



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Kune budiriro yevanhu, Trisandhya yakafanana nemushonga wehupenyu."

Ita Trisandhya panguva dzose nhatu dzesandhya zuva rega rega, verenga chitsauko chimwe che Shrimad Bhagavata Mahapurana zuva nezuva, uye ramba uchidana zita raMadhav mupfungwa.

BATA DZIDZO SHANU DZINOTEVERA PAMWE CHETE NETRIKAL SANDHYA

1. Dzidza kuteerera.
2. Dzidza kumirira.
3. Dzidza kuda uye kuratidza tsitsi kuzvisikwa zvole zvipenyu.
4. Kudzora pfungwa.
5. Siya pfungwa ye "Ini neyangu, iwe neyako" (pfungwa yekuzvikudza).

NGUVA NHATU DZETRISANDHYA

Mangwanani muBrahma Muhurta, zuva risati rabuda

Masikati pakati pa11:30 na12:30

Manheru inogona kuitwa pakati pemaminitsi makumi matatu zuva risati ranyura nemaminitsi makumi matatu zuva ranyura

ZVIRI MUKATI METRISANDHYA

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

CHIKUMBIRO CHIDUKU PAMUSORO PEKUDUDZIRA

Ndapota teerera [odhiyo yepamutemo yeTrisandhya](#) kuti ududzire zvakanaka (kuteerera pa1.5x speed kunokurudzirwa), sezvo kunyora kwemazwi kungave kune misiyano miduku yekududzira. Tinokukurudzira kuteerera kakawanda sezvinodiwa kusvikira wanzwa wakasununguka zvachose.

Cherechedza: Kudana zita ra 'Madhava' kunofanira kuitwa chinyararire mupfungwa, asi mukurekodha kweodhiyo, 'Madhava Geeta' inaimbwa muchikamu ichocho.

1. MANTRAS

['Om'] * ka3

[*Om Bhūrbhuvah Svah Tatsaviturvareṇyam ।
Bhargo Devasya Dhīmahi Dhiyo Yo Nah Pracodayāt ॥*] * ka3

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(MAZITA GUMI NEMATANHATU ASHRI 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*] ॥ * ka3

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

3. ŚRĪ DAŚĀVATĀRA STOTRA

(DASHAVATARA STOTRAM YAKANYORWA NASHRI JAYADEVA JI)

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

*Kṣitir Ati 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 ॥*

*Chalayasi Vikramaṇe 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

(KUDUDZIRA KWEDURGA - MADHAVA STUTI)

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

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Achhu Sarva Thābe ।
Rāma Umā Baṇi Rādhā To Chhāḍā 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 Pāim Deha Dharu Mahāmayī ।
Mādhabanku Pati Putra Rūpe Khelāouchhu Tuhi ॥ 4 ॥*

Jaya He ...

*Mādhabanku Durgā Kole Jehuṁ Dekhe Beni Dole ।
Tāhara Bhāgyar Kathā Brahmā Śibe Na Jogāi ॥ 5 ॥*

Jaya He ...

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

Jaya He ...

5. KANOKWANA KA108 ZITA RA “MADHAV” (CHINYARARIRE)

['Mādhava'] * ka108

*Dana zita ra 'Madhava' raJagannatha Mahaprabhu kanokwana ka108.
Usataure zvinonzwika. Verenga neminwe yako uye dana zita mupfungwa.*

6. KALKI MAHĀMANTRA

[*Rāma Hare Kṛṣṇa Hare, Rāma Hare Kṛṣṇa Hare ।*
Rāma Hare Kṛṣṇa Hare, Ananta Mādhava Hare ॥] * ka11

7. JAYAGHOṢA

Jayaghosha inofanira kududzwa mupfungwa, pasina kutaura zvinonzwika.
(Inogona kungodanwa zvinonzwika kana wakamira.)

