



ॐ TRIKĀLA SANDHYĀ ॐ

VIŚVA SANĀTAN DHARMA SEVĀ TRUST

॥ Jai Śrī Mādhava ॥



"Kusukela empucukweni yabantu, i-Trisandhya injengomuthi wokuphila."

Yenza i-Trisandhya ngazo zonke izikhathi ezintathu ze-sandhya nsuku zonke, funda isahluko esisodwa se-Shrimad Bhagavata Mahapurana nsuku zonke, futhi uhlabelele igama elithi Madhav njalo engqondweni.

BAMBA LEZI ZIMFUNDISO EZI-5 EZILANDELAYO KANYE NE-TRIKAL SANDHYA

1. Funda ukulalela.
2. Funda ukulinda.
3. Funda ukuthanda nokubonisa ububele kuzo zonke izidalwa eziphilayo.
4. Ukuzithiba kwezinzwa.
5. Lahla umuzwa wokuthi “Mina nokwami, wena nokwakho” (umqondo wobugovu).

IZIKHATHI EZINTATHU ZE-TRISANDHYA

Ekusa	e-Brahma Muhurta, ngaphambi kokuphuma kwelanga
Emini	phakathi kuka-11:30 no-12:30
Kusihlwa	kungenziwa phakathi kwemizuzu engamashumi amathathu ngaphambi nangemuva kokushona kwelanga

OKUQUKETHWE YI-TRISANDHYA

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

ISICELO ESITHOBKILE MAYELANA NOKUPHINYISWA

Sicela ulalele [umsindo osemthethweni we-Trisandhya](#) ukuze uthole ukuphinyiswa okuyikho (ukulalela ngejubane elingu-1.5x kuyatuswa), njengoba ukuhumusha kombhalo kungase kube nokuhluka okuncane kokuphinyiswa. Sikukhuthaza ukuba ulalele kaningi ngendlela edingekayo uze uzizwe ukhululekile ngokuphelele.

Qaphela: Ukuhlabelela igama elithi 'Madhava' kufanele kwenziwe ngokuthula engqondweni, kanti ekurekhodweni komsindo, 'Madhava Geeta' ihlabelelwa kuleso sigaba.

1. MANTRAS

['Om'] * izikhathi ezi-3

[*Om Bhūrbhuvah Svah Tatsaviturvareṇyam ।
Bhargo Devasya Dhīmahi Dhiyo Yonah Pracodayāt ॥*] * izikhathi ezi-3

2. ŚRĪ VIṢṆU ṢOḌAŚA NĀMA STOTRA

(AMAGAMA AYISHUMI NESITHUPHA KA-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*] ॥ * izikhathi ezi-3

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

3. ŚRĪ DAŚĀVATĀRA STOTRA

(I-DASHAVATARA STOTRAM EYAKHIWE NGU-SHRI JAYADEVA JI)

*Pralaya Payodhi-jale Dhṛtavān Asi Vedam ।
Vihita Vāhitra-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 Dharaṇi 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-MĀDHABĀ STUTI

(UKUPHINDAPHINDA KWE-DURGA - MADHAVA STUTI)

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

Jaya He ...

*Bahu Rūpe Jaya Durge, Byāpi Acchu Sarva Thābe !
Rāma Umā Baṇi Rādhā To Chhaḍā Anya Ke Nāhin || 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 Mādhavā Kheli Bāra Śakti Kāhin || 3 ||*

Jaya He ...

*Mādhavāñka Khelā Pain Deha Dhāru Mahāmāyī !
Mādhavāñku Pati Putra Rūpe Khelāoucchu Tuhi || 4 ||*

Jaya He ...

*Mādhavāñku Durgā Kole Jehuna Dekhe Benī Dole !
Tāhara Bhāgyar Kathā Brahmā Śibe Na Jogāi || 5 ||*

Jaya He ...

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

Jaya He ...

5. IZIKHATHI EZIYI-108 IGAMA ELITHI “MADHAV” (NGOKUTHULA)

['Mādhava'] * izikhathi eziyi-108

*Hlabelela igama elithi 'Madhava' lika-Jagannatha Mahaprabhu izikhathi eziyi-108.
Ungalisho phezulu. Bala ngeminwe yakho bese uhlabelela igama engqondweni.*

6. KALKI MAHĀMANTRA

[*Rāma Hare Kṛṣṇa Hare, Rāma Hare Kṛṣṇa Hare ।*
Rāma Hare Kṛṣṇa Hare, Ananta Mādhava Hare ॥] * izikhathi
eziyi-11

