



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Kwa chitukuko cha anthu, Trisandhya ndi ngati mankhwala opatsa moyo."

Chitani Trisandhya pa maola onse atatu a sandhya tsiku lililonse, werengani mutu umodzi wa Shrimad Bhagavata Mahapurana tsiku lililonse, ndipo imbirani dzina la Madhav mosalekeza mumtima.

GWIRITSITSANI ZIPHUNZITSO 5 ZOTSATIRAZI PAMODZI NDI TRIKAL SANDHYA

1. Phunzirani kumvera.
2. Phunzirani kudikira.
3. Phunzirani kukonda ndi kusonyeza chifundo kwa zamoyo zonse.
4. Kudziletsa kwa zokhudza.
5. Siyani kumva kuti “Ine ndi changa, inu ndi chanu” (kudzikuza).

NTHAWI ZITATU ZA TRISANDHYA

M'mawa mu Brahma Muhurta, **dzuwa lisanalowe**

Masana pakati pa **11:30** ndi **12:30**

Madzulo zitha kuchitika pakati pa **mphindi makumi atatu dzuwa lisanalowe** ndi **mphindi makumi atatu dzuwa litangolowa**

ZOMWE ZILI MU TRISANDHYA

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

PEMPHO LOFATSA LOKHUDZA KATCHULIDWE

Chonde mverani [mawu a Trisandhya ovomerezeka](#) kuti mumve katchulidwe kolondola (kumvera pa liwiro la 1.5x kumalimbikitsidwa), chifukwa kumasulira kwa mawu kungakhale ndi kusiyana pang'ono kwa mawu. Tikukulimbikitsani kumvera nthawi zambiri momwe mungafunire mpaka mutakhala omasuka kwathunthu.

Zindikirani: Kuimba dzina la 'Madhava' kuyenera kuchitika mwakachetechete mumtima, pomwe pakujambula mawu, 'Madhava Geeta' imaimbidwa mu gawo limenelo.

1. MANTRAS

['Om'] * ka 3

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

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(MAINA KHUMI NDI ASANU NDI AMODZI A SHRI VISHNU)

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] ॥ * ka 3

Ṣoḍaśaitāni Nāmāni Prātarutthāya Yaḥ Paṭhet Sarvapāpa Vinirmukto Viṣṇuloke
Mahīyate ॥

3. ŚRĪ DAŚĀVATĀRA STOTRA

(DASHAVATARA STOTRAM YOLEMBEDWA NDI SHRI JAYADEVA JI)

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

*Kṣitirati Vipulatare Tava Tiṣṭhati Prṣṭhe ।
Dharaṇi 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 ॥*

*Chalayasi Vikramane Balim Adbhuta Vāmana ।
Pāda-nakha Nira 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-MĀDHABA STUTI

(KUWERENGA KWA DURGA - MADHAVA STUTI)

*Jaya He! Durgā Mādhava Kṛpāmaya Kṛpāmāyī ।
Durgāṅku Sebi Mādhava Hoile Mo Diāna Saim ॥ 0 ॥*

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Achhu Sarva Thābe ।
Rāma Umā Baṇi Rādhā To Chhaḍā Anya Ke Nāhim ॥ 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 ।
Durgāṅku Chhāḍi Mādhava Kheli Bāra Śakti Kāhim ॥ 3 ॥*

Jaya He ...

*Mādhabanka Khelā Pain Deha Dhāru Mahāmayī ।
Mādhabanku Pati Putra Rūpe Khelāouchhu Tuhi ॥ 4 ॥*

Jaya He ...

*Mādhabanku Durgā Kole Jehuna Dekhe Benī Dole ।
Tāhara Bhāgyara Kathā Brahmā Śibe Na Jogāi ॥ 5 ॥*

Jaya He ...

*Jaya Durgati Nāśinī Abhirāmar Jananī ।
Śubhāgamana Karantu Mādhabanku Kole Nei ॥ 6 ॥*

Jaya He ...

5. DZINA LA “MADHAV” KA 108 (MWAKACHETECHETE)

['Mādhava'] * ka 108

*Imbirani dzina la 'Madhava' la Jagannatha Mahaprabhu ka 108.
Musanene mokweza. Werengani pa zala zanu ndipo imbirani dzina mumtima.*

6. KALKI MAHĀMANTRA

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

7. JAYAGHOṢA

Jayaghosha iyenera kuwerengedwa mumtima, osanena mokweza.
(Itha kuimbidwa mokweza ngati muli chilili.)