Tvameva Mātā Ca Pitā Tvameva
Tvameva Bandhuśca Sakhā Tvameva ।
Tvameva Vidyā Draviṇam Tvameva
[*Tvameva Sarvam Mama Deva Deva ॥*] * ka3

Om Namō Brāhmaṇya Devāya Gobrāhmaṇahitāya 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 Ji kī Jaya! ॥] *
ka3

[*Mātā Mahālakṣmī Ji kī Jaya! ॥*] * ka3
[*Mātā Vaiṣṇo Devī Ji kī Jaya! ॥*] * ka3
[*Sarva Devī-Devatāom kī Jaya! ॥*] * ka3
[*Sudharma Mahā-Mahā Saṅgha kī Jaya! ॥*] * ka3
[*Sudharma Mahā-Mahā Saṅgha kī Jaya! ॥*] * ka3

Haiwa Ishe! Vese vanamati venyika yose ngavakaungane pamwe chete
nekukurumidza sezvinobvira —

Taura nemufaro kamwe chete, "Hari Hari", "Hari Hari", "Hari Hari"

Haiwa Ishe! Chokwadi, Rudo, Tsitsi, Kuregerera uye Runyararo ngazvisimbiswe
panyika ino, munyika yose nekukurumidza sezvinobvira —

Taura nemufaro kamwe chete, "Hari Hari", "Hari Hari", "Hari Hari" ॥ * ka3

JAI ŚRĪ MĀDHAVA

MIRAYIRIDZO YAKAKOSHA

Kunyange zvino, apo sainzi nemweya zvose zvinonzwa kusvika kwekuchinja kukuru kuri kuuya, vanhu havana nzira yakasimba yekukunda dambudziko iri. Zvinoenderana ne ‘Bhavishya Malika’ — siyana nezvivi, uye regai vanhu vekutenda kwese vatore ‘Trisandhya’ kuchengetedza hupenyu.

Panguva ino yekuchinja kwemakore, chirevo ichi chakavanzika ndicho chega Mrita Sanjivani chekuchengetedza hupenyu.

Avo vanoshuvira kusvika kuSatyayuga vanofanira kubata dzidzo idzi muhupenyu hwavo.

Zvinoenderana nemirayiridzo yaIshe Kalki panguva yekusimbiswa kweDharma, tinofanira kutevera zvinhu izvi muhupenyu hwedu:

- 1. Ratidza tsitsi kuzvisikwa zvose zvipenyu. Siya kudya nyama uye tora hupenyu hwe sattvic. Usakuvadza chero chisikwa chipenyu kana munhu chero nenzira ipi zvayo.**
- 2. Munguva ino, dana zita raMadhav (Ishe). Kana uchida, unogona kudana zvinonzwika kana kurangarira zita Rake chinyararire mupfungwa.**
- 3. Munhu wese anofanira kubata kune hunhu uhu hushanu: Chokwadi, Rudo, Tsitsi, Kuregerera uye Runyararo.**
- 4. Munhu wese anofanira kutora chikamu muSatsang nguva dzose. Satsang zvinoreva kuungana pamwe chete kuimba hunhu hwaMwari, kutsanangura kubwinya Kwake, uye kuita hurukuro dzemweya.**
- 5. Ita Trisandhya zuva rega rega — rangarira uye rumbidza Ishe mangwanani, masikati uye manheru.**
- 6. Dana Kalki Mahamantra yakapiwa naIshe Kalki zuva rega rega.**
- 7. Munhu wese anofanira kufamba panzira yeDharma.**
- 8. Simuka pamusoro perusarura rwemadzinza nerwechitendero, ita Satsang nemunhu wese.**
- 9. Siya pfungwa ye “Ini” ne “yangu.” Kuzvikudza kwakadaro nekubata zvinotora munhu kure nehunhu hwake hwechokwadi hwemweya.**
- 10. Verenga Shrimad Bhagavata Mahapurana kumba zuva rega rega. Kana nguva ichibvumira, dzidza bhajan, kirtan, maPuras, magwaro, Bhavishya Malika nemamwe magwaro emweya.**
- 11. Dana mukadzi wese kuti “Amai”/“Maa” uye murume wese kuti “Hama.”**
- 12. Usati wadya, tanga wapa chikafu kuna Ishe.**
- 13. Kana uchida kuziva zvakanwanda nezvaIshe Kalki nebasa guru iri, bata nhamba yefoni yakapiwa kumagumo kebhurukwa rino.**

MIBVUNZO INONYANYA KUWANDA

1. Mibvunzo yakajairika pamusoro pekuitwa kweTrisandhya

Trisandhya inogona kuitwa **pasina kugeza**. Isa ruoko rwako pahuma yako uye rangarira Amai Ganga, uchiti “**Shri Gange**” katatu. Kana zwichibvira, geza tsoka dzako usati waita uye uzvisasire mvura shoma.