7. JAYAGHOṢA

*I-Jayaghosha kufanele iphindwe engqondweni, ngaphandle kokukhuluma phezulu.
(Ingahlabelelwa phezulu kuphela uma umi.)*

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

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

*Om Namo Brāhmaṇya 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 Ji kī Jaya!] *
izikhathi ezi-3

[Mātā Mahālakṣmī Ji kī Jaya!] * izikhathi ezi-3

[Mātā Vaiṣṇo Devī Ji kī Jaya!] * izikhathi ezi-3

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

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

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

O Nkosi! Kwangathi bonke abazinikele bomhlaba wonke bangabuthaniswa
ndawonye ngokushesha okukhulu —

Yisho ngenjabulo kanye, "Hari Hari", "Hari Hari", "Hari Hari"

O Nkosi! Kwangathi Iqiniso, Uthando, Ububele, Ukuthethelela Nokuthula
kungasungulwa kulo mhlaba, kuyo yonke indawo yonke ngokushesha okukhulu
—

Yisho ngenjabulo kanye, "Hari Hari", "Hari Hari", "Hari Hari" * izikhathi ezi-3

JAI ŚRĪ MĀDHAVA

IMIYALO EBALULEKILE

Ngisho manje, lapho isayensi nomoya bezwa ukusondela koshintsho olukhulu oluzayo, isintu asinalo ikhambi eliqinisekile lokunqoba le nkinga. Ngokwe-‘Bhavishya Malika’ — yeka izenzo ezinesono, futhi abantu bakho konke ukholo mabamukele i-‘Trisandhya’ ukuze bavikele impilo.

Ngalesi sikhathi sokuphenduka kwesikhathi, le simiso esiyimfihlo yi-Mrita Sanjivani eyodwa kuphela yokuvikela impilo.

Labo abafisa ukufinyelela e-Satyayuga kufanele babambe lezi zimfundiso ezimpilweni zabo.

Ngokwemiyalo yeNkosi Kalki ngesikhathi sokusungulwa kwe-Dharma, kufanele silandele lezi zinto ezimpilweni zethu:

- 1. Bonisa ububele kuzo zonke izidalwa eziphilayo. Yeka ukudla inyama futhi wamukele impilo ye-sattvic. Ungalimazi noma yisiphi isidalwa esiphilayo noma umuntu nganoma iyiphi indlela.**
- 2. Kulesi sikhathi, hlabelela igama lika-Madhav (iNkosi). Uma ufisa, ungahlabelela phezulu noma ukhumbule igama Lakhe ngokuthula engqondweni.**
- 3. Wonke umuntu kufanele abambe kulezi zimfanelo ezinhlanu: Iqiniso, Uthando, Ububele, Ukuthethelela Nokuthula.**
- 4. Wonke umuntu kufanele abambe iqhaza e-Satsang njalo. I-Satsang isho ukubuthana ndawonye ukuze kuhlabelelwe izimfanelo zikaNkulunkulu, kuchazwe ubukhazikhazi Bakhe, futhi kubanjwe ingxoxo engokomoya.**
- 5. Yenza i-Trisandhya nsuku zonke — khumbula futhi udumise iNkosi ekuseni, emini nasebusuku.**
- 6. Hlabelela i-Kalki Mahamantra enikezwe yiNkosi Kalki nsuku zonke.**
- 7. Wonke umuntu kufanele ahambe endleleni ye-Dharma.**
- 8. Ukuphakama ngaphezu kobandlululo lobuhlanga nenkolo, yenza i-Satsang nawo wonke umuntu.**
- 9. Lahla umuzwa wokuthi “Mina” nokwami.” Ukuziqhenya nokunamathela okunjalo kuqhelelanisa umuntu nemvelo yakhe yangempela engokomoya.**
- 10. Funda i-Shrimad Bhagavata Mahapurana ekhaya nsuku zonke. Njengoba isikhathi sivuma, funda i-bhajan, i-kirtan, ama-Puranas, imibhalo engcwele, i-Bhavishya Malika neminye imibhalo engokomoya.**
- 11. Biza wonke owesifazane ngokuthi “Mama”/“Maa” nawo wonke owesilisa ngokuthi “Mfowethu.”**
- 12. Ngaphambi kokudla, qala unikele ukudla eNkosini.**

13. Uma ufisa ukwazi okwengeziwe ngeNkosi Kalki nalo msebenzi omkhulu, xhumana nenombolo yeselula enikezwe ekugcineni kwale ncwajana.

