

# ॐ Sri Hanuman Chalisa ॐ

śrīguru charana saroja raja,  
nija manu mukuru sudhāri  
baranaūñ raghubara bimala jasu,  
jo dāyaku phala chāri



buddhihīna tanu jānike,  
sumiraum pavanakumāra  
bala buddhi bidyā dehu mohim,  
harahu kalesa bikāra

jaya hanumāna jñāna guna sāgara,  
jaya kapīsa tihum loka ujāgara

rāma dūta atulita bala dhāmā,  
añjaniputra pavanasuta nāmā

mahābīra bikrama bajarāṅgi,  
kumati nivāra sumati ke sāṅgi

kañchana barana birāja subesā,  
kānana kuṇḍala kuñchita kesā

hātha bajra au dhvajā birājai,  
kāṁdhe mūṁja janeū sājai

sankara suvana kesarīnandana,  
teja pratāpa mahā jaga bandana

vidyāvāna gunī ati chātura,  
rāma kāja karibe ko ātura

After cleansing the mirror of my mind with the dust of my Guru's Lotus feet, I profess the pure, unattained glory of Shri Raghuvar, which bestows the four fruits of life (Dharma, Arth, Kama, & Moksha).

Knowing this body to be devoid of intelligence, I recall Pavan Kumar (Son of the Wind): 'Grant me strength, intelligence and wisdom, and remove my sorrows and shortcomings.'

Glory to Hanuman! Ocean of wisdom and virtue, Hail to O'Kapisa (Monkey Lord)! Your glory is well-versed in all the three worlds (entire cosmos).

You are the emissary of Shri Ram, abode of immeasurable strength; you are the son of Anjana and Kesari, also called Pawan Putra (Son of the Wind).

O valiant! You are as mighty as a thunderbolt. You dispel the evil thoughts and stand by with the virtuous.

The color of your body is golden, splendidly adorned. You wear kundal (heavy earrings) in your ears and have striking curly hair.

You carry in your hands a vajra (thunder bolt) and Dhvaja (virtuous flag). A sacred thread of munja (dried grass) adorns your shoulder.

You yourself are Lord Siva and joy of Kesari. Your omnipotent glory is revered throughout the world.

You are intelligent, virtuous and supremely wise, always eager to fulfill the wishes of Rama.

prabhu charitra sunibe ko rasiyā,  
rāma lakhana sītā mana basiyā

sūkṣma rūpa dhari siyahim dikhāvā,  
bikaṭa rūpa dhari laṅka jarāvā

bhīma rūpa dhari asura saṁhāre,  
rāmachandra ke kāja saṁvāre

lāya sajīvana lakhana jiyāye,  
śrīraghubīra haraṣi ura lāye

raghupati kīnhi bahuta baḍāi,  
tuma mama priya bhāratahi sama bhāi

sahasa badana tumharo jasa gāvaim,  
asa kahi śrīpati kaṅṭha lagāvaim

sanakādika brahmādi munisā,  
nārada sārada sahita ahīsā

jama kubera digapāla jahāṁ te,  
kabi kobida kahi sake kahāṁ te

tuma upakāra sugrīvahim kīnhā,  
rāma milāya rāja pada dīnhā

tumharo mantra bibhīṣana mānā,  
laṅkesvara bhae saba jaga jānā

juga sahastra johana para bhānū,  
lilyo tāhi madhura phala jānū

prabhu mudrikā meli mukha māhīm,  
jaladhi lāṁghi gaye acharaja nāhīm

You are always keen to listen to the narration of Ram's deeds. Ram, Lakhan and Sita always reside in your mind.

You appeared before Sita in a tiny form. You assumed a gigantic form and set Lanka on fire.

You took on the colossal form to destroy the demons. By that you accomplished the mission of Shri Rama.

Bringing the Sanjivani (a herb that revives life), you revived Lakshman and Shri Ram embraced you with joy.

Raghupati (Shri Ram) praised you with great admiration: "O Brother (Hanuman), you are as dear to me as Bharat."

The sehstra Nag through his thousand mouths sings your glory; saying that Shri Ram embraced you affectionately.

Sankak and the Sages, Gods like Brahma and Munis (hermits), Deverishi Narad, Goddess Sarawati with Aheesa (Mother of Nag Devtas).

Even Yamraj (lord of death), Kuber (lord of wealth), the Dignals (lords of ten directions), the poets and the scholars, how can they articulate your glory which is beyond infinite praise?

You rendered great favour to Sugriva by introducing him to Rama and he was blessed with the kingship.

The universe knows that by following your advice Vibheeshan became king of Lanka.

