



ॐ TRIKALA SANDHYA ॐ

VISWA SANATAN DHARMA SEVA TRUST

॥ Jay Shree Madhava ॥



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 xus magaca Madhav.

KU HAYSO 5-TAN WAXBARASHO 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 ah “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

TUSMADA TRISANDHYA

- | | |
|-------------------------------------|---|
| 1. Mantras | 5. 108 jeer magaca “Madhav” (aamusnaan) |
| 2. Shri Vishnu Shodasha Nama Stotra | 6. Kalki Mahamantra |
| 3. Shri Dashavatara Stotra | 7. Jayghosha |
| 4. Durga-Madhaba 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 la turjumay ay ku jiri karaan kala duwanaansho dhawaaq yar. Waxaan kugu dhiirigelinnaa inaad dhegaysato inta jeer ee loo baahdo ilaa aad si buuxda u dareento raaxo.

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

1. MANTRAS

['Om'] * 3 jeer

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

2. SHRI VISHNU SHODASHA NAMA STOTRA

(LIX IYO TOBAN MAGAC OO SHRI VISHNU AH)

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 jeer

Shodashaitani Namani Pratarutthaya Yah Pathet Sarvapapa Vinirmukto Vishnuloke Mahiyate ||

3. SHRI DASHAVATARA STOTRA

(DASHAVATARA STOTRAM OO UU CURIYAY SHRI JAYADEVA JI)

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

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

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

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

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

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

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

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

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

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

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

4. DURGA-MADHABA STUTI

(AKHRINTA DURGA - MADHAVA STUTI)

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

Jay He ...

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

Jay He ...

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

Jay He ...

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

Jay He ...

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

Jay He ...

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

Jay He ...

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

Jay He ...

5. 108 JEER MAGACA “MADHAV” (AAMUSNAAN)

['Madhava'] * 108 jeer

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

6. KALKI MAHAMANTRA

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

6. JAYGHOSH

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

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

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 Jay!
] * 3 jeer

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

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

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

JAY SHREE MADHAVA

TILMAAMO MUHIIM AH

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

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

Kuwa doonaya inay gaaraan Satyayuga waa inay ku hayaan waxbarashadan 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 waxyeelayn wax noole ah ama bini'aadan ah sinaba.**
- 2. Da'dan, ku xus magaca Madhav (Rabbiga). Haddii aad rabto, waxaad ku xusi kartaa cod dheer ama waxaad maskaxda ku xasuusan kartaa magaciisa si aamusnaan ah.**
- 3. Qof kastaa waa inuu ku dhegaa shanta wanaag ee soo socda: Runta, Jacaylka, Naxariista, Cafiska iyo Nabadda.**
- 4. Qof kastaa waa inuu si joogto ah uga qaybqaato Satsang. Satsang macnaheedu waa isu imaatin si loo heeso sifooyinka Ilaah, loo sharaxo sharaftiisa, iyo in la yeesho dood ruuxi ah.**
- 5. Ku samee Trisandhya maalin kasta — xusuuso oo ammaana Rabbiga subaxda, dhexdhexaadka iyo fiidka.**
- 6. Ku xus 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-xirnaanta 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 oggolaado, baro bhajan, kirtan, Puranas, qoraallada, Bhavishya Malika iyo qoraallada kale ee ruuxiga ah.**
- 11. Haween kasta ula hadal “Hooyo”/“Maa” iyo nin kasta “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 taleefanka ee ku qoran dhammaadka buuggan yar.**

SU'AALAHHA 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 xusuuso Hooyo Ganga, adigoo leh “**Shri Gange**” saddex jeer. Haddii ay suurto gal tahay, cagahaaga dhaq ka hor oo biyo yar ku rusheey naftaada.

Trisandhya waxaa lagu samayn karaa meel kasta — **wadada, tareen, gaari, goobtaada shaqada**, ama **si aamusnaan ah qalbiga dhexdiisa**. Si kasta oo ay tahay, meel kasta oo ay tahay, waa in la sameeyaa iyada oo aan la seegin.

Shrimad Bhagavata Mahapurana waa in la akhriyaa **kaliya ka dib qubayska**, marka la nadiif yahay. 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 biirin. 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 lagu samayn karaa meel kasta — **goobta shaqada, inta aad wadada ku socoto, inta aad baabuur wadato, dugsiga**, ama xitaa inta aad shaqo kale qabanayso: **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, ku xus magaca Lord Madhav oo **toobad keen**, oo u ducee Rabbiga in hadda wixii ka dambeeya lagu sameeyo wakhtiga saxda ah; waayo qoraallada waxay sheegayaan in Trikal Sandhya ay tahay in lagu sameeyo 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 meesha sandhya waxaad ku **xusi kartaa magaca Madhav 108 jeer, Jai Durga Madhav 11 jeer**, oo akhriso shloka hoos ku qoran hal mar.

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. Sidee ayay ardaydu u sameeyaan Trisandhya oo ay la socoto jadwalkooda maalinlaha ah?

Ardaydu waa inay sameeyaan sandhya subaxda (Brahma Muhurta) iyo fiidka wakhtiga saxda ah, sida ku cad sharciga. Sababtoo ah baahiyaha dugsiga ama waxbarashada, waxay ku dhammaystiri karaan sandhya dhexdhexaadka **qalbiga dhexdiisa, iyagoo 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 suurtoagal ahayn in cod dheer lagu yidhaahdo, ku samee **qalbiga dhexdiisa**; qalbiga ayaa ku filan. Haddii ay suurtoagal tahay, kabahaaga iska siib oo fadhiiso cabbaar; oo haddii xitaa taasi aanay suurtoagal ahayn, ha ka tagin Trisandhya sababtaas.

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

5. Haddii shaqada gurigu aanay wakhti u oggolaan, sidee ayay tahay in loo raaco dhaqanka Trisandhya?

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

Bhagavata, ka soo saar wakhti kasta oo yar oo aad heli karto — haddii cutub dhan suurtoagal yahay markaa cutub, oo haddii kale, hal bog, ama xitaa hal shloka. Ha la xasuusto tan, in aan xitaa hal maalin la dhaafin akhriis 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 akhriin karin, ha dhegaysto Trisandhya iyo Bhagavata. Oo kuwa aan hadli karin ama dhegaysan karin, dadaal samee, inta ay suurtoagal tahay, si ay **u qoraan magaca ‘Madhav’** marar badan.

8. Haddii aan cunno hilibka iyo cabno khamriga, 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, alaabada 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 xusi karaan Gayatri Mantra iyo Trisandhya?

Haa, haweenku waa inay xusaan **gayatri mantra saddex jeer** inta lagu jiro trisandhya.

11. Ma xusi karnaa Gayatri Mantra iyada oo aan lahayn *Upnayan Sanskar (janeu)*?

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

12. Ma xusi karnaa Gayatri Mantra iyada oo aan lahayn *Shaap vimochan (cafiska habaarka)*?

Haa, waa inaad xustaa Gayatri Mantra **saddex jeer xilliga aad samaynayso Trisandhya, iyada oo aanad samayn wax cafis habaar ah**.

13. Haddii qofku yahay jaahil, naaf ah, ilmo yar ama oday, oo aan akhrin karin Trisandhya, maxay tahay inuu sameeyo?

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

VISWA SANATAN DHARAMA SEVA TRUST

Wixii macluumaad ah ee ku saabsan Trisandhya iyo diimaha kale, kala xiriir WhatsApp:

+91 9923071727

Mareegaha 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>

JAY SHREE MADHAV

