



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Ilbaxnimada aadanaha, Trisandhya waa sida daawada nolosha."

Ku samee Trisandhya saddexda saacadood ee sandhya maalin kasta, akhri hal cutub oo ka mid ah Shrimad Bhagavata Mahapurana maalin kasta, oo si joogto ah maskaxdaada ugu dhawaaq magaca Madhav.

HAYSO 5-TAN BARASHO EE SOO SOCDA OO AY LA SOCOTO TRIKAL SANDHYA

1. Baro inaad adeecdo.
2. Baro inaad sugto.
3. Baro inaad jeclaato oo aad u naxariisato dhammaan noolaha.
4. Xakamaynta dareenka.
5. Ka tanaasul dareenka “Aniga iyo kayga, adiga iyo kaaga” (dareenka ego).

SADDEXDA WAQTI EE TRISANDHYA

Subax Brahma Muhurta, qorrax ka hor

Dhexdhexaad inta u dhaxaysa 11:30 iyo 12:30

Fiid waxaa la samayn karaa inta u dhaxaysa soddon daqiiqo ka hor iyo soddon daqiiqo qorrax dhaca ka dib

WAXYAABAHA KU JIRA 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-Mādhava Stuti | |

CODSI XUSHMAD LEH OO KU SAABSAN DHAWAAQA

Fadlan dhegayso [codka rasmiga ah ee Trisandhya](#) si aad u hesho dhawaaq sax ah (dhegaysiga xawaare 1.5x ah ayaa lagula talinayaa), maadaama qoraallada transliterations ay ku jiri karaan kala duwanaansho yar oo dhawaaq ah. Waxaan kugu dhiirigelinaynaa inaad dhegaysato inta jeer ee loo baahdo ilaa aad si buuxda u dareento raaxo.

Fiiro gaar ah: Dhawaaqa magaca 'Madhava' waa in si aamusnaan ah maskaxda loogu sameeyaa, halka duubista codka, 'Madhava Geeta' lagu heeso qaybtaas.

1. MANTRAS

['Om'] * 3 jeer

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

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(LIX IYO TOBAN MAGAC OO SHRI VISHNU AH)

*Auṣadhe 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*] ॥ * 3 jeer

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

3. ŚRĪ DAŚĀVATĀRA STOTRA

(DASHAVATARA STOTRAM OO UU SAMEEYAY SHRI JAYADEVA JI)

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

*Kṣitir Ati 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 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-kāver Idam Udītam Udāram ।
Śṛṇu Sukha-dam Śubha Dam Bhava-sāram ॥
Keśava Dhṛta- Daśa-vidha Rūpa Jaya Jagadīśa Hare ॥ 11 ॥*

4. DURGĀ-MĀDHABA STUTI

(AKHRINTA DURGA - MADHAVA STUTI)

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

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Achhu Sarva Thābe ।
Rāma Umā Baṇi Rādhā To Chhaḍā Anya Ke Nāhiñ ॥ 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 Bara Śakti Kāhiñ ॥ 3 ॥*

Jaya He ...

*Mādhabanka Khelā Pāiñ Deha Dhāru Mahāmāyī ।
Mādhabanku Pati Putra Rūpe Khelāouchhu Tuhi ॥ 4 ॥*

Jaya He ...

*Mādhabanku Durgā Kole Jehuñ 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. 108 JEER MAGACA “MADHAV” (AAMUSNAAN)

['Mādhava'] * 108 jeer

*Ku dhawaaq magaca 'Madhava' ee Jagannatha Mahaprabhu 108 jeer.
Ha ku odhan cod dheer. Ku tirso farahaaga oo maskaxdaada ku dhawaaq magaca.*

6. KALKI MAHĀMANTRA

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

7. JAYAGHOṢA

Jayaghosha waa in maskaxda lagu akhriyaa, iyada oo aan cod dheer lagu hadlin.
(Waxaa kaliya lagu dhawaaqi karaa cod dheer haddii aad taagan tahay.)

