



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Kwisiphumo sobuntu, iTrisandhya injengomxube wobomi."

Yenza iTrisandhya ngamaxesha onke amathathu esandhya yonke imihla, funda isahluko esinye seShrimad Bhagavata Mahapurana yonke imihla, kwaye ucule igama elithi Madhav ngokuqhubekayo engqondweni.

BAMBA EZI ZIFUNDO ZINGU-5 ZILANDELAYO KUNYE NETRIKAL SANDHYA

1. Funda ukuthobela.
2. Funda ukulinda.
3. Funda ukuthanda nokubonisa uvelwano kuzo zonke izidalwa eziphilayo.
4. Ukuzibamba kweemvakalelo.
5. Lahla imvakalelo ethi “Mna neyam, wena neyakho” (ingqiqo yobuzaza).

AMAXESHA AMATHATHU ETRISANDHYA

Ekusa kwiBrahma Muhurta, phambi kokuphuma kwelanga

Emini phakathi kwe-11:30 ne-12:30

Ngokuhlwa ingenziwa phakathi kwemizuzu engamashumi amathathu phambi nasemva kokutshona kwelanga

IMIXHOLO YETRISANDHYA

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

ISICELO ESITHOBEKILEYO NGOKUPHATHELELE UKUPHINYISWA

Nceda urnamele [iaudio esemthethweni yeTrisandhya](#) ukuze ufumane ukuphinyiswa okuchanekileyo (ukumamela ngesantya esingu-1.5x kuyacetyiswa), njengoko iinguqulelo zombhalo zinokuba nokwahluka okuncinci kwezandi. Siyakukhuthaza ukuba urnamele rhoqo njengoko kufuneka de uzive ukhululekile ngokupheleleyo.

Qaphela: Ukucula igama elithi 'Madhava' kufuneka kwenziwe ngokuthe cwaka engqondweni, ngelixa kwirekhodi yeaudio, 'Madhava Geeta' iculwa kwelo candelo.

1. MANTRAS

['Om'] * izihlandlo ezi-3

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

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(AMAGAMA ALISHUMI ELINESITHANDATHU KASHRI 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 Jalaśāyīnam ॥
Jalamadhye Varāham Ca । Gamane Vāmanam Caiva ॥
Parvate Raghunandanam ।*

[*Sarva Kāryeṣu Mādhavam*] ॥ * izihlandlo ezi-3

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

3. ŚRĪ DAŚĀVATĀRA STOTRA

(IDASHAVATARA STOTRAM EQANJWE NGUSHRI JAYADEVA JI)

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

*Kṣitirati 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 Bhrṅgam ॥
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- Bhr̥gupati-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

(UKUCULWA KWEDURGA - MADHAVA STUTI)

*Jaya He! Durgā Mādhava Kṛpāmaya Kṛpāmāyī !
Durgāñku Sebi Mādhava Hoile Mo Diāna Saim || 0 ||*

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Acchu Sarva Thābe !
Rāma Umā Baṇi Rādhā To Chhaḍā Anya Ke Nāhim || 1 ||*

Jaya He ...

*Madana-Mohana Rūpe Byāpi Acchu Sarva Thābe !
Mohana Citta Mohilu Śrī Sarva Maṅgala Tuhi || 2 ||*

Jaya He ...

*Dharma Saṁsthāpanne Janma Yadi Hvanti Nārāyaṇa !
Durgāñku Chhāḍi Mādhava Kheli Bāra Śakti Kāhim || 3 ||*

Jaya He ...

*Mādhabanka Khelā Pain Deha Dhāru Mahāmayī !
Mādhabanku Pati Putra Rūpe Khelāucchu Tuhi || 4 ||*

Jaya He ...

*Mādhabanku Durgā Kole Jehuna Dekhe Benī 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. IZIH LANDLO EZILI-108 IGAMA ELITHI “MADHAV” (NGOKUTHE CWAKA)

['Mādhava'] * izihlandlo ezili-108

*Cula igama elithi 'Madhava' lika Jagannatha Mahaprabhu izihlandlo ezili-108.
Ungalitsho phezulu. Bala ngeminwe yakho kwaye ucule igama engqondweni.*

6. KALKI MAHĀMANTRA

[*Rāma Hare Kṛṣṇa Hare, Rāma Hare Kṛṣṇa Hare ।*
Rāma Hare Kṛṣṇa Hare, Ananta Mādhava Hare ॥] * izihlandlo
ezili-11

7. JAYAGHOṢA

*IJayaghosha kufuneka iculwe engqondweni, ngaphandle kokuthetha phezulu.
(Ingaculwa phezulu kuphela ukuba umi.)*

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

[Tvameva Sarvam Mama Deva Deva] ॥ * izihlandlo ezi-3

*Om Namo Brahmaṇya Devāya Gobrāhmaṇahitāya Ca ।
Jagat Hitāya Kṛṣṇāya Govindāya Namo Namaḥ ॥*

