



ॐ TRIKALA SANDHYA ॐ

VISWA SANATAN DHARMA SEVA TRUST

॥ Jai Shree Madhava ॥



"Mo le fa'aleleia o tagata, o le Trisandhya e pei o le vai o le ola."

Faia le Trisandhya i itula uma e tolu o le sandhya i aso uma, faitau se mataupu e tasi o le Shrimad Bhagavata Mahapurana i aso uma, ma usuina pea le igoa o Madhav i totonu o le mafaufau.

TAOFI A'OA'OGA NEI E 5 FA'ATASI MA LE TRIKAL SANDHYA

1. A'oa'o e usita'i.
2. A'oa'o e fa'atali.
3. A'oa'o e alofa ma fa'aalia le alofa mutimutivale i meaola uma.
4. Le taofiofia o lagona.
5. Tu'u ese le lagona o le "O a'u ma a'u, o oe ma au" (le lagona o le fa'amaualuga).

O TAIMI E TOLU O LE TRISANDHYA

Taeao i Brahma Muhurta, a'o le'i oso le la

Aoatea i le va o le 11:30 ma le 12:30

Afiafi e mafai ona faia i le va o le tolusefulu minute a'o le'i goto le la ma le tolusefulu minute pe a uma ona goto le la

MATAUPU O LE TRISANDHYA

- | | |
|-------------------------------------|--|
| 1. Mantras | 5. 108 taimi le igoa "Madhav" (filemu) |
| 2. Shri Vishnu Shodasha Nama Stotra | 6. Kalki Mahamantra |
| 3. Shri Dashavatara Stotra | 7. Jayghosha |
| 4. Durga-Madhaba Stuti | |

SE TALOSAGA FA'ATAUVA'A E UIGA I LE FA'ALEOGA

Fa'amolemole fa'alogo i le [leo aloa'ia o le Trisandhya](#) mo le fa'aleoga sa'o (e fautuaina le fa'alogo i le saoasaoa 1.5x), aua o tusitusiga fa'aliliu e mafai ona i ai ni eseese laiti i le fa'aleoga. Matou te fa'amalosia oe e fa'alogo i taimi uma e mana'omia ai se'ia e lagona le to'a atoatoa.

Fa'amatalaga: O le usuina o le igoa 'Madhava' e tataua ona faia filemu i totonu o le mafaufau, ae i le pu'eina o le leo, o le 'Madhava Geeta' e usuina i lena vaega.

1. MANTRAS

['Om'] * 3 taimi

[Om Bhurbhuvah Svah Tatsaviturvarenyam |
Bhargo Devasya Dhimahi Dhiyo Yonah Prachodayat ||] * 3 taimi

2. SHRI VISHNU SHODASHA NAMA STOTRA

(IGOA E SEFULUONO O SHRI VISHNU)

Aushadhe Chintayet Vishnum | Bhojane Cha Janardanam ||
Shayane Padmanabham Cha | Vivahe Cha Prajapatim ||
Yuddhe Chakradharam Devam | Pravase Cha Trivikramam ||
Narayanam Tanutyage | Shridharam Priyasangame ||
Duhsvapne Smara Govindam | Sankate Madhusudanam ||
Kanane Narasimham Cha | Pavake Jalashayinam ||
Jalamadhye Varaham Cha | Gamane Vamanam Chaiva ||
Parvate Raghunandanam |

[Sarva Karyeshu Madhavam] || * 3 taimi

Shodashaitani Namani Pratarutthaya Yah Pathet Sarvapapa Vinirmukto Vishnuloke
Mahiyate ||

3. SHRI DASHAVATARA STOTRA

(DASHAVATARA STOTRAM NA FATUINA E SHRI JAYADEVA JI)

*Pralaya Payodhi-jale Dhritavan Asi Vedam ।
Vihita Vahitra-charitram Akhedam ॥
Keshava Dhrita- Mina Sharira Jaya Jagadisha Hare ॥ 1 ॥*

*Kshitirati Vipulatara Tava Tishthati Prishthe ।
Dharani Dharana Kina Chakra Garishthe ॥
Keshava Dhrita- Kachchhapa-rupa Jaya Jagadisha Hare ॥ 2 ॥*

*Vasati Dashana-shikhara Dharani Tava Lagna ।
Shashini Kalanka Kaleva Nimagna ॥
Keshava Dhrita- Shukara Rupa Jaya Jagadisha Hare ॥ 3 ॥*

*Tava Kara Kamala-vare Nakham Adbhuta Shringam ।
Dalita-Hiranyakashipu-tanu Bhiringam ॥
Keshava Dhrita- Narahari Rupa Jaya Jagadisha Hare ॥ 4 ॥*