Though the fiery sun is thousands of miles away from the earth, you grabbed it and placed it in your mouth as if it was a sweet fruit.

(After grabbing the sun), no wonder you could leap across the vast ocean and carry the ring in your mouth.

durgama kāja jagata ke jete,  
sugama anugraha tumhare tete

rāma duāre tuma rakhavāre,  
hota na ājñā binu paisāre

saba sukha lahai tumhārī saranā,  
tuma rachchhaka kāhū ko ḍara nā

āpana teja samhāro āpai,  
tinom loka hāmka tem kām̐pai

bhūta pisācha nikaṭa nahim āvai,  
mahābīra jaba nāma sunāvai

nāsai roga harai saba pīrā,  
japata nirantara hanumata bīrā

sankāṭa tem hanumāna chhuḍāvai,  
mana krama bachana dhyāna jo lāvai

saba para rāma tapasvī rājā,  
tina ke kāja sakala tuma sājā

aura manoratha jo koī lāvai,  
soī amita jīvana phala pāvai

chārom juga paratāpa tumhārā,  
hai parasiddha jagata ujiyārā

sādhu santa ke tuma rakhavāre,  
asura nikandana rāma dulāre

aṣṭa siddhi nau nidhi ke dātā,  
asa bara dīna jānakī mātā

rāma rasāyana tumhare pāsā,  
sadā raho raghupati ke dāsā

Every arduous task in this world becomes  
effortless with your grace.

Even to attain Ram you are the channel;  
without your consent no one can reach  
Him.

All the comforts take refugee in you.  
Those who you protect should not have  
any fear.

O Lord! Please hold your splendour  
within you as the three worlds (the  
entire universe) tremble at your roar.

The ghosts, demons and evil spirits keep  
away where your name (Mahavir) is  
uttered.

O Veer (Brave) Hanuman, all diseases,  
pains, and sufferings are eradicated by  
constantly reciting your name.

Those who remember Shri Hanuman in  
thought, words and deeds with sincerity  
and faith are rescued from their crises.

Above all kings Ram was the most  
pious and dutiful. You carry out his  
every task.

One who brings yearning to you obtains  
the imperishable fruit of existence.

All through the four Yugs (ages), your  
splendour is radiantly acclaimed all over  
the cosmos.

You are the protector of saints and  
sages. O destroyer of all demons, you  
are the beloved of Shri Ram.

Mother Janki bestowed the boon on  
You to utilize the Astha Siddhi (8  
powers) and Nav Niddhis (9 treasures)  
among His bhaktas.

You hold the elixir of Shri Rama. Your  
disciples have always remained Shri  
Raghupati's bhaktas.

tumhare bhajana rāma ko pāvai,  
janama janama ke dukha bisarāvai

anta kāla raghubara pura jāi,  
jahāñ janma haribhakta kahāi

aura devatā chitta na dharaī,  
hanumata seī sarba sukha karaī

sañkaṭa kaṭai miṭai saba pīrā,  
jo sumirai hanumata balabīrā

jai jai jai hanumāna gosāim,  
kṛpā karahu guru deva kī nāim

jo sata bāra pāṭha kara koī,  
chhūṭahi bandī mahā sukha hoī

jo yaha paḍhai hanumāna chalisā,  
hoya siddhi sākhī gaurīsā

tulasidāsa sadā hari chera,  
kījai nātha hṛdaya mañha ḍera

pavanatanaya sañkaṭa harana  
mañgala mūrati rūpa  
rāma lakhana sītā sahita  
hṛdaya basahu sura bhūpa

Through your praise one finds Ram and escapes the sorrows of countless lives.

If at the time of death one goes to Vaikunth (Ram's abode), thereafter in all further births he will be born as Hari-Bhakta (God's devotee).

When all other deities do not respond to one's prayers, devotion to Sri Hanuman gains one all happiness.

One is freed from all the sufferings and pains by chanting your name, O Hanuman the mighty hero.

Glory! Glory! Glory! to Shri Hanuman, the creator of the universe, please bless me in the capacity as my Sadguru.

One who recites Hanuman Chalisa hundred times is released from bondage and enjoys supreme bliss.

One who recites the Hanuman Chalisa achieves success. For that Lord Shiva (Gaureesa's husband) is our witness.

Sage Tulsidas says that he is a humble bhakta of Shri Hari, he prays that the Lord grants him a space in his heart.

O Son of the Wind, destroyer of all miseries, you are a symbol of auspiciousness. King of Gods Shri Ram, along with Lakhan and Sita, reside in my heart.

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