



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Bakeng sa tsoelopele ea batho, Trisandhya e tsoana le moriana oa bophelo."

Etsa Trisandhya lihora tsohle tse tharo tsa sandhya letsatsi le leng le le leng, bala khaolo e le 'ngoe ea Shrimad Bhagavata Mahapurana letsatsi le leng le le leng, 'me u bine lebitso la Madhav kamehla ka kelellong.

BOLOKA LITHUTO TSE 5 TSE LATELANG HAMMOHO LE TRIKAL SANDHYA

1. Ithute ho mamela.
2. Ithute ho ema.
3. Ithute ho rata le ho bontša kutloelo-bohloko ho libopuo tsohle tse phelang.
4. Ho thibela maikutlo.
5. Lahla maikutlo a “'na le sa ka, uena le sa hao” (boikhohomoso).

LINAKO TSE THARO TSA TRISANDHYA

Hoseng ka Brahma Muhurta, **pele letsatsi le chaba**

Motšehare pakeng tsa **11:30** le **12:30**

Mantsiboea e ka etsoa pakeng tsa **metsotso e mashome a mararo pele le metsotso e mashome a mararo ka mor'a hore letsatsi le likele**

LITABA TSA 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-Mādhavā Stuti | |

KOPO E IKOKOBELITSENG MABAPI LE HO BITSUOA

Ka kopo mamela [molumo oa molao oa Trisandhya](#) bakeng sa ho bitsuoa ho nepahetseng (ho mamela ka lebelo la 1.5x ho khothaletsoa), kaha litlhaloso tsa mongolo li ka ba le liphapang tse nyane tsa molumo. Re u khothaletsa ho mamela khafetsa kamoo ho hlokaahalang kateng ho fihlela u ikutloa u phutholohile ka ho feletseng.

Tlhokomeliso: Ho bina lebitso la 'Madhava' ho lokela ho etsoa ka khutso ka kelellong, ha ho rekoto ea molumo, 'Madhava Geeta' e binoa karolong eo.

1. MANTRAS

['Om'] * makhetlo a 3

[*Om Bhūrbhuvah Svah Tatsaviturvareṇyam ।
Bhargo Devasya Dhīmahi Dhiyo Yonah Prachodayāt ॥*] * makhetlo a 3

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(MABITSO A LESHOME LE METSO E TŠELETSENG A SHRI VISHNU)

*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*] ॥ * makhetlo a 3

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

3. ŚRĪ DAŚĀVATĀRA STOTRA

(DASHAVATARA STOTRAM E QAPILOENG KE SHRI 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 ।
Dhāraṇi 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 ॥*

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

4. DURGĀ-MĀDHABĀ STUTI

(HO PHETA DURGA - MADHAVA STUTI)

*Jaya He! Durgā Mādhavā Kṛpāmaya Kṛpāmāyī !
Durgāṅku Sebi Mādhavā 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 Mādhavā Kheli Bara Śakti Kāhiñ || 3 ||*

Jaya He ...

*Mādhavāṅka Khelā Pāiñ Deha Dhāru Mahāmāyī !
Mādhavāṅku Pati Putra Rūpe Khelāouchhu Tuhi || 4 ||*

Jaya He ...

*Mādhavāṅku Durgā Kole Jehuñ Dekhe Beni Dole !
Tāhara Bhāgyar Kathā Brahmā Śibe Na Jogāi || 5 ||*

Jaya He ...

*Jaya Durgati Nāśinī Abhirāmar Jananī !
Śubhāgamana Karantu Mādhavāṅku Kole Nei || 6 ||*

Jaya He ...

5. MAKHETLO A 108 LEBITSO LA “MADHAV” (KA KHUTSO)

['Mādhava'] * makhetlo a 108

Bina lebitso la 'Madhava' la Jagannatha Mahaprabhu makhetlo a 108.