*Chhalayasi Vikramane Balim Adbhuta Vamana ।
Pada-nakha Nira Janita Jana-pavana ॥
Keshava Dhrita- Vamana Rupa Jaya Jagadisha Hare ॥ 5 ॥*

*Kshatriya Rudhira Maye Jagad-apagata Papam ।
Snapayasi Payasi Shamita Bhava Tapam ॥
Keshava Dhrita- Bhrigupati-rupa Jaya Jagadisha Hare ॥ 6 ॥*

*Vitarasi Dikshu Rane Dika Pati Kamaniyam ।
Dasha-mukha Mauli-balim Ramaniyam ॥
Keshava Dhrita- Raghupati Rupa Jaya Jagadisha Hare ॥ 7 ॥*

*Vahasi Vapushi Vishade Vasanam Jaladabham ।
Hala-hati-bhiti-milita-Yamunabham ॥
Keshava Dhrita- Haladhara-rupa Jaya Jagadisha Hare ॥ 8 ॥*

*Nindasi Yajna Vidher Ahaha Shruti Jatam ।
Sadaya Hridaya Darshita Pashu-ghatam ॥
Keshava Dhrita- Buddha-sharira Jaya Jagadisha Hare ॥ 9 ॥*

*Mlechchha Nivaha Nidhane Kalayasi Karavalam ।
Dhumaketum-iva Kim Api Karalam ॥
Keshava Dhrita- Kalki Sharira Jaya Jagadisha Hare ॥ 10 ॥*

*Shri-Jayadeva-kaver Idam Uditam Udaram ।
Shrinu Sukha-dam Shubha Dam Bhava-saram ॥
Keshava Dhrita- Dasha-vidha Rupa Jaya Jagadisha Hare ॥ 11 ॥*

4. DURGA-MADHABA STUTI

(DURGA - MADHAVA STUTI FAITAUGA)

*Jaya He! Durga Madhaba Krupamaya Krupamayee !
Durganku Sebi Madhaba Hoile Mo Dian Saim || 0 ||*

Jaya He ...

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

Jaya He ...

*Madana-Mohana Rupe Byapi Achhu Sarva Thabe !
Mohana Chitta Mohilu Shri Sarva Mangala Tuhi || 2 ||*

Jaya He ...

*Dharma Sansthapanne Janma Yadi Hvanti Narayana !
Durganku Chhadi Madhaba Kheli Bara Shakti Kahin || 3 ||*

Jaya He ...

*Madhabanka Khela Pain Deha Dharu Mahamayee !
Madhabanku Pati Putra Rupe Khelaouchhu Tuhi || 4 ||*

Jaya He ...

*Madhabanku Durga Kole Jehun Dekhe Beni Dole !
Tahara Bhagyar Katha Brahma Shibe Na Jogai || 5 ||*

Jaya He ...

*Jaya Durgati Nashini Abhiramar Janani !
Shubhagamana Karantu Madhabanku Kole Nei || 6 ||*

Jaya He ...

5. 108 TAIMI LE IGOA “MADHAV” (FILEMU)

['Madhava'] * 108 taimi

*Usuina le igoa 'Madhava' o Jagannatha Mahaprabhu 108 taimi.
Aua le fai atu leotele. Faitau i ou tamatamailima ma usuina le igoa i le mafaufau.*

6. KALKI MAHAMANTRA

[*Rama Hare Krishna Hare, Rama Hare Krishna Hare ।*
Rama Hare Krishna Hare, Ananta Madhava Hare ॥] * 11 taimi

6. JAYGHOSH

O le Jayaghosha e tatau ona faitauina i le mafaukau, e aunoa ma le tautala leotele.
(E mafai ona usuina leotele pe afai o e tu.)

Tvameva Mata Cha Pita Tvameva
Tvameva Bandhushcha Sakha Tvameva ।
Tvameva Vidya Dravinam Tvameva
[*Tvameva Sarvam Mama Deva Deva*] ॥ * 3 taimi

Om Namō Brahmanya Devaya Gobrahmanahitaya Cha ।
Jagat Hitaya Krishnaya Govindaya Namō Namah ॥

[*Om Ananta Koti Vishva Brahmanda Natha Parabrahma Narayana Mahavishnu*
Bhagavan Kalkiram Shri Shri Shri Satya Ananta Madhava Mahaprabhu Ji ki
Jaya!] * 3 taimi