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

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!] *
3 jeer

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

Rabbiyow! Dhammaan cibaadaysatada adduunka oo dhan ha la isugu keeno sida
ugu dhakhsaha badan —

Ku dheh farxad hal mar, "Hari Hari", "Hari Hari", "Hari Hari"

Rabbiyow! Runta, Jacaylka, Naxariista, Cafiska iyo Nabadda ha lagu dhiso
dhulkan, caalamka oo dhan sida ugu dhakhsaha badan —

Ku dheh farxad hal mar, "Hari Hari", "Hari Hari", "Hari Hari" * 3 jeer

JAI ŚRĪ MĀDHAVA

TILMAAMO MUHIIM AH

Xitaa hadda, marka sayniska iyo ruuxiyadda labaduba ay dareemaan soo dhowaanshaha isbeddelka weyn ee soo socda, aadanuhu ma haysto hab hubaal ah oo lagu xalliyo dhibaatan. Sida ku cad 'Bhavishya Malika' — ka tanaasul falalka dembiga ah, oo ha u oggolaado dadka diin kasta inay qaataan 'Trisandhya' si ay u ilaaliyaan nolosha.

Wagtigan isbeddelka da'da, mabda'a qarsoon waa Mrita Sanjivani kaliya ee ilaalinta nolosha.

Kuwa doonaya inay gaaraan Satyayuga waa inay barashadan ku hayaan noloshooda.

Sida ku cad tilmaamaha Lord Kalki xilliga aasaaska Dharma, waa inaan raacnaa waxyaalahan nolosheena:

- 1. U naxariiso dhammaan noolaha. Ka tanaasul cunista hilibka oo qaado nolol sattvic ah. Ha waxyeellayn wax noole ah ama bini'aadan ah sinaba.**
- 2. Da'dan, ku dhawaaq magaca Madhav (Rabbiga). Haddii aad rabto, waxaad ku dhawaaqi kartaa cod dheer ama waxaad maskaxdaada ku xasuusan kartaa magiciisa si aamusnaan ah.**
- 3. Qof kastaa waa inuu ku dhegaa shantaan wanaag: Runta, Jacaylka, Naxariista, Cafiska iyo Nabadda.**
- 4. Qof kastaa waa inuu si joogto ah uga qaybqaataa Satsang. Satsang macnaheedu waa isku soo ururinta si loo heeso sifooyinka Ilaah, loo sharaxo sharaftiisa, iyo in la yeesho dood ruuxi ah.**
- 5. Ku samee Trisandhya maalin kasta — xasuuso oo ammaana Rabbiga subaxdii, duhurkii iyo fiidkii.**
- 6. Ku dhawaaq Kalki Mahamantra oo uu bixiyay Lord Kalki maalin kasta.**
- 7. Qof kastaa waa inuu ku socdaa jidka Dharma.**
- 8. Ka sarreeya kala soocidda qowmiyadeed iyo diimeed, la samee Satsang qof kasta.**
- 9. Ka tanaasul dareenka “Aniga” iyo “kayga.” Kibirka iyo ku dheganaanta noocan oo kale ah waxay qofka ka fogeeyaan dabeecaddiisa ruuxiga ah ee dhabta ah.**
- 10. Akhri Shrimad Bhagavata Mahapurana guriga maalin kasta. Marka wakhtigu kuu ogolaado, baro bhajan, kirtan, Puranas, qoraallada, Bhavishya Malika iyo qoraallada kale ee ruuxiga ah.**
- 11. Haween kasta ula hadal “Hooyo”/“Maa” iyo nin kasta ula hadal “Walaal.”**
- 12. Cunista ka hor, marka hore cuntada u bixi Rabbiga.**
- 13. Haddii aad rabto inaad wax badan ka ogaato Lord Kalki iyo shaqadan weyn, la xiriir lambarka mobilka ee ku qoran dhammaadka buuggan.**

SU'AALAHU UGU BADAN

1. Su'aalo guud oo ku saabsan dhaqanka Trisandhya

Trisandhya waxaa la samayn karaa **iyada oo aan la qubaysan**. Gacantaada saar fooddaada oo xasuuso Hooyo Ganga, adigoo leh “**Shri Gange**” saddex jeer. Haddii ay suurtagal tahay, cagahaaga horay u dhaq oo biyo yar isku shub.

Trisandhya waxaa la samayn karaa meel kasta — **wadada, tareen, gaari, goobtaada shaqada**, ama **si aamusnaan ah qalbiga dhexdiisa**. Hal qaab ama mid kale, meel ama meel kale, waa in la sameeyaa iyada oo aan la seegin.