Trisandhya inogona kuitwa chero kupi — **munzira, muchitima, mumotokari, panzvimbo yako yebasa**, kana **chinyararire mumoyo**. Mune imwe nzira kana imwe, pane imwe nzvimbo kana imwe, inofanira kuitwa pasina kukundikana.

Shrimad Bhagavata Mahapurana inofanira kuverengwa **chete mushure mekugeza**, kana yakachena. Pamazuva ekuenda kumwedzi Trisandhya inoitwa panguva dzose nhatu sezvakajairika — zvinonzwika kana mumoyo. Kwemazuva manomwe iwayo Shrimad Bhagavata Mahapurana **haifaniri kuverengwa, kunyange zvazvo ichigona kuteererwa**.

Panguva yesutakwo, Trisandhya inogona kuitwa panguva dzose nhatu; asi panguva iyoyo Shrimad Bhagavata Mahapurana haifaniri **kuverengwa kana kuteererwa**, uye Satsang haifaniri kupindwa. Muzviitiko zvose zviri zviviri Shrimad Bhagavata Mahapurana nezvimwe zvinhu zvekunamata hazvifaniri **kubatwa**.

2. Chii chinofanira kuitwa kana Trisandhya yakazara isingakwanisiki panguva yakakodzera?

Kana Trisandhya yakazara isingakwanisiki panguva yakakodzera, ipapo ita **Trisandhya pfupi** panguva iyoyo, uye ita **Trisandhya yakazara gare gare** kana nguva ichibvumira.

Trikal Sandhya inogona kuitwa chero kupi — **panzvimbo yebasa, uchifamba munzira, uchityaira, kuchikoro**, kana kunyange uchiita chero rimwe basa: **chinyararire, mupfungwa**. Kuita Trisandhya panguva yayo yakakodzera, chero panzvimbo ipi zvayo, kunonyanya kukosha.

Kana Trikal Sandhya isingakwanisiki kuitwa panguva yakakodzera, tora zita raIshe Madhav uye **pfidza**, uye nyengetera kuna Ishe kuti kubva zvino zvichienda mberi igone kuitwa panguva yakakodzera; nekuti magwaro anotaura kuti Trikal Sandhya inofanira kuitwa panguva yayo yakakodzera.

Nzira yeTrikal Sandhya kana pasina nguva

Shloka yakapiwa naPanditji muGoogle Meet. Kana mukana wekuita sandhya usingauye uye nguva ichitanga kupfuura, ipapo panzvimbo pesandhya unogona **kudana zita raMadhav kanokwana ka108, Jai Durga Madhav ka11**, uye kududzira shloka yakapiwa pazasi kamwe chete.

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. Vadzidzi vanofanira kuita sei Trisandhya pamwe chete nemaitiro avo ezuva nezuva?

Vadzidzi vanofanira kuita sandhya yemangwanani (Brahma Muhurta) neyemanheru panguva yakakodzera, zvinoenderana nemutemo. Nekuda kwezvinodiwa zvechikoro kana kudzidza, vanogona kupedzisa sandhya yemasikati **mumoyo, vachifungisisa nezvaIshe mupfungwa**.

4. Trisandhya inofanira kuitwa sei panzvimbo yebasa?

Hapana **mutemo wenzvimbo** yeTrisandhya. Unogona kuiita chero kwaunenge uri — **padhesiki rako, mufekitori, muchitoro, mumunda**, kana **munzira**.

Kana zvisingakwanisiki kutaura zvinonzwika, ita **mumoyo**; moyo inzvimbo yakakwana. Kana zvichibvira, bvisa shangu dzako ugare pasi kwechinguva; uye kana kunyange izvozvo zvisingakwanisiki, usasiya Trisandhya nekuda kwechikonzero ichocho.

Kana usingairangariri uye zvichibvira, unogona **kuteerera odhiyo yeTrisandhya**. Chinhu chikuru ndechekuti isarasike.