[*Mata Mahalakshmi Ji ki Jaya!*] * 3 taimi
[*Mata Vaishno Devi Ji ki Jaya!*] * 3 taimi
[*Sarva Devi-Devataom ki Jaya!*] * 3 taimi
[*Sudharma Maha-Maha Sangha ki Jaya!*] * 3 taimi
[*Sudharma Maha-Maha Sangha ki Jaya!*] * 3 taimi

Le Alii e! Ia fa'apopotoina uma tagata tapua'i o le lalolagi atoa i se taimi vave
e mafai ai —

Fai atu ma le fiafia fa'atasi, "Hari Hari", "Hari Hari", "Hari Hari"

Le Alii e! Ia fa'atūina le Upu Moni, Alofa, Alofa Mutimutivale, Fa'amagaloga ma
le Filemu i luga o lenei lalolagi, o le atulaulau atoa i se taimi vave e mafai ai —

*Fai atu ma le fiafia fa'atasi, "Hari Hari", "Hari Hari", "Hari Hari" * 3 taimi*

JAI SHREE MADHAVA

FA'ATONUGA TAU

E o'o mai i le taimi nei, pe a lagona e le saienisi ma le fa'aleagaga le latalata mai o le suiga tele o le a o'o mai, e leai se auala mautinoa e mafai ai e tagata ona fo'ia lenei fa'alavelave. E tusa ai ma le 'Bhavishya Malika' — tu'u ese amioga agasala, ma ia talia e tagata o tapua'iga uma le 'Trisandhya' mo le puipuiga o le ola.

I le taimi nei o le suiga o le vaitau, o lenei mataupu faalilolilo o le Mrita Sanjivani e tasi ma na o le pau lea mo le puipuiga o le ola.

O i latou e mana'o e o'o atu i Satyayuga e tatau ona taofi nei a'oa'oga i o latou olaga.

E tusa ai ma fa'atonuga a le Alii Kalki i le taimi o le fa'avaeina o Dharma, e tatau ona tatou mulimuli i nei mea i o tatou olaga:

- 1. Fa'aalia le alofa mutimutivale i meaola uma. Tu'u le 'ai aano o manu ma talia se olaga sattvic. Aua le fa'aleagaina se meaola po'o se tagata i so'o se auala.**
- 2. I lenei vaitau, usuina le igoa o Madhav (le Alii). Afai e te mana'o ai, e mafai ona e usuina leotele pe manatua Lona igoa filemu i le mafaufau.**
- 3. E tatau i tagata uma ona taofi nei uiga lelei e lima: Upu Moni, Alofa, Alofa Mutimutivale, Fa'amagaloga ma le Filemu.**
- 4. E tatau i tagata uma ona auai i le Satsang i taimi uma. O le Satsang o lona uiga o le fa'apotopotoina fa'atasi e usuina uiga lelei o le Atua, e fa'amatala Lona mamalu, ma faia talanoaga fa'aleagaga.**
- 5. Faia le Trisandhya i aso uma — manatua ma viia le Alii i le taeao, aoatea ma le afiafi.**
- 6. Usuina le Kalki Mahamantra na tu'uina mai e le Alii Kalki i aso uma.**
- 7. E tatau i tagata uma ona savavali i le ala o Dharma.**
- 8. Tu'u i luga a'e o fa'ailoga tagata ma fa'ailoga lotu, fai le Satsang ma tagata uma.**
- 9. Tu'u ese le lagona o le "O a'u" ma le "a'u." O le fa'amaualuga ma le pipii fa'apena e ave'esea ai se tagata mai lona natura fa'aleagaga moni.**
- 10. Faitau le Shrimad Bhagavata Mahapurana i le fale i aso uma. Pe a fa'atagaina le taimi, su'esu'e bhajan, kirtan, le Puranas, tusitusiga paia, le Bhavishya Malika ma isi tusitusiga fa'aleagaga.**
- 11. Fa'afeiloa'i fafine uma o le "Tina"/"Maa" ma alii uma o le "Uso."**
- 12. A'o le'i 'ai, muamua ofo atu le mea'ai i le Alii.**
- 13. Afai e te mana'o e iloa atili e uiga i le Alii Kalki ma lenei galuega tele, fa'afeso'ota'i le numera telefoni feavea'i o lo'o tu'uina atu i le faaiuga o lenei tusi laitiiti.**

FESILI E MASANI ONA FESILIGIA

1. Fesili lautele e uiga i le faiga o le Trisandhya

E mafai ona faia le Trisandhya **e aunoa ma le ta'ele**. Tu'u lou lima i luga o lou muaulu ma manatua Tina Ganga, fai atu **“Shri Gange”** fa'atolu. Afai e mafai, fufulu ou vae muamua ma sausau sina vai i luga o oe.

