



ॐ TRIKALA SANDHYA ॐ

VISWA SANATAN DHARMA SEVA TRUST

॥ Jai Shree Madhava ॥



"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. Ukuzibamba kwezinzwa.
5. Lahla umuzwa othi "Mina nokwami, wena nokwakho" (umuzwa 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 nangemva kokushona kwelanga

OKUQUKETHWE YI-TRISANDHYA

1. Mantras
2. Shri Vishnu Shodasha Nama Stotra
3. Shri Dashavatara Stotra
4. Durga-Madhaba Stuti
5. Izikhathi eziyi-108 igama elithi "Madhav" (ngokuthula)
6. Kalki Mahamantra
7. Jayghosha

ISICELO ESITHOBKILE MAYELANA NOKUPHINYISWA

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

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

1. MANTRAS

['Om'] * izikhathi ezi-3

[*Om Bhurbhuvah Svah Tatsaviturvarenyam | Bhargo Devasya Dhimahi Dhiyo Yonah Prachodayat ||*] * izikhathi ezi-3

2. SHRI VISHNU SHODASHA NAMA STOTRA

(AMAGAMA AYISHUMI NESITHUPHA KA-SHRI VISHNU)

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*] || * izikhathi ezi-3

Shodashaitani Namani Pratarutthaya Yah Pathet Sarvapapa Vinirmukto Vishnuloke Mahiyate ||

3. SHRI DASHAVATARA STOTRA

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

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

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

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

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

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

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

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

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

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

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

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

4. DURGA-MADHABA STUTI

(UKUPHINDAPHINDA KWE-DURGA - MADHAVA STUTI)

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

Jaya He ...

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

Jaya He ...

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

Jaya He ...

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

Jaya He ...

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

Jaya He ...

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

Jaya He ...

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

Jaya He ...

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

['Madhava'] * izikhathi eziyi-108

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

6. KALKI MAHAMANTRA

[*Rama Hare Krishna Hare, Rama Hare Krishna Hare ।*
Rama Hare Krishna Hare, Ananta Madhava Hare ॥] * izikhathi
eziyi-11

6. I-JAYGHOSH

I-Jayaghosha kufanele iphindaphindwe engqondweni, ngaphandle kokukhuluma phezulu.

(Ingahlabelelwa phezulu kuphela uma umi.)

*Tvameva Mata Cha Pita Tvameva
Tvameva Bandhushcha Sakha Tvameva !
Tvameva Vidya Dravinam Tvameva*

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

*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
Jaya!] * izikhathi ezi-3

[Mata Mahalakshmi Ji ki Jaya!] * izikhathi ezi-3

[Mata Vaishno Devi Ji ki Jaya!] * izikhathi ezi-3

[Sarva Devi-Devataom ki Jaya!] * izikhathi ezi-3

[Sudharma Maha-Maha Sangha ki Jaya!] * izikhathi ezi-3

[Sudharma Maha-Maha Sangha ki Jaya!] * izikhathi ezi-3

O Nkosi! Kwangathi bonke abazinikele bomhlaba wonke bangabuthaniswa
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 SHREE MADHAVA

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 ukuphila.

Ngalesi sikhathi sokuguquka kwesikhathi, leli qiniso eliyimfihlo liwukuphela kwe-Mrita Sanjivani yokuvikela ukuphila.

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 inkazimulo Yakhe, 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 othi “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 nomkhuba we-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 ngemva 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 ilalelwe**.

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

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

Uma i-Trisandhya ephелеle ingenakwenzeka ngesikhathi esifanele, yenza i-**Trisandhya emfushane** ngaleso sikhathi, bese wenza i-**Trisandhya ephелеle 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 imemezela ukuthi 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, i-Jai Durga Madhav izikhathi eziyi-11**, bese uphindaphinda i-shloka enikezwe ngezansi kanye.

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. 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 **enhiziweni, 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 **enhiziyweni**; 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 kulandelwe kanjani umkhuba we-Trisandhya?

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

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 umkhuba we-Trisandhya ngesikhathi sokuya esikhathini?

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

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 umkhuba we-Trisandhya, ingabe bonke bazothola izithelo zawo?

Kubalulekile ukuthi **wonke umuntu akulandele 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 okungadliwa kufanele 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**. Ungaphindaphinda 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 osekhumile, ongenakho ukufunda i-Trisandhya, kufanele enze njani?

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

VISWA SANATAN DHARAMA SEVA TRUST

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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/@dynastyofkalki>

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

i-kalkiavatartelugu: <https://youtube.com/@kalkiavatartelugu>

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