*U se ke ua le bua ka lentsoe le phahameng. Bala ka menoana ea hao 'me u bine lebitso
ka kelellong.*

6. KALKI MAHĀMANTRA

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

7. JAYAGHOṢA

*Jayaghosha e lokela ho pheteloa ka kelellong, ntle le ho bua ka lentsoe le phahameng.
(E ka binoa ka lentsoe le phahameng feela haeba u eme.)*

*Tvameva Mātā Ca Pitā Tvameva
Tvameva Bandhuśca Sakhā Tvameva ।
Tvameva Vidyā Draviṇam Tvameva*

[Tvameva Sarvam Mama Deva Deva] ॥ * makhetlo a 3

*Om Namō Brāhmaṇya 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!] *
makhetlo a 3

[Mātā Mahālakṣmī Jī kī Jaya!] * makhetlo a 3

[Mātā Vaiṣṇo Devī Jī kī Jaya!] * makhetlo a 3

[Sarva Devī-Devatāom kī Jaya!] * makhetlo a 3

[Sudharma Mahā-Mahā Saṅgha kī Jaya!] * makhetlo a 3

[Sudharma Mahā-Mahā Saṅgha kī Jaya!] * makhetlo a 3

O Morena! E se eka barapeli bohle ba lefatše lohle ba ka bokana kapele kamoo
ho ka khonehang —

Bua ka thabo hang, "Hari Hari", "Hari Hari", "Hari Hari"

O Morena! E se eka 'Nete, Lerato, Kutloelo-bohloko, Tšoarelō le Khotso li ka
thehoa lefatšeng lena, bokahohleng bohle kapele kamoo ho ka khonehang —

Bua ka thabo hang, "Hari Hari", "Hari Hari", "Hari Hari" * makhetlo a 3

JAI ŚRĪ MĀDHAVA

LITAELO TSA BOHLOKOA

Esita le joale, ha saense le semoea li utloa ho atamela ha phetoho e kholo e tlang, batho ha ba na mokhoa o itseng oa ho hlola bothata bona. Ho latela ‘Bhavishya Malika’ — tlohela liketso tse fosahetseng, ’me batho ba litumelo tsohle ba amohela ‘Trisandhya’ bakeng sa tšireletso ea bophelo.

Nakong ena ea phetoho ea lilemo, molao-motheo ona oa lekunutu ke Mrita Sanjivani e le ’ngoe feela bakeng sa tšireletso ea bophelo.

Ba lakatsang ho fihla Satyayuga ba lokela ho boloka lithuto tsena bophelong ba bona.

Ho latela litaelo tsa Morena Kalki nakong ea ho thehoa ha Dharma, re lokela ho latela lintho tsena bophelong ba rona:

- 1. Bontša kutloelo-bohloko ho libopuo tsohle tse phelang. Tlohela ho ja nama 'me u amohela bophelo ba sattvic. U se ke ua ntša kotsi ho sebopuo leha e le sefe se phelang kapa motho leha e le ofe ka tsela leha e le efe.**
- 2. Lekholong lena la lilemo, bina lebitso la Madhav (Morena). Haeba u lakatsa, u ka bina ka lentsoe le phahameng kapa ua hopola lebitso la Hae ka khutso ka kelellong.**
- 3. Motho e mong le e mong o lokela ho boloka makhabane ana a mahlano: 'Nete, Lerato, Kutloelo-bohloko, Tšoarello le Khotso.**
- 4. Motho e mong le e mong o lokela ho nka karolo ho Satsang kamehla. Satsang e bolela ho bokana hammoho ho bina makhabane a Molimo, ho hlalosa khanya ea Hae, le ho tšoara lipuisano tsa semoea.**
- 5. Etsa Trisandhya letsatsi le leng le le leng — hopola le ho rorisa Morena hoseng, motšhare le mantsiboea.**
- 6. Bina Kalki Mahamantra e fanoeng ke Morena Kalki letsatsi le leng le le leng.**
- 7. Motho e mong le e mong o lokela ho tsamaea tseleng ea Dharma.**
- 8. Ho phahama ka holimo ho khethollo ea maemo le bolumeli, tšoara Satsang le bohle.**
- 9. Lahla maikutlo a “’na” le “sa ka.” Boikhohomoso le khomarelo e joalo li tlosa motho tlhahong ea hae ea ’nete ea semoea.**
- 10. Bala Shrimad Bhagavata Mahapurana lapeng letsatsi le leng le le leng. Ha nako e lumela, ithute bhajan, kirtan, Puranas, mangolo a halalelang, Bhavishya Malika le litemana tse ling tsa semoea.**
- 11. Bitsang mosali e mong le e mong e le “’Mè”/“Maa” le monna e mong le e mong e le “Mor’abo rona.”**
- 12. Pele u ja, qala ka ho fana ka lijo ho Morena.**

13. Haeba u lakatsa ho tseba ho eketsehileng ka Morena Kalki le mosebetsi ona o moholo, ikopanye le nomoro ea mohala e fanoeng qetellong ea bukana ena.