Shrimad Bhagavata Mahapurana waa in la akhriyaa **kaliya ka dib qubayska**, marka ay nadiif tahay. Inta lagu jiro maalmaha caadada Trisandhya waxaa la sameeyaa saddexda jeer sida caadiga ah — cod dheer ama qalbiga dhexdiisa. Toddobadaas maalmood Shrimad Bhagavata Mahapurana **lama akhriyo, inkasta oo la dhegaysan karo**.

Inta lagu jiro sutak sidoo kale, Trisandhya waxaa la samayn karaa saddexda jeer; laakiin wakhtigaas Shrimad Bhagavata Mahapurana **lama akhriyo mana la dhegaysto**, Satsangna lama isku darsado. Labada xaaladoodba Shrimad Bhagavata Mahapurana iyo waxyaabaha kale ee cibaadada **lama taabto**.

2. Maxaa la sameeyaa haddii Trisandhya oo dhan aan la samayn karin wakhtiga saxda ah?

Haddii Trisandhya oo dhan aan la samayn karin wakhtiga saxda ah, markaa samee **Trisandhya gaaban** wakhtigaas, oo samee **Trisandhya oo dhan mar dambe** marka wakhtigu kuu ogolaado.

Trikal Sandhya waxaa la samayn karaa meel kasta — **goobta shaqada, marka la socdo wadada, marka la wado, dugsiga**, ama xitaa marka la samaynayo shaqo kale: **si aamusnaan ah, maskaxda dhexdeeda**. Samaynta Trisandhya wakhtigeeda saxda ah, meel kasta oo ay tahay, waa lama huraan.

Haddii Trikal Sandhya aan la samayn karin wakhtiga saxda ah, qaado magaca Lord Madhav oo **ka towbad keen**, oo u ducee Rabbiga in hadda wixii ka dambeeya la samayn karo wakhtiga saxda ah; waayo qoraallada quduuska ah waxay sheegayaan in Trikal Sandhya ay tahay in la sameeyaa wakhtigeeda saxda ah.

Habka Trikal Sandhya marka aanu jirin wakhti

Shloka uu bixiyay Panditji ee Google Meet. Marka fursadda lagu samaynayo sandhya aysan iman oo wakhtigu bilaabo inuu dhaafo, markaa sandhya beddelkeeda waxaad **ku dhawaaqi kartaa magaca Madhav 108 jeer, Jai Durga Madhav 11 jeer**, oo akhri shloka hoos ku qoran hal mar.

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. Sidee ayay ardaydu u sameeyaan Trisandhya iyaga oo la socda hawlahooda maalinlaha ah?

Ardaydu waa inay sameeyaan sandhya subaxdii (Brahma Muhurta) iyo fiidkii wakhtiga saxda ah, sida ku cad sharciga. Sababtoo ah baahiyaha dugsiga ama waxbarashada, waxay ku dhammaystiri karaan sandhya duhurkii **qalbiga dhexdiisa, iyaga oo maskaxda ku fekeraya Rabbiga**.

4. Sidee ayay Trisandhya loogu sameeyaa goobta shaqada?

Ma jirto **sharci meel** oo Trisandhya ah. Waxaad ku samayn kartaa meel kasta oo aad joogto — **miiskaaga, warshad, dukaan, beer**, ama **wadada**.

Haddii aanay suurtagal ahayn in cod dheer lagu yidhaahdo, ku samee **qalbiga dhexdiisa**; qalbiga ayaa ku filan. Haddii ay suurtagal tahay, kabahaaga iska siib oo fadhiiso cabbaar; oo haddii xitaa taasi aanay suurtagal ahayn, ha ka tagin Trisandhya sababtaas.

Haddii aadan xasuusan oo ay suurtagal tahay, waxaad **dhegaysan kartaa codka Trisandhya**. Waxa ugu muhiimsan waa in aan la seegin.

5. Haddii shaqada gurigu aanay wakhti u oggolaan, sidee ayay Trisandhya loo raacaa?

Ku samee Trisandhya **inta aad shaqaynayso** — tan looma baahna in wakhti firaaqo ah la sugo; xitaa inta gacmuhu mashquul yihiin waxaa lagu samayn karaa **qalbiga dhexdiisa**.