E mafai ona faia le Trisandhya i so'o se mea — **i luga o le auala, i totonu o se nofoaafi, i totonu o se ta'avale, i lou nofoaga faigaluega, po'o filemu i totonu o le loto**. I se tasi ituaiga po'o se isi, i se tasi nofoaga po'o se isi, e tatau ona faia e aunoa ma se fa'aletonu.

O le Shrimad Bhagavata Mahapurana e tatau ona faitauina **na'o pe a uma ona ta'ele**, pe a mama. I aso o le ma'i masina e faia le Trisandhya i taimi uma e tolu e pei ona masani ai — leotele po'o totonu o le loto. Mo na aso e fitu, o le Shrimad Bhagavata Mahapurana e **le tatau ona faitauina, e ui lava e mafai ona fa'alogoia**.

I le taimi o le sutak foi, e mafai ona faia le Trisandhya i taimi uma e tolu; ae i lena taimi o le Shrimad Bhagavata Mahapurana e **le tatau ona faitauina pe fa'alogoia**, ma e le tatau ona auai i le Satsang. I tulaga uma e lua, o le Shrimad Bhagavata Mahapurana ma isi mea faigaluega tapua'i e **le tatau ona pa'i i ai**.

2. O le a le mea e tatau ona fai pe afai e le mafai ona faia le Trisandhya atoa i le taimi sa'o?

Afai e le mafai ona faia le Trisandhya atoa i le taimi sa'o, ona fai lea o le **Trisandhya pu'upu'u** i lona taimi, ma fai le **Trisandhya atoa mulimuli ane** pe a fa'atagaina le taimi.

E mafai ona faia le Trikal Sandhya i so'o se mea — **i le nofoaga faigaluega, a'o savali i luga o le auala, a'o ave ta'avale, i le a'oga**, po'o le faia foi o so'o se isi galuega: **filemu, i totonu o le mafaufau**. O le faia o le Trisandhya i lona taimi sa'o, i so'o se nofoaga, e matua mana'omia lava.

Afai e le mafai ona faia le Trikal Sandhya i le taimi sa'o, ta'u le igoa o le Alii Madhav ma **salatupu**, ma tatalo i le Alii ina ia mafai ona faia mai le taimi nei i le taimi sa'o; aua o tusitusiga paia o lo'o ta'ua ai e tatau ona faia le Trikal Sandhya i lona taimi sa'o.

Le auala o le Trikal Sandhya pe a leai se taimi

O le shloka na tu'uina mai e Panditji i le Google Meet. Pe a le o'o mai le avanoa e fai ai le sandhya ma amata ona te'a le taimi, ona e mafai lea ona e **usuina le igoa o Madhav 108 taimi, Jai Durga Madhav 11 taimi**, ma faitau le shloka o lo'o i lalo fa'atasi.

DASHAVATARA STOTRAM (FINAL VERSE)

***Vedān uddharate jagannivahate bhūgolam udbibhrate
daityaṁ dārayate balim chhalayate kṣātrākṣayaṁ kurvate,
paulastyāṁ jayate halaṁ kalayate kārūṇyam ātanvate
mlechchhān mūrchchhayate daśākṛtikṛte Kṛṣṇāya tubhyaṁ namaḥ.***

3. E fa'aapefea ona faia e tamaiti a'oga le Trisandhya fa'atasi ma a latou masani i aso uma?

E tatau i tamaiti a'oga ona faia le sandhya o le taeao (Brahma Muhurta) ma le afiafi i le taimi sa'o, e tusa ai ma le tulafono. Ona o mana'oga o le a'oga po'o su'esu'ega, e mafai ona latou fa'amae'aina le sandhya o le aoauli **i totonu o le loto, e ala i le mafaufau loloto i le Alii i le mafaufau**.

4. E fa'aapefea ona faia le Trisandhya i le nofoaga faigaluega?

E leai se tulafono o le nofoaga mo Trisandhya. E mafai ona e faia i so'o se mea o e i ai — i lau laulau, i se fale gaosi oloa, i se faleoloa, i se fanua, po'o i luga o le auala.

Afai e le mafai ona fai atu leotele, fai i **totonu o le loto**; ua lava le loto e fai ai. Afai e mafai, tatala ou seevae ma nofo mo sina taimi; ma afai e le mafai foi lena, aua le tu'ulafoa'i le Trisandhya ona o lena mafua'aga.

Afai e te le manatua ma e mafai, e mafai ona e **fa'alogo i le leo o le Trisandhya**. O le mea autu ia aua ne'i misia.