LIPOTSO TSE ATISANG HO BOTSOA

1. Lipotso tse akaretsang mabapi le tloaelo ea Trisandhya

Trisandhya e ka etsoa **ntle le ho hlapa**. Beha letsoho la hao phatleng ea hao 'me u hopole 'Mè Ganga, u re **“Shri Gange”** makhetlo a mararo. Haeba ho khoneha, hlatsoa maoto a hao pele 'me u itšele metsi a manyenyane.

Trisandhya e ka etsoa kae kapa kae — **tseleng, ka terene, ka koloing, sebetsing sa hao, kapa ka khutso ka pelong**. Ka mokhoa o mong kapa o mong, sebakeng se seng kapa se seng, e lokela ho etsoa ntle le ho hloleha.

Shrimad Bhagavata Mahapurana e lokela ho baloa **feela ka mor'a ho hlapa**, ha e hloekile. Nakong ea matsatsi a ho ilela khoeli Trisandhya e etsoa ka linako tsohle tse tharo joalo ka tloaelo — ka lentsoe le phahameng kapa ka pelong. Matsatsing ao a supileng Shrimad Bhagavata Mahapurana **ha ea lokela ho baloa, le hoja e ka mameloa**.

Nakong ea sutak hape, Trisandhya e ka etsoa ka linako tsohle tse tharo; empa ka nako eo Shrimad Bhagavata Mahapurana **ha ea lokela ho baloa kapa ho mameloa**, 'me Satsang ha ea lokela ho kopaneloa. Maemong ka bobeli Shrimad Bhagavata Mahapurana le lintho tse ling tsa borapeli **ha lia lokela ho tsoaroa**.

2. Ho lokela ho etsoa eng haeba Trisandhya e felletseng e sa khonehe ka nako e nepahetseng?

Haeba Trisandhya e felletseng e sa khonehe ka nako e nepahetseng, etsa **Trisandhya e khutšoanyane** ka nako eo, 'me u etse **Trisandhya e felletseng hamorao** ha nako e lumela.

Trikal Sandhya e ka etsoa kae kapa kae — **sebetsing sa mosebetsi, ha u ntse u tsamaea tseleng, ha u ntse u khanna, sekolo**, kapa esita le ha u ntse u etsa mosebetsi o mong le o mong: **ka khutso, ka kelellong**. Ho etsa Trisandhya ka nako ea eona e nepahetseng, sebakeng leha e le sefe, ho bohlokoa haholo.

Haeba Trikal Sandhya e sa khonehe ka nako e nepahetseng, bitsa lebitso la Morena Madhav 'me u **bake**, 'me u rapele Morena hore ho tloha joale e ka etsoa ka nako e nepahetseng; hobane mangolo a halalelang a bolela hore Trikal Sandhya e lokela ho etsoa ka nako ea eona e nepahetseng.

Mokhoa oa Trikal Sandhya ha ho se na nako

Shloka e fanoeng ke Panditji ho Google Meet. Ha monyetla oa ho etsa sandhya o sa fihle 'me nako e qala ho feta, joale sebakeng sa sandhya u ka **bina lebitso la Madhav makhetlo a 108, Jai Durga Madhav makhetlo a 11**, 'me u phetle shloka e fanoeng ka tlase hang.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

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

3. Baithuti ba lokela ho etsa Trisandhya joang hammoho le kemiso ea bona ea letsatsi le letsatsi?

Baithuti ba lokela ho etsa sandhya ea hoseng (Brahma Muhurta) le ea mantsiboea ka nako e nepahetseng, ho latela molao. Ka lebaka la litlhoko tsa sekolo kapa thuto, ba ka phetha sandhya ea motšhare **ka pelong, ba thuisa ka Morena kelellong**.

4. Trisandhya e lokela ho etsoa joang sebakeng sa mosebetsi?

Ha ho na **molao oa sebaka** bakeng sa Trisandhya. U ka e etsa kae kapa kae moo u leng teng — **tafoleng ea hao, fekthering, lebenkeleng, tšimong, kapa tseleng.**

Haeba ho sa khonehe ho e bua ka lentsoe le phahameng, e etse **ka pelong**; pelo ke sebaka se lekaneng. Haeba ho khoneha, rola lieta tsa hao 'me u lule fatše nakoana; 'me haeba le seo se sa khonehe, u se ke ua tlohela Trisandhya ka lebaka leo.