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

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!] *
ka 3

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

Ambuye! Okhulupirira onse a dziko lonse asonkhanitsidwe pamodzi
posachedwa —

Nenani mosangalala kamodzi, "Hari Hari", "Hari Hari", "Hari Hari"

Ambuye! Choonadi, Chikondi, Chifundo, Kukhululukira ndi Mtendere
zikhazikike padziko lapansi pano, chilengedwe chonse posachedwa —

*Nenani mosangalala kamodzi, "Hari Hari", "Hari Hari", "Hari Hari" * ka 3*

JAI ŚRĪ MĀDHAVA

MALANGIZO OFUNIKA

Ngakhale tsopano, pamene sayansi ndi zauzimu zikumva kuti kusintha kwakukulu kukubwera, anthu alibe njira yotsimikizika yothetsera vutoli. Malinga ndi ‘Bhavishya Malika’ — siyani machimo, ndipo anthu a zipembedzo zonse atengere ‘Trisandhya’ kuti ateteze moyo.

Panthawi ino ya kusintha kwa nthawi, mfundo yachinsinsi iyi ndi Mrita Sanjivani yokhayo yoteteza moyo.

Amene akufuna kufika ku Satyayuga ayenera kugwiritsitsa ziphunzitso izi m'miyoyo yawo.

Malinga ndi malangizo a Ambuye Kalki panthawi yokhazikitsa Dharma, tiyenera kutsatira zinthu izi m'miyoyo yathu:

- 1. Sonyezani chifundo kwa zamoyo zonse. Siyani kudya nyama ndipo tengani moyo wa sattvic. Musavulaze zamoyo zilizonse kapena munthu aliyense mwanjira iliyonse.**
- 2. Munthawi ino, imbirani dzina la Madhav (Ambuye). Ngati mukufuna, mutha kuimba mokweza kapena kukumbukira dzina Lake mwakachetechete muntima.**
- 3. Munthu aliyense ayenera kugwiritsitsa mikhalidwe isanu iyi: Choonadi, Chikondi, Chifundo, Kukhululukira ndi Mtendere.**
- 4. Munthu aliyense ayenera kutenga nawo mbali mu Satsang nthawi zonse. Satsang amatanthauza kusunkhana pamodzi kuimba mikhalidwe ya Mulungu, kufotokoza ulemmerero Wake, ndi kuchita zokambirana zauzimu.**
- 5. Chitani Trisandhya tsiku lililonse — kumbukirani ndi kutamanda Ambuye m'mawa, masana ndi madzulo.**
- 6. Imbirani Kalki Mahamantra yoperekedwa ndi Ambuye Kalki tsiku lililonse.**
- 7. Munthu aliyense ayenera kuyenda panjira ya Dharma.**
- 8. Kukwera pamwamba pa tsankho la mafuko ndi zipembedzo, chitani Satsang ndi aliyense.**
- 9. Siyani kumva kuti “Ine” ndi “changa.” Kunyada ndi kumamatira kotereku kumatengera munthu kutali ndi chikhalidwe chake chenicheni chauzimu.**
- 10. Werengani Shrimad Bhagavata Mahapurana kunyumba tsiku lililonse. Pamene nthawi ikulola, phunzirani bhajan, kirtan, Puranas, malemba, Bhavishya Malika ndi mabuku ena auzimu.**
- 11. Itanani mkazi aliyense kuti “Amayi”/“Maa” ndipo mwamuna aliyense kuti “M'bale.”**
- 12. Musanadye, choyamba perekani chakudya kwa Ambuye.**
- 13. Ngati mukufuna kudziwa zambiri za Ambuye Kalki ndi ntchito yayikulu iyi, funsani nambala ya foni yoperekedwa kumapeto kwa kabuku aka.**

MAFUNSO OFALA KWAMBIRI

1. Mafunso onse okhudza machitidwe a Trisandhya

Trisandhya ikhoza kuchitika **osanatsuka**. Ikani dzanja lanu pamphumi panu ndipo kumbukirani Amayi Ganga, kunena “**Shri Gange**” katatu. Ngati n'kotheke, sambani mapazi anu pasadakhale ndipo muwaze madzi pang'ono pa inu nokha.