5. Afai e leai se taimi e totoe mai galuega a le fale, e fa'aapefea ona mulimuli i le faiga o le Trisandhya?

Fai le Trisandhya **a'o e galue** — mo lenei mea e le mana'omia ona fa'atali se taimi avanoa; e o'o lava i le taimi o lo'o pisi ai lima e mafai ona faia i **totonu o le loto**.

Mo le Bhagavata, fa'aalu so'o se taimi la'ititi e te maua — afai e mafai se mataupu atoa ona fai se mataupu, ma afai e le mafai, o se itulau e tasi, po'o se shloka e tasi. Ia manatua lenei mea, ia aua ne'i tasi se aso e te'a e aunoa ma le faitauga.

6. E fa'aapefea ona mulimuli fafine i le faiga o le Trisandhya i le taimi o le ma'i masina?

I le taimi o le ma'i masina, o le Bhagavata e **le tatau ona faitauina** mo aso atoa e fitu. E **mafai ona fa'alogoina**.

Fai le Trisandhya i taimi uma e tolu. Afai e te le manatua, fa'alogo i ai.

(Aua le **pa'i** i le Shrimad Bhagavata Mahapurana, po'o isi mea faigaluega tapua'i.)

7. Afai e mulimuli se tagata e to'atasi i se aiga i le faiga o le Trisandhya, o le a maua uma e i latou ona fua?

E mana'omia mo **tagata uma ona mulimuli i ai latou lava**. Afai e le mafai e se tasi i le aiga ona faitau, ia latou fa'alogo i le Trisandhya ma le Bhagavata. Ma mo i latou e le mafai ona tautala pe fa'alogo, ia faia le taumafaiga, i le mea e mafai ai, ia latou **tusia le igoa 'Madhav'** pea lava pea.

8. Afai tatou te 'ai aano o manu ma inu 'ava malosi, e mafai ona tatou amata le trisandhya?

Leai, a'o le'i amataina le Trisandhya e tatau ona talia se **olaga e le 'ai aano o manu**, e le tatau foi ona **'ai fuamoa**. So'o se ituaiga o mea fa'amalie (e pei o le 'ava malosi, bhang, sikaleti, oloa tapaa, pan masala, gutka, ma isi) e tatau foi ona taofia ma le mautinoa.

9. E mana'omia ona tatou aloese mai le Aniani ma le Kaliki e amata ai le Trisandhya?

Leai, e mafai ona e faia le Trisandhya e tusa lava pe e te 'ai Aniani ma kaliki. Na'o ituaiga uma o mea e le o fuala'au e tatau ona aloese mai ai (e aofia ai fuamoa).

10. E mafai e fafine ona usuina le Gayatri Mantra ma le Trisandhya?

Ioe, e tatau i fafine **ona usuina le gayatri mantra fa'atolu** i le taimi o le trisandhya.

11. E mafai ona tatou usuina le Gayatri Mantra e aunoa ma *Le Upnayan Sanskar (janeu)*?

Ioe, e mafai ona e usuina le Gayatri Mantra e tusa lava pe e te le ofuina le filo paia *janeu*. E mafai ona e faitauina mantras uma o le Trisandhya e aunoa ma le fa'au'uina i se guru foi.

12. E mafai ona tatou usuina le Gayatri Mantra e aunoa ma *Shaap vimochan* (fa'amagaloga o le fetuu)?

Ioe, e tatau ona e usuina le Gayatri Mantra fa'atolu i le taimi o le faia o le Trisandhya, e aunoa ma le faia o se fa'amagaloga o le fetuu.

13. Afai e le iloa faitau se tasi, e le atoatoa le malosi, o se pepe po'o se tagata matua, e le mafai ona faitau le Trisandhya, o le a le mea e tatau ona latou fai?

Afai e le mafai e se tasi ona faitau le tusitusiga o le Trisandhya, e mafai ona latou **fa'alogo i lona leo fa'atolu i le aso** i le taimi o le Trisandhya. O pepe e fa'atagaina pe afai e faia e o latou tina le Trisandhya (o le a latou maua le aoga). Peita'i, e tatau ona latou fa'ata'ita'i le Trisandhya a o latou tuputupu a'e.

VISWA SANATAN DHARAMA SEVA TRUST

Mo Trisandhya ma isi fa'amatalaga fa'alelotu, fa'afeso'ota'i i le WhatsApp:

+91 9923071727

Upega Tafa'ilagi Aloa'ia ma Alaleo YouTube

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Le Alaleo Aloa'ia: https://www.youtube.com/@Kalki_Avatara

Gafa o le Alii KALKI (Ala i se Lalolagi Fou): <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 SHREE MADHAV