IMIBUZO EVAME KAKHULU

1. Imibuzo ejwayelekile mayelana nokwenza i-Trisandhya

I-Trisandhya ingenziwa **ngaphandle kokugeza**. Beka isandla sakho ebunzini lakho bese ukhumbula uMama Ganga, uthi “**Shri Gange**” izikhathi ezintathu. Uma kungenzeka, geza izinyawo zakho ngaphambi kwesikhathi bese ufafaza amanzi amancane kuwe.

I-Trisandhya ingenziwa noma kuphi — **emgwaqweni, esitimeleni, emotweni, endaweni yakho yokusebenza**, noma **ngokuthula enhliziyweni**. Nganoma iyiphi indlela, kunoma iyiphi indawo, kufanele yenziwe ngaphandle kokwehluleka.

I-Shrimad Bhagavata Mahapurana kufanele ifundwe **kuphela ngemuva kokugeza**, lapho ihlanzekile. Phakathi nezinsuku zokuya esikhathini i-Trisandhya yenziwa ngazo zonke izikhathi ezintathu njengokujwayelekile — phezulu noma enhliziyweni. Kulezo zinsuku eziyisikhombisa i-Shrimad Bhagavata Mahapurana **akufanele ifundwe, nakuba ingase izwakale**.

Ngesikhathi se-sutak futhi, i-Trisandhya ingenziwa ngazo zonke izikhathi ezintathu; kodwa ngaleso sikhathi i-Shrimad Bhagavata Mahapurana **akufanele ifundwe noma izwakale**, futhi i-Satsang akufanele ihlanganyelwe. Kuzo zombili izimo i-Shrimad Bhagavata Mahapurana nezinye izinto zokukhulekela **akufanele zithintwe**.

2. Yini okufanele yenziwe uma i-Trisandhya ephelele ingenakwenzeka ngesikhathi esifanele?

Uma i-Trisandhya ephelele ingenakwenzeka ngesikhathi esifanele, yenza i-**Trisandhya emfushane** ngaleso sikhathi, bese wenza i-**Trisandhya ephelele kamuva** uma isikhathi sivuma.

I-Trikal Sandhya ingenziwa noma kuphi — **endaweni yokusebenza, noma uhamba emgwaqweni, noma ushayela, esikoleni**, noma ngisho ngenkathi wenza omunye umsebenzi: **ngokuthula, engqondweni**. Ukwenza i-Trisandhya ngesikhathi sayo esifanele, kunoma iyiphi indawo, kubaluleke kakhulu.

Uma i-Trikal Sandhya ingenakwenziwa ngesikhathi esifanele, thatha igama leNkosi Madhav bese **uphenduka**, futhi uthandaze eNkosini ukuthi kusukela manje iyenziwe ngesikhathi esifanele; ngoba imibhalo engcwele ithi i-Trikal Sandhya kufanele yenziwe ngesikhathi sayo esifanele.

Indlela ye-Trikal Sandhya lapho kungekho sikhathi

I-shloka enikezwe u-Panditji ku-Google Meet. Lapho isikhathi sokwenza i-sandhya singafiki futhi isikhathi siqala ukudlula, khona-ke esikhundleni se-sandhya ungase **uhlabelele igama lika-Madhav izikhathi eziyi-108, Jai Durga Madhav izikhathi eziyi-11**, bese uphinda i-shloka enikezwe ngezansi kanye.

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. Abafundi kufanele benze kanjani i-Trisandhya kanye nesimiso sabo sansuku zonke?

Abafundi kufanele benze i-sandhya yasekuseni (Brahma Muhurta) neyakusihlwa ngesikhathi esifanele, ngokomthetho. Ngenxa yezidingo zesikole noma zokufunda, bangase baqedele i-sandhya yasemini **enhliziyweni, bemeditata ngeNkosi engqondweni**.

4. Kufanele yenziwe kanjani i-Trisandhya endaweni yokusebenza?

Ayikho imithetho yendawo ye-Trisandhya. Ungayenza noma ngabe ukuphi — **etafuleni lakho, efemini, esitolo, ensimini, noma emgwaqweni.**

Uma kungenakwenzeka ukukusho phezulu, kwenze **enhliziyweni**; inhliziyo yindawo eyanele. Uma kungenzeka, khumula izicathulo zakho bese uhlala isikhashana; futhi uma ngisho nalokho kungenakwenzeka, ungayishiya i-Trisandhya ngaleso sizathu.

Uma ungakukhumbuli futhi kungenzeka, ungase **ulalele umsindo we-Trisandhya.** Okubalulekile ukuthi ingaphuthelwa.