Haeba u sa e hopole 'me ho khoneha, u ka **mamela molumo oa Trisandhya**. Ntho ea bohlokoa ke hore e se ke ea fetoa.

5. Haeba mosebetsi oa lelapa o sa siece nako, tloaelo ea Trisandhya e lokela ho lateloa joang?

Etsa Trisandhya **ha u ntse u sebetsa** — bakeng sa sena ha ho hlokahale ho emela nako ea mahala; esita le ha matsoho a ntse a phathahane e ka etsoa **ka pelong**.

Bakeng sa Bhagavata, nka nako e nyenyane leha e le efe eo u ka e fumanang — haeba khaolo e felletseng e khoneha joale khaolo, 'me haeba ho se joalo, leqephe le le leng, kapa esita le shloka e le 'ngoe. Sena se lokela ho hopoloa, hore le letsatsi le le leng le se ke la feta ntle le ho bala.

6. Basali ba lokela ho latela tloaelo ea Trisandhya joang nakong ea ho ilela khoeli?

Nakong ea ho ilela khoeli, Bhagavata **ha ea lokela ho baloa** matsatsi a supileng kaofela. E **ka mameloa**.

Etsa Trisandhya ka linako tsohle tse tharo. Haeba u sa e hopole, e mamele.

(U se ke ua tšoara Shrimad Bhagavata Mahapurana, kapa lintho tse ling tsa borapeli.)

7. Haeba motho a le mong ka lapeng a latela tloaelo ea Trisandhya, na bohle ba tla fumana litholoana tsa eona?

Ho bohlokoa hore **motho e mong le e mong a e latele ka boeena**. Haeba motho e mong ka lapeng a sa khone ho bala, a ba mamele Trisandhya le Bhagavata. 'Me bakeng sa ba sa khoneng ho bua kapa ho utloa, etsa boiteko, kamoo ho ka khonehang kateng, ho ba etsa hore ba **ngole lebitso la 'Madhav'** khafetsa.

8. Haeba re ja nama le ho noa joala, na re ka qala trisandhya?

Che, pele u qala Trisandhya motho o lokela ho amohela **mokhoa oa bophelo oa meroho ka ho feletseng**, ha aa lokela **esita le ho ja lehe**. Mofuta ofe kapa ofe oa botahoa (joalo ka joala, bhang, lisakerete, lihlahisoa tsa koe, pan masala, gutka, joalo-joalo) le oona o lokela ho emisoa ka tieo.

9. Na re hloka ho qoba Onion le Garlic ho qala Trisandhya?

Che, u ka etsa Trisandhya **esita le haeba u ja Onion le garlic**. Feela **mefuta eohle ea nama e sa jeng meroho e lokela ho qojoa** (ho kenyeletsoa lehe).

10. Na basali ba ka bina Gayatri Mantra le Trisandhya?

E, basali **ba lokela ho bina gayatri mantra makhetlo a mararo** nakong ea trisandhya.

11. Na re ka bina Gayatri Mantra ntle le *The Upnayan Sanskar (janeu)*?

E, u ka bina Gayatri Mantra **esita le haeba u sa apare khoele e halalelang ea janeu**. U ka pheta mantara ohle a Trisandhya **ntle le ho ba deekshit ho guru hape**.

12. Na re ka bina Gayatri Mantra ntle le *Shaap vimochan* (tsoarelo ea thohako)?

E, u lokela ho bina Gayatri Mantra makhetlo a mararo nakong ea ho etsa Trisandhya, **ntle le ho etsa tsoarelo leha e le efe ea thohako**.

13. Haeba motho a sa ruteha, a holofetse, lesea kapa moahi ea tsofetseng, a sa khone ho bala Trisandhya, o lokela ho etsa eng?

Haeba motho a sa khone ho bala mongolo oa Trisandhya, a ka **mamela molumo oa eona makhetlo a mararo ka letsatsi** nakong ea Trisandhya. Masea **a lokolohile haeba bo-'mè ba bona ba etsa Trisandhya** (ba tla rua molemo). Leha ho le joalo, **ba lokela ho etsa Trisandhya ha ba ntse ba hola**.

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

Bakeng sa Trisandhya le lintlha tse ling tsa bolumeli, ikopanye ka WhatsApp:

+91 9923071727

Liwebsaete tsa Molao le Likanale tsa YouTube

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Kanale ea Molao: https://www.youtube.com/@Kalki_Avatara

Leloko la Morena KALKI (Tsela e eang Lefatšeng le Lecha): <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
