tewamewa*  
[ *Tewamewa Harwam Mama Dewa Dewa* ] ॥ \* 3 ngā wā

*Om Namō Brahmanya Dewaya Gobrahmanahitaya Cha ।*  
*Jagat Hitaya Krihnaya Gowindaya Namō Namah ॥*

[ *Om Ananta Koti Wihwa Brahmanda Natha Parabrahma Narayana Mahawihnu*  
*Bhagawan Karaki Ram Hiri Hiri Hiri Hatya Ananta Madhawa Mahaprabhu Ji ki*  
*Jaya!* ] \* 3 ngā wā

[ *Mata Mahalakshmi Ji ki Jaya!* ] \* 3 ngā wā  
[ *Mata Waihno Dewi Ji ki Jaya!* ] \* 3 ngā wā  
[ *Harwa Dewi-Dewataom ki Jaya!* ] \* 3 ngā wā  
[ *Hudharma Maha-Maha Hangha ki Jaya!* ] \* 3 ngā wā  
[ *Hudharma Maha-Maha Hangha ki Jaya!* ] \* 3 ngā wā

E te Ariki! Kia kohia ngā karakia katoa o te ao katoa kia tere tonu —  
Kōrero koa kotahi, "Hari Hari", "Hari Hari", "Hari Hari"

E te Ariki! Kia whakapūmautia te Pono, te Aroha, te Atawhai, te Murunga hara  
me te Rangimārie ki runga i tēnei whenua, ki te ao katoa kia tere tonu —  
Kōrero koa kotahi, "Hari Hari", "Hari Hari", "Hari Hari" \* 3 ngā wā

**JAI HIRI MADHAWA**

## NGĀ TOHUTOHU NUI

Ahakoa ināiane, i te wā e rongono ana te pūtaiao me te wairua i te taenga mai o te panonitanga nui, kāore he huarahi mō te tangata ki te wikitoria i tēnei raruraru. E ai ki te ‘Bhavishya Malika’ — whakarerea 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 ao, ko tēnei mātāpono ngaro te Mrita Sanjivani kotahi anake 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 whakapūmautanga o Dharma, me whai tātou i ēnei mea i roto i ō tātou oranga:

- 1. Whakaatuhia te atawhai ki ngā mea ora katoa. Whakarerea te kai mīti me te whai i te ora sattvic. Kaua e tukino i tētahi mea ora, i tētahi tangata rānei i tētahi huarahi.**
- 2. I tēnei ao, karakia i te ingoa o Madhav (te Ariki). Ki te hiahia koe, ka taea e koe te karakia nui, te mahara rānei ki tōna ingoa ā-wahangu i roto i te hinengaro.**
- 3. Me pupuri ia tangata i 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 he huihui 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 te Trisandhya ia rā — mahara me te whakanui i te Ariki i te ata, i te waenganui rā, me te ahiahi.**
- 6. Karakia i te Kalki Mahamantra i homai e te Ariki Kalki ia rā.**
- 7. Me hīkoi ia tangata i runga i te ara o Dharma.**
- 8. Kia piki ake i runga i te wehewehenga ā-iwi me te whakapono, whakahaere Satsang me ngā tangata katoa.**
- 9. Tukua te kare ā-roto o “ko au” me “aku.” Ko taua whakapehapeha me te piri ka kawhe i te tangata ki tawhiti 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, te kirtan, ngā Puranas, ngā karaipiture, te Bhavishya Malika me ētahi atu tuhinga wairua.**
- 11. Karangatia ia wahine ko “Whaea”/“Maa” me ia tāne ko “Teina/Tuakana.”**
- 12. I mua i te kai, tuatahi tukua te kai ki te Ariki.**
- 13. Ki te hiahia 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 **me te kore kaukau**. Whakanohoia tō ringa ki tō rae ka mahara ki a Whaea Ganga, me te kī “**Shri Gange**” e toru ngā wā. Ki te taea, horoia ō waewae i mua ka tauhiuhia he wai iti ki runga i a koe.

Ka taea te mahi Trisandhya i hea noa atu — **i te rori, i roto i te tereina, i roto i te waka, i tō wāhi mahi**, rānei **ā-wahangu i roto i te ngākau**. I tētahi āhua, i tētahi wāhi rānei, me mahi tonu.

Me pānui te Shrimad Bhagavata Mahapurana **i muri anake i te kaukau**, i te wā e mā ana. I ngā rā o te paheketanga ka mahia te Trisandhya i ngā wā e toru i ngā wā katoa — nui te reo, i roto rānei i te ngākau. Mō aua rā e whitu, **kāore e pānuitia** te Shrimad Bhagavata Mahapurana, **engari ka taea te whakarongo**.