[Om Ananta Koṭi Viśva Brahmāṇḍa Nātha Parabrahma Nārāyaṇa Mahāviṣṇu
Bhagavān Kalkirām Śrī Śrī Śrī Satya Ananta Mādhava Mahāprabhu Jī kī Jaya!] *
izihlandlo ezi-3

[Mātā Mahālakṣmī Jī kī Jaya!] * izihlandlo ezi-3

[Mātā Vaiṣṇo Devī Jī kī Jaya!] * izihlandlo ezi-3

[Sarva Devī-Devatāom kī Jaya!] * izihlandlo ezi-3

[Sudharma Mahā-Mahā Saṅgha kī Jaya!] * izihlandlo ezi-3

[Sudharma Mahā-Mahā Saṅgha kī Jaya!] * izihlandlo ezi-3

O Nkosi! Kwanga bonke abazinikeleyo behlabathi lonke bangahlangukudala —

Yitsho ngovuyo kanye, "Hari Hari", "Hari Hari", "Hari Hari"

O Nkosi! Kwanga iNyaniso, Uthando, Uvelwano, Uxolelo noXolo zingamiswa kulo
mhlaba, kwindalo yonke kungekudala —

Yitsho ngovuyo kanye, "Hari Hari", "Hari Hari", "Hari Hari" * izihlandlo ezi-3

JAI ŚRĪ MĀDHAVA

IMIYALELO EBALULEKILEYO

Nangoku, xa isayensi kunye nokomoya zombini zibona ukusondela kotshintsho olukhulu oluzayo, uluntu alunayo indlela eqinisekileyo yokoyisa le ngxaki. Ngokwe ‘Bhavishya Malika’ — yiyeke imisebenzi yesono, kwaye abantu bayo yonke inkolo mabamkele i ‘Trisandhya’ ukuze kukhuselwe ubomi.

Ngeli xesha lokuguquka kwexesha, lo mgaqo oyimfihlo yiMrita Sanjivani ekuphela kwayo yokukhusela ubomi.

Abo banqwenela ukufikelela kwiSatyayuga kufuneka babambe ezi zifundo kubomi babo.

Ngokwemiyalelo yeNkosi uKalki ngexesha lokusekwa kweDharma, kufuneka silandele ezi zinto kubomi bethu:

- 1. Bonisa uvelwano kuzo zonke izidalwa eziphilayo. Yeka ukutya inyama kwaye wamkele ubomi obusattvic. Musa ukonakalisa nasiphi na isidalwa esiphilayo okanye nawuphi na umntu nangayiphi na indlela.**
- 2. Kule minyaka, cula igama likaMadhav (iNkosi). Ukuba unqwenela, ungacula phezulu okanye ukhumbule igama Lakhe ngokuthe cwaka engqondweni.**
- 3. Wonke umntu kufuneka abambelele kwezi zinto zintlanu zilungileyo: Inyaniso, Uthando, Uvelwano, Uxolelo noXolo.**
- 4. Wonke umntu kufuneka athathe inxaxheba kwiSatsang rhoqo. ISatsang ithetha ukuhlanganisana ukuze kuculwe iimpawu zikaThixo, ukuchaza uzuko lwaKhe, nokubamba ingxoxo yokomoya.**
- 5. Yenza iTrisandhya yonke imihla — khumbula kwaye udumise iNkosi ekuseni, emini nasebusuku.**
- 6. Cula iKalki Mahamantra enikwe yiNkosi uKalki yonke imihla.**
- 7. Wonke umntu kufuneka ahambe endleleni yeDharma.**
- 8. Ukuphakama ngaphezu kobuhlanga kunye nokucalucalulo lwenkolo, bamba iSatsang nabo bonke abantu.**
- 9. Lahla imvakalelo ethi “Mna” ne “yam.” Ukuzingca nokubambelela okunjalo kuthatha umntu kude kubume bakhe bokomoya bokwenyani.**
- 10. Funda iShrimad Bhagavata Mahapurana ekhaya yonke imihla. Njengoko ixesha livuma, funda ibhajan, ikirtan, iiPuras, izibhalo, iBhavishya Malika kunye nezinye iincwadi zokomoya.**
- 11. Biza wonke umfazi ngokuthi “Mama”/“Maa” kwaye wonke indoda ngokuthi “Mzalwana.”**
- 12. Phambi kokuba utye, qala unikele ukutya eNkosini.**

13. Ukuba unqwenela ukwazi ngakumbi ngeNkosi uKalki kunye nalo msebenzi mkhulu, qhagamshelana nenombolo yeselula enikwe ekupheleni kwale ncwadana.