Bhagavata, soo saar wakhti kasta oo yar oo aad heli karto — haddii cutub dhan ay suurtagal tahay markaa cutub, oo haddii kale, hal bog, ama xitaa hal shloka. Tan ha lagu hayo maskaxda, in aan xitaa hal maalin dhaafin akhris la'aan.

6. Sidee ayay haweenku u raacaan dhaqanka Trisandhya xilliga caadada?

Xilliga caadada, Bhagavata **lama akhriyo** toddobada maalmood oo dhan. Waxaa **la dhegaysan karaa**.

Ku samee Trisandhya saddexda jeer oo dhan. Haddii aadan xasuusan, dhegayso.

(**Ha taaban** Shrimad Bhagavata Mahapurana, ama waxyaabaha kale ee cibaadada.)

7. Haddii hal qof oo qoyska ka mid ah uu raaco dhaqanka Trisandhya, dhammaantood ma heli doonaan midhihiisa?

Waa lagama maarmaan in **qof kastaa uu isagu raaco**. Haddii qof qoyska ka mid ah aanu akhrin karin, ha dhegaysto Trisandhya iyo Bhagavata. Kuwa aan hadli karin ama dhegaysan karin, dadaal samee, inta ay suurtagal tahay, si ay **u qoraan magaca ‘Madhav’** marar badan.

8. Haddii aan cunno hilib iyo cabno khamri, ma bilaabi karnaa trisandhya?

Maya, ka hor inta aan la bilaabin Trisandhya waa in qofku qaataa **nolol khudradeed oo dhammaystiran**, waa in **xitaa aanu cunin ukun**. Nooc kasta oo sakhraan ah (sida khamriga, bhang, sigaarka, alaabta tubaakada, pan masala, gutka, iwm.) waa in sidoo kale la joojiyaa si cad.

9. Ma u baahanahay inaan ka fogaano Basasha iyo Toonta si aan u bilowno Trisandhya?

Maya, waxaad samayn kartaa Trisandhya **xitaa haddii aad cunto Basasha iyo toonta**. Kaliya **dhammaan noocyada hilibka waa in laga fogaadaa** (oo ay ku jiraan ukunta).

10. Haweenku ma ku dhawaaqi karaan Gayatri Mantra iyo Trisandhya?

Haa, haweenku waa inay ku dhawaaqaan gayatri mantra saddex jeer inta lagu jiro trisandhya.

11. Ma ku dhawaaqi karnaa Gayatri Mantra iyada oo aan la helin *Upnayan Sanskar (janeu)*?

Haa, waxaad ku dhawaaqi kartaa Gayatri Mantra **xitaa haddii aadan xiran xarigga quduuska ah ee janeu**. Waxaad akhrin kartaa dhammaan mantras ee Trisandhya **iyada oo aanad u deekshit ahayn guru** sidoo kale.

12. Ma ku dhawaaqi karnaa Gayatri Mantra iyada oo aan la helin *Shaap vimochan* (cafiska habaarka)?

Haa, waa inaad ku dhawaaqdaa Gayatri Mantra saddex jeer xilliga samaynta Trisandhya, **iyada oo aan la samayn wax cafis habaar ah**.

13. Haddii qofku yahay mid aan wax qorin, naafada ah, ilmo yar ama oday, oo aan awoodin inuu akhriyo Trisandhya, maxay tahay inay sameeyaan?

Haddii qof aanu awoodin inuu akhriyo qoraalka Trisandhya, wuxuu **dhegaysan karaa codkeeda saddex jeer maalintii xilliga Trisandhya**. Carruurta yaryar waa laga dhaafay **haddii hooyooyinkoodu ay sameeyaan Trisandhya** (way ka faa'iidayaan doonaan). Si kastaba ha ahaatee, waa inay ku dhaqmaan Trisandhya marka ay koraan.

VIŚVA SANĀTANA DHARMA SEVĀ TRUST

Wixii macluumaad dheeraad ah oo ku saabsan Trisandhya iyo diinta, kala xiriir WhatsApp:
+91 9923071727

Websaytyada Rasmiga ah iyo Kanaalada YouTube

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Kanaalka Rasmiga ah: https://www.youtube.com/@Kalki_Avatara

Boqortooyada Lord KALKI (Jidka Adduun Cusub): <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 MĀDHAVA