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

## 2. He aha me mahi ki te kore e taea te Trisandhya katoa i te wā tika?

Ki te kore e taea te Trisandhya katoa i te wā tika, mahia te **Trisandhya poto** i taua wā, ā, mahia te **Trisandhya katoa ā muri ake** ka wātea te wā.

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

Ki te kore e taea te Trikal Sandhya i te wā tika, tangohia te ingoa o te Ariki Madhav ka **whakapāha**, ka inoi ki te Ariki kia mahia 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

Te shloka i homai e Panditji i te Google Meet. Ki te kore e tae mai te wā ki te mahi i te sandhya ka tīmata te wā ki te pahemo, ka taea e koe te **karakia i te ingoa o Madhav 108 ngā wā, Jai Durga Madhav 11 ngā wā**, me te karakia i te shloka i raro nei kotahi.

DAHAWATARA HOTARA (WĒHI WHAKAMUTUNGA)

***Wedan uddharate jaganniwahete bhugolam udbibhrate  
daityam darayate balim chhalayate khatrakhayam kurwate,  
paulastyam jayate halam kalayate karunyam atanwate  
mlechchhan murchchhayate dahakritikrite Krihnaya tubhyam namah.***

### 3. Me pēhea ngā ākonga e mahi Trisandhya me ā 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 waenganui rā **i roto i te ngākau, me te whakaaroaro ki te Ariki i roto i te hinengaro.**

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

Kāore he **ture wāhi** mō Trisandhya. Ka taea e koe te mahi i hea noa atu — **i tō tēpu, i roto i te wheketere, i roto i te toa, i roto i te māra, rānei i te rori.**

Ki te kore e taea te kōrero nui, mahia **i roto i te ngākau**; he wāhi nui te ngākau. Ki te taea, tangohia ō hu ka noho mō te wā poto; ā, ki te kore e taea tēnā, kaua e whakarere i te Trisandhya mō tēnā take.

Ki te kore koe e mahara, ā, ki te taea, ka taea e koe te **whakarongo ki te reo kōrero o Trisandhya**. Ko te mea nui kia kaua e ngaro.

### 5. Ki te kore e wātea te wā nā te mahi kāinga, me pēhea te whai i te mahi Trisandhya?

Mahia te Trisandhya **i te wā e mahi ana koe** — mō tēnei kāore he wā wātea e tatarihia; 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 — ki te taea he upoko katoa, katahi he upoko, ā, ki te kore, he whārangi kotahi, he shloka kotahi rānei. Kia mahara ki tēnei, kia kaua e pahemo tētahi rā me te kore 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 pānuitia** te Bhagavata mō ngā rā e whitu katoa. Ka **taea te whakarongo.**

Mahia te Trisandhya i ngā wā e toru katoa. Ki te kore koe e mahara, whakarongo ki a ia.

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

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

He mea tika kia **whai ia tangata i a ia anō**. Ki te kore 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 mea e taea ana, kia **tuhia e rātou te ingoa ‘Madhav’ anō, anō.**

### 8. Ki te kai mīti kore-huawhenua tātou me te inu waipiro, ka taea e tātou te tīmata i te trisandhya?

Kāore, i mua i te tīmatanga o Trisandhya me whai te tangata i te āhua noho huawhenua katoa, kua rawa e kai hēki. Me whakamutu hoki ngā momo haurangi katoa (pērā i te waipiro, te bhang, te hikareti, ngā hua tupeka, te pan masala, te gutka, me ētahi atu).

### 9. Me karo tātou i te Aniana me te Kāriki kia tīmata ai te Trisandhya?

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

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

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

### 11. Ka taea e tātou te karakia i te Gayatri Mantra me te kore *Te Upnayan Sanskar (janeu)*?

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

### 12. Ka taea e tātou te karakia i te Gayatri Mantra me te kore *Shaap vimochan (whakamāmānga kanga)*?

Āe, me karakia koe i te Gayatri Mantra e toru ngā wā i te wā e mahi ana i te Trisandhya, me te kore e mahi i tētahi whakamāmānga kanga.

### 13. Ki te kore e mōhio ki te pānui, he hauātanga, he pēpi, he kaumātua rānei, kāore e taea te pānui i te Trisandhya, me aha rātou?

Ki te kore e taea e tētahi te pānui i te tuhinga Trisandhya, ka taea e rātou te whakarongo ki tōna reo kōrero e toru ngā wā i te rā i te wā o Trisandhya. Ka whakawāteatia ngā pēpi ki te 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.

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## WIIHWA HANATAN DHARAMA HEWA TARATI

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

**+91 9923071727**

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### Ngā Paetukutuku Mana me Ngā Hongere YouTube

**Bhavishya Malika:** [www.bhavishyamalika.com](http://www.bhavishyamalika.com)

**Kalki Avatar - Te Hongere Mana:** [https://www.youtube.com/@Kalki\\_Avatar](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 HIRI MADHAW

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