5. Uma umsebenzi wasekhaya ungasishiyi isikhathi, kufanele ilandelwe kanjani inqubo ye-Trisandhya?

Yenza i-Trisandhya **noma usebenza** — ngalokhu akudingeki kulindwe isikhathi samahhala; ngisho noma izandla zimatasatasa kungenziwa **enhliziyweni.**

Nge-Bhagavata, thola noma yisiphi isikhathi esincane ongathola sona — uma isahluko esiphelele kungenzeka khona-ke isahluko, futhi uma kungenjalo, ikhasi elilodwa, noma ngisho ne-shloka eyodwa. Lokhu makukhunjulwe, ukuthi akukho ngisho nosuku olulodwa oludlula ngaphandle kokufunda.

6. Abesifazane kufanele balandele kanjani inqubo ye-Trisandhya ngesikhathi sokuya esikhathini?

Ngesikhathi sokuya esikhathini, i-Bhagavata **akufanele ifundwe** izinsuku eziyisikhombisa ezigcwele. **Ingase izwakale.**

Yenza i-Trisandhya ngazo zonke izikhathi ezintathu. Uma ungakukhumbuli, kulalele.

(**Ungathinti** i-Shrimad Bhagavata Mahapurana, noma ezinye izinto zokukhulekela.)

7. Uma umuntu oyedwa emndenini elandela inqubo ye-Trisandhya, ingabe bonke bazothola izithelo zayo?

Kubalulekile ukuthi **wonke umuntu ayilandele yena uqobo.** Uma umuntu emndenini engakwazi ukufunda, makalalele i-Trisandhya ne-Bhagavata. Futhi kulabo abangakwazi ukukhuluma noma ukuzwa, yenza umzamo, ngangokunokwenzeka, wokuba **babhalise igama elithi ‘Madhav’** kaningi.

8. Uma sidla inyama futhi siphuza utshwala, singaqala i-trisandhya?

Cha, ngaphambi kokuqala i-Trisandhya umuntu kufanele amukele **indlela yokuphila engadli inyama ngokuphelele**, akufanele **ngisho adle iqanda**. Noma yiluphi uhlobo lokudakwa (njengotshwala, i-bhang, ugwayi, imikhiqizo kagwayi, i-pan masala, i-gutka, njll.) kufanele futhi kumiswe ngokuqinile.

9. Ingabe sidinga ukuyeka u-anyanisi nogalikhi ukuze siqale i-Trisandhya?

Cha, ungenza i-Trisandhya **ngisho noma udla u-anyanisi nogalikhi**. Kuphela zonke izinhlobo zenyama akufanele zigwenywe (kuhlanganise neqanda).

10. Ingabe abesifazane bangahlabelela i-Gayatri Mantra ne-Trisandhya?

Yebo, abesifazane kufanele bahlabelele i-gayatri mantra kathathu ngesikhathi se-trisandhya.

11. Singahlabelela i-Gayatri Mantra ngaphandle kwe-Upnayan Sanskar (janeu)?

Yebo, ungahlabelela i-Gayatri Mantra **ngisho noma ungagqoki intambo engcwele ye-janeu**. Ungaphinda wonke ama-mantra e-Trisandhya **ngaphandle kokuba u-deekshit ku-guru futhi**.

12. Singahlabelela i-Gayatri Mantra ngaphandle kwe-Shaap vimochan (ukukhululwa esiqalekisweni)?

Yebo, kufanele uhlabelele i-Gayatri Mantra kathathu ngesikhathi wenza i-Trisandhya, **ngaphandle kokwenza noma yikuphi ukukhululwa esiqalekisweni**.

13. Uma umuntu engafundile, okhubazekile, usana noma umuntu osekulile, ongenakho ukufunda i-Trisandhya, kufanele enze njani?

Uma umuntu engenakho ukufunda umbhalo we-Trisandhya, angakwazi **ukulalela umsindo wayo kathathu ngosuku** ngesikhathi se-Trisandhya. Izinsana **azikhululwa uma omama bazo benza i-Trisandhya** (zizozuza). Nokho, **kufanele zizijwayeze i-Trisandhya njengoba zikhula**.

VIŚVA SANĀTANA DHARMA SEVĀ TRUST

Ukuze uthole ulwazi nge-Trisandhya nolunye ulwazi lwenkolo, xhumana ku-WhatsApp:

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Amawebhusayithi Asemthethweni Neziteshi ze-YouTube

I-Bhavishya Malika: www.bhavishyamalika.com

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

Ubukhosini beNkosi KALKI (Indlela Eya Ezweni Elisha): <https://youtube.com/@dynastyofkali>

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

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JAI ŚRĪ MĀDHAVA