Trisandhya ikhoza kuchitika kulikonse — **panjira, mu sitima, m'galimoto, pamalo anu ogwirira ntchito**, kapena **mwakachetechede mumtima**. Mwanjira ina iliyonse, pamalo ena aliwonse, iyenera kuchitika mosalephera.

Shrimad Bhagavata Mahapurana iyenera kuwerengedwa **pokhapokha mutasamba**, pamene muli oyera. Masiku a msambo Trisandhya imachitika nthawi zonse zitatu monga mwachizolowezi — mokweza kapena mumtima. Kwa masiku asanu ndi awiri amenewo Shrimad Bhagavata Mahapurana **sayenera kuwerengedwa, ngakhale kuti ikhoza kumveka**.

Panthawi ya sutak, Trisandhya ikhoza kuchitika nthawi zonse zitatu; koma panthawiyo Shrimad Bhagavata Mahapurana **sayenera kuwerengedwa kapena kumveka**, ndipo Satsang sayenera kulowetsedwa. Muzochitika zonsezi Shrimad Bhagavata Mahapurana ndi zinthu zina zopembedzera **sayenera kukhudzidwa**.

2. Kodi chiyenera kuchitika chiyani ngati Trisandhya yonse siingatheke panthawi yake?

Ngati Trisandhya yonse siingatheke panthawi yake, ndiye chitani **Trisandhya yochepa** panthawiyo, ndipo chitani **Trisandhya yonse pambuyo pake** pamene nthawi ikulola.

Trikal Sandhya ikhoza kuchitika kulikonse — **pamalo ogwirira ntchito, pamene mukuyenda panjira, pamene mukuyendetsa galimoto, kusukulu**, kapena ngakhale pamene mukuchita ntchito ina iliyonse: **mwakachetechede, mumtima**. Kuchita Trisandhya panthawi yake, pamalo aliwonse, n'kofunika kwambiri.

Ngati Trikal Sandhya siingatheke panthawi yake, tengani dzina la Ambuye Madhav ndipo **lapani**, ndipo pempherani kwa Ambuye kuti kuyambira tsopano ichitike panthawi yake; chifukwa malemba amati Trikal Sandhya iyenera kuchitika panthawi yake.

Njira ya Trikal Sandhya pamene palibe nthawi

Shloka yoperekedwa ndi Panditji mu Google Meet. Pamene mwayi wochita sandhya sukubwera ndipo nthawi ikuyamba kudutsa, ndiye m'malo mwa sandhya mutha **kuimba dzina la Madhav ka 108, Jai Durga Madhav ka 11**, ndipo werengani shloka yoperekedwa pansipa kamodzi.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

***Vedān uddharate jagannivahate bhūgolam udbibhrate
daityaṁ dārayate balim chalayate kṣatrapāyāṁ kurvate,
paulastyāṁ jayate halaṁ kalayate kārūṇyam ātanvate
mlecchān mūrccayate daśākṛtikṛte Kṛṣṇāya tubhyaṁ namaḥ.***

3. Kodi ophunzira ayenera kuchita bwanji Trisandhya pamodzi ndi zochitika zawo za tsiku ndi tsiku?

Ophunzira ayenera kuchita sandhya ya m'mawa (Brahma Muhurta) ndi madzulo panthawi yake, malinga ndi lamulo. Chifukwa cha zofuna za sukulu kapena maphunziro, akhoza kumaliza sandhya ya masana **mumtima, kusinkhasinkha za Ambuye mumtima**.

4. Kodi Trisandhya iyenera kuchitika bwanji pamalo ogwirira ntchito?

Palibe **lamulo la malo** la Trisandhya. Mutha kuchita kulikonse kumene muli — **pa desiki yanu, mufakitale, m'sitolo, kumunda**, kapena **panjira**.

Ngati sizingatheke kunena mokweza, chitani **mumtima**; mtima ndi malo okwanira. Ngati n'kotheke, vula nsapato zanu ndipo khalani pansi kwa kanthawi; ndipo ngati ngakhale zimenezo sizingatheke, musasiye Trisandhya chifukwa cha zimenezo.

Ngati simukukumbukira ndipo n'kotheke, mutha **kumvera mawu a Trisandhya**. Chofunika kwambiri ndi chakuti isaphonye.