IMIBUZO EQHELEKILEYO

1. Imibuzo ngokubanzi malunga nokuziqhelanisa neTrisandhya

ITrisandhya ingenziwa **ngaphandle kokuhlamba**. Beka isandla sakho ebunzini lakho kwaye ukhumbule uMama uGanga, usithi “**Shri Gange**” izihlandlo ezithathu. Ukuba kunokwenzeka, hlamba iinyawo zakho ngaphambili kwaye ufefe amanzi amancinci kuwe.

ITrisandhya ingenziwa naphi na — **endleleni, kuloliwe, kwisithuthi, kwindawo yakho yomsebenzi**, okanye **ngokuthe cwaka entliziyweni**. Ngendlela ethile, kwindawo ethile, kufuneka yenziwe ngaphandle kokusilela.

IShrimad Bhagavata Mahapurana kufuneka ifundwe **kuphela emva kokuhlamba**, xa icocekile. Ngexesha lokuya esikhathini iTrisandhya yenziwa ngamaxesha onke amathathu njengesiqhelo — phezulu okanye entliziyweni. Ngezo ntsuku zisixhenxe iShrimad Bhagavata Mahapurana **ayifundwa, nangona ingenakumamela**.

Nangexesha lesutak, iTrisandhya ingenziwa ngamaxesha onke amathathu; kodwa ngelo xesha iShrimad Bhagavata Mahapurana **ayifundwa kwaye ayimameli**, kwaye iSatsang akufuneki ijoyinwe. Kuzo zombini ezi meko iShrimad Bhagavata Mahapurana kunye nezinye izinto zonqulo **akufuneki zichukunyiswe**.

2. Kufuneka kwenziwe ntoni ukuba iTrisandhya epheleleyo ayinakwenzeka ngexesha elifanelekileyo?

Ukuba iTrisandhya epheleleyo ayinakwenzeka ngexesha elifanelekileyo, yenza iTrisandhya emfutshane ngelo xesha, kwaye wenze iTrisandhya epheleleyo kamva xa ixesha livuma.

ITrikal Sandhya ingenziwa naphi na — **kwindawo yomsebenzi, ngelixa uhamba endleleni, ngelixa uqhuba, esikolweni**, okanye nangexesha usenza nawuphi na omnye umsebenzi: **ngokuthe cwaka, engqondweni**. Ukwenza iTrisandhya ngexesha layo elifanelekileyo, naphi na, kubaluleke kakhulu.

Ukuba iTrikal Sandhya ayinakwenzeka ngexesha elifanelekileyo, thabatha igama leNkosi uMadhav kwaye **uguquke**, kwaye uthandaze eNkosini ukuba ukususela ngoku ingenziwa ngexesha elifanelekileyo; kuba izibhalo zibhengeza ukuba iTrikal Sandhya kufuneka yenziwe ngexesha layo elifanelekileyo.

Indlela yeTrikal Sandhya xa kungekho xesha

Ishloka enikwe nguPanditji kwiGoogle Meet. Xa ithuba lokwenza isandhya lingafiki kwaye ixesha liqala ukudlula, endaweni yesandhya ungacula **igama likaMadhav izihlandlo ezili-108, Jai Durga Madhav izihlandlo ezili-11**, kwaye ucule ishloka enikwe ngezantsi kanye.

DAŚĀVATĀRA STOTRAM (FINAL VERSE)

***Vedān uddharate jagannivahate bhūgolam udbibhrate
daityaṁ dārayate balim chalayate kṣatrapāyaṁ kurvate,
paulastyāṁ jayate haram kalayate kārūṇyam ātanvate
mlecchān mūrccayate daśākṛtikṛte Kṛṣṇāya tubhyaṁ namaḥ.***

3. Abafundi kufuneka benze njani iTrisandhya kunye nenkqubo yabo yemihla ngemihla?

Abafundi kufuneka benze isandhya yasekuseni (Brahma Muhurta) neyokuhlwa ngexesha elifanelekileyo, ngokomthetho. Ngenxa yeemfuno zesikolo okanye zokufunda, bangayigqiba isandhya yasemini **entliziyweni, becamngca ngeNkosi engqondweni**.

4. Kufuneka yenziwe njani iTrisandhya kwindawo yomsebenzi?

Akukho **mgaqo wendawo** yeTrisandhya. Ungayenza naphi na apho ukhoyo — **edesikeni yakho, efektri, evenkileni, entsimini**, okanye **endleleni**.

Ukuba akunakwenzeka ukuyitsho phezulu, yenza **entliziyweni**; intliziyo yindawo eyaneleyo. Ukuba kunokwenzeka, khulula izihlangu zakho kwaye uhlale umzuzwana; kwaye ukuba nangoko akunakwenzeka, musa ukuyishiya iTrisandhya ngenxa yoko.