5. Kana basa remumba risingasiyi nguva, Trisandhya inofanira kuitwa sei?

Ita Trisandhya **uchishanda** — nekuda kweizvi hapana nguva yekusununguka inofanira kumirirwa; kunyange maoko achibatikana inogona kuitwa **mumoyo**.

Kune Bhagavata, tora chero nguva duku yaunogona kuwana — kana chitsauko chakazara chichibvira ipapo chitsauko, uye kana zvisiri, peji rimwe chete, kana kunyange shloka imwe chete. Ngazvirangarirwe izvi, kuti kunyange zuva rimwe chete haripfuuri pasina kuverenga.

6. Vakadzi vanofanira kutevera sei Trisandhya panguva yekuenda kumwedzi?

Panguva yekuenda kumwedzi, Bhagavata **haifaniri kuverengwa** kwemazuva manomwe akazara. Inogona **kuteererwa**.

Ita Trisandhya panguva dzose nhatu. Kana usingairangariri, teerera.

(**Usabata** Shrimad Bhagavata Mahapurana, kana zvimwe zvinhu zvekunamata.)

7. Kana munhu mumwe chete mumhuri achitevera Trisandhya, vose vachawana here mhedzisiro yayo?

Zvakakosha kuti **munhu wese azvitevere pachake**. Kana mumwe munhu mumhuri asingagoni kuverenga, ngavanzwe Trisandhya neBhagavata. Uye kune avo vasingagoni kutaura kana kunzwa, ita nhamburiko, sezvinobvira, kuti vanyore **zita ra ‘Madhav’** kakawanda.

8. Kana tichidya nyama isiri yemuriwo uye tichinwa doro, tinogona here kutanga trisandhya?

Kwete, usati watanga Trisandhya munhu anofanira kutora **hupenyu hwemuriwo zvachose**, haafaniri **kunyange kudyai zai**. Chero rudzi rwekudhakwa (senge doro, **bhang, fodya, zvigadzirwa zvefodya, pan masala, gutka, nezvimwe**) zvinofanirawo kumiswa zvakasimba.

9. Tinofanira here kurega hanyanisi negariki kuti titange Trisandhya?

Kwete, unogona kuita Trisandhya **kunyange kana uchidya hanyanisi negariki**. Chete **marudzi ese enyama isiri yemuriwo anofanira kudziviswa** (kusanganisira zai).

10. Vakadzi vanogona here kudana Gayatri Mantra neTrisandhya?

Hongu, vakadzi vanofanira kudana gayatri mantra katatu panguva yetrisandhya.

11. Tinogona here kudana Gayatri Mantra pasina *The Upnayan Sanskar (janeu)*?

Hongu, unogona kudana Gayatri Mantra **kunyange kana usingapfeki tambo tsvene yejaneu**. Unogona kududzira mamantaras ese eTrisandhya **pasina kuva deekshit kuguru** zvakare.

12. Tinogona here kudana Gayatri Mantra pasina *Shaap vimochan* (kuregererwa kwekutuka)?

Hongu, unofanira kudana Gayatri Mantra katatu panguva yekuita Trisandhya, **pasina kuita chero kuregererwa kwekutuka**.

13. Kana munhu asingagoni kuverenga, akaremara, mucheche kana munhu mukuru, asingagoni kuverenga Trisandhya, chii chaanofanira kuita?

Kana mumwe munhu asingagoni kuverenga rugwaro rweTrisandhya, anogona **kuteerera odhiyo yayo katatu pazuva panguva yeTrisandhya**. Vacheche **vanoregererwa kana vanaamai vavo vachiita Trisandhya** (vachabatsirwa). Zvisinei, ivo **vanofanira kuita Trisandhya pavanokura**.

VIŚVA SANĀTANA DHARMA SEVĀ TRUST

Kune Trisandhya nerumwe ruzivo rwechitendero, bata paWhatsApp:

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Mawebhusaiti Epamutemo uye YouTube Channels

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Chiteshi Chepamutemo: https://www.youtube.com/@Kalki_Avatara

Dzinza raIshe KALKI (Nzira KuNyika Itsva): <https://youtube.com/@dynastyofkalki>

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

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

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JAI ŚRĪ MĀDHAVA