5. Ngati ntchito zapakhomo zikusiyani opanda nthawi, kodi machitidwe a Trisandhya ayenera kutsatiridwa bwanji?

Chitani Trisandhya **pamene mukugwira ntchito** — chifukwa cha izi palibe nthawi yopuma yofunikira kudikira; ngakhale manja ali otanganidwa ikhoza kuchitika **mumtima**.

Kwa Bhagavata, tengani nthawi yochepa iliyonse imene mungapeze — ngati mutu wonse n'kotheke ndiye mutu, ndipo ngati sichoncho, tsamba limodzi, kapena ngakhale shloka imodzi. Izi zikumbukiridwe, kuti palibe ngakhale tsiku limodzi limene lidutsa osawerenga.

6. Kodi amayi ayenera kutsatira bwanji machitidwe a Trisandhya panthawi ya msambo?

Panthawi ya msambo, Bhagavata **sayenera kuwerengedwa** kwa masiku asanu ndi awiri onse. Itha **kumveka**.

Chitani Trisandhya nthawi zonse zitatu. Ngati simukukumbukira, imverani.

(**Musakhudze** Shrimad Bhagavata Mahapurana, kapena zinthu zina zopembedzera.)

7. Ngati munthu mmodzi m'banja akutsatira machitidwe a Trisandhya, kodi onse adzalandira zipatso zake?

N'kofunika kuti **munthu aliyense azitsatira yekha**. Ngati wina m'banja sangawerenge, amve Trisandhya ndi Bhagavata. Ndipo kwa amene sangalankhule kapena kumva, yesetsani, momwe mungathere, kuti **alembe dzina la 'Madhav'** mobwerezabwereza.

8. Ngati tidya nyama ndi kumwa mowa, kodi tingayambe trisandhya?

Ayi, musanayambe Trisandhya munthu ayenera kukhala ndi **moyo wosadya nyama kwathunthu, sayenera kudya ngakhale dzira**. Mtundu uliwonse wa kuledzera (monga mowa, bhang, ndudu, zinthu za fodya, pan masala, gutka, ndi zina zotero) uyeneranso kusiya motsimikiza.

9. Kodi tiyenera kusiya kudya Anyezi ndi Garlic kuti tiyambe Trisandhya?

Ayi, mutha kuchita Trisandhya **ngakhale mutadya Anyezi ndi garlic**. Pokhapokha mitundu yonse ya nyama iyenera kupewedwa (kuphatikizapo dzira).

10. Kodi amayi angathe kuimba Gayatri Mantra ndi Trisandhya?

Inde, amayi ayenera kuimba gayatri mantra katatu panthawi ya trisandhya.

11. Kodi tingathe kuimba Gayatri Mantra popanda *The Upnayan Sanskar (janeu)*?

Inde, mutha kuimba Gayatri Mantra **ngakhale simukuvala ulusi woyera wa janeu**. Mutha kuwerenga ma mantras onse a Trisandhya **osanakhazikitsidwa kwa guru**.

12. Kodi tingathe kuimba Gayatri Mantra popanda *Shaap vimochan* (kuchotsa temberero)?

Inde, muyenera kuimba Gayatri Mantra katatu panthawi yochita Trisandhya, **osanachita kuchotsa temberero lililonse**.

13. Ngati wina ndi wosaphunzira, wosiyana ndi ena, mwana wakhanda kapena wokalama, wosakhoza kuwerenga Trisandhya, kodi ayenera kuchita chiyani?

Ngati wina sangakhoze kuwerenga mawu a Trisandhya, akhoza **kumvera mawu ake katatu patsiku** panthawi ya Trisandhya. Ana akhanda **amasulidwa ngati amayi awo achita Trisandhya** (adzapindula). Komabe, **ayenera kuchita Trisandhya akamakula**.

VIŚVA SANĀTANA DHARMA SEVĀ TRUST

Kuti mudziwe zambiri za Trisandhya ndi zina zauzimu, funsani pa WhatsApp:

+91 9923071727

Mawebusaiti Ovomerezeka ndi Ma YouTube Channels

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Channel Yovomerezeka: https://www.youtube.com/@Kalki_Avatara

Ufumu wa Ambuye KALKI (Njira Yopita ku Dziko Latsopano): <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