Ukuba awuyikhumbuli kwaye kunokwenzeka, ung**amamela iaudio yeTrisandhya**. Eyona nto ibalulekileyo kukuba ingaphoswa.

5. Ukuba umsebenzi wasekhaya awushiya xesha, kufuneka ilandelwe njani inkqubo yeTrisandhya?

Yenza iTrisandhya **ngelixa usebenza** — kuba oku akukho xesha lasimahla kufuneka lilindelwe; nangexesha izandla zixakekile ingenziwa **entliziyweni**.

KwiBhagavata, thabatha naliphi na ixesha elincinci onokulifumana — ukuba isahluko esipheleleyo sinokwenzeka ke isahluko, kwaye ukuba akunjalo, iphepha elinye, okanye ishloka enye. Makugcinwe oku engqondweni, ukuba akukho nanye imini edlulayo ngaphandle kokufunda.

6. Abafazi kufuneka balandele njani inkqubo yeTrisandhya ngexesha lokuya esikhathini?

Ngexesha lokuya esikhathini, iBhagavata **ayifundwa** iintsuku ezisixhenxe ezipheleleyo. **Ingamamela**.

Yenza iTrisandhya ngamaxesha onke amathathu. Ukuba awuyikhumbuli, yimamele.

(**Musa ukuchukumisa** iShrimad Bhagavata Mahapurana, okanye ezinye izinto zonqulo.)

7. Ukuba umntu omnye kusapho ulandela inkqubo yeTrisandhya, ngaba bonke baya kufumana isiqhamo sayo?

Kuyimfuneko ukuba **wonke umntu ayilandele ngokwakhe**. Ukuba umntu kusapho akakwazi ukufunda, mabayive iTrisandhya neBhagavata. Kwaye kwabo bangakwaziyo ukuthetha okanye ukuva, yenza umzamo, kangangoko kunokwenzeka, ukuba **bababhale igama elithi ‘Madhav’** ngokuphindaphindiweyo.

8. Ukuba sitya inyama kwaye sisela utywala, singaqala iTrisandhya?

Hayi, phambi kokuqala iTrisandhya umntu kufuneka amkele **indlela yokuphila engatyinyama ngokupheleleyo**, akufuneki **aty nangeqanda**. Naluphi na uhlobo lokunxila (njengotywala, ibhang, icuba, iimveliso zecuba, ipan masala, igutka, njl.) kufuneka nalo luyekwe ngokuqinisekileyo.

9. Ngaba kufuneka siyeke itswele negalikhi ukuze siqale iTrisandhya?

Hayi, ungenza iTrisandhya **nangona usitya itswele negalikhi**. Kuphela zonke iintlobo zenyama engatyiwayo kufuneka ziphetshwe (kubandakanya iqanda).

10. Ngaba abafazi bangacula iGayatri Mantra neTrisandhya?

Ewe, abafazi kufuneka bacule iGayatri Mantra kathathu ngexesha leTrisandhya.

11. Singacula iGayatri Mantra ngaphandle kwe*Upnayan Sanskar (janeu)*?

Ewe, unokucula iGayatri Mantra **nangona unganxibi umsonto ongcwele we*janeu***. Ungacengceleza zonke iimantra zeTrisandhya **ngaphandle kokuba ufundiswe nguguru**.

12. Singacula iGayatri Mantra ngaphandle kwe*Shaap vimochan* (ukukhululwa kwesiqalekiso)?

Ewe, kufuneka ucule iGayatri Mantra kathathu ngexesha lokwenza iTrisandhya, **ngaphandle kokwenza naluphi na ukukhululwa kwesiqalekiso**.

13. Ukuba umntu akafundanga, unesiphene, usana okanye umntu omdala, ongenakukwazi ukufunda iTrisandhya, kufuneka enze ntoni?

Ukuba umntu akakwazi ukufunda umbhalo weTrisandhya, ungamamela iaudio yayo **kathathu ngosuku** ngexesha leTrisandhya. Iintsana **zikhululekile ukuba oomama bazo benza iTrisandhya** (ziya kuxhamla). Nangona kunjalo, **kufuneka ziqhelise iTrisandhya njengoko zikhula**.

VIŚVA SANĀTAN DHARAMA SEVĀ TRUST

NgeTrisandhya kunye nolunye ulwazi lwenkolo, qhagamshelana ngeWhatsApp:

+91 9923071727

Iiwebhusayithi Ezisemthethweni kunye Neziteshi zeYouTube

Bhavishya Malika: www.bhavishyamalika.com

Kalki Avatar - Isiteshi Esisemthethweni: https://www.youtube.com/@Kalki_Avatara

Ubukhosi beNkosi uKALKI (Indlela eya kwiHlabathi Elitsha): <https://youtube.com/@dynastyofkalki>

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

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

JAI ŚRĪ MĀDHAVA

