

ॐ

श्री हनुमान चालीसा

*śrī hanumāna cālīsā*

दोहा

*dohā*

श्रीगुरु चरन सरोज रज निज मनु मुकुरु सुधारि ।

*śrīguru carana saroja raja nija manu  
mukuru sudhāri |*

बरनऊँ रघुबर विमल जसु जो दायकु फल चारि ॥

*baranaūñ raghubara bimala jasu jo dāyaku  
phala cāri ||*

After purifying the mirror of my mind with the dust from the lotus feet of my *guru*, let me describe the shining, untainted glory of Lord Hanumān, a member of the Raghū dynasty, one who is capable of bestowing the four *purushārthas*<sup>1</sup> on his devotees.

बुद्धिहीन तनु जानिके सुमिरौँ पवनकुमार ।

*buddhihīna tanu jānike sumirauñ  
pavanakumāra |*

बल बुद्धि बिद्या देहु मोहिं हरहु कलेस बिकार ॥

*bala buddhi bidyā dehu mohiñ harahu  
kalesa bikāra ||*

Knowing myself to be ignorant, lacking in intelligence and wisdom, I remember Hanumanji, the son of *Pavana* (the wind god) and invoke His grace to forcibly remove all the afflictions of my body and impurities of my mind and bless me with strength, wisdom, and discriminative knowledge.

जय हनुमान ज्ञान गुन सागर ।

*jaya hanumāna jñāna guna sāgara |*

जय कपीस तिहुँ लोक उजागर ॥

*jaya kapīsa tihuñ loka ujāgara ||*

Glory to Lord Hanuman who is the boundless ocean of knowledge and virtues. Glory to Lord Hanuman who is the king of the monkeys and the light of whose fame illumines the three worlds.

राम दूत अतुलित बल धामा ।

*rāma dūta atulita bala dhāmā |*

अंजनिपुत्र पवनसुत नामा ॥

*añjaniputra pavaanasuta nāmā ||*

O Lord Hanuman! You are the messenger of Lord Rama, the abode of incomparable strength, the son of Anjani, and known also by the name Pavaanasuta (son of wind god).

महावीर बिक्रम बजरंगी ।

*mahābīra bikrama bajarāṅgī |*

कुमति निवार सुमति के संगी ॥

*kumati nivāra sumati ke saṅgī ||*

You are the greatest warrior, possessed of valor with a body that is as strong as steel. You have the power to destroy all the negative tendencies of the mind and You are the constant companion of those who are discriminating and wise.

कंचन बरन बिराज सुबेसा ।

*kañcana barana birāja subesā |*

कानन कुंडल कुंचित केसा ॥

*kānana kuṇḍala kuñcita kesā ||*

Your complexion has a golden glow and your appearance is enhanced by your beautiful clothes, earrings and curly hair.

<sup>1</sup> Four-fold fruits of life - *dharma, artha, kāma, moksha*

हाथ बज्र औ ध्वजा बिराजै ।

*hātha bajra au dhvajā birājai ।*

काँधे मूँज जनेऊ साजै ॥

*kāñdhe mūñja janeū sājai ॥*

You have a thunderbolt in one hand and the flag of Lord Rama in the other. The sacred thread made of *munja* grass on your shoulder adorns you.

संकर सुवन केसरीनंदन ।

*sañkara suvana kesarīnandana ।*

तेज प्रताप महा जग बंदन ॥

*teja pratāpa mahā jaga bandana ॥*

You are the incarnation of Lord Siva and the son of Kesari. The whole world sings the glories of your shining prowess and valor.

विद्यावान गुनी अति चातुर ।

*vidyāvāna gunī ati cātura ।*

राम काज करिबे को आतुर ॥

*rāma kāja karibe ko ātura ॥*

You are possessed of knowledge, great virtues, a sharp intellect, and are ever eager to serve the lord of your heart, Rama.

प्रभु चरित्र सुनिबे को रसिया ।

*prabhu caritra sunibe ko rasiyā ।*

राम लखन सीता मन बसिया ॥

*rāma lakhana sītā mana basiyā ॥*

You take great delight in listening to the glories of Lord Rama, who along with Mother Sita and Lakshmana have take up permanent residence in Your heart.

सूक्ष्म रूप धरि सियहिं दिखावा ।

*sūkṣma rūpa dhari siyahin dikhāvā ।*

बिकट रूप धरि लंक जरावा ॥

*bikaṭa rūpa dhari lan̄ka jarāvā ॥*

Having reached Lanka, You assumed the most minute form and appeared before Mother Sita. With her permission, You then assumed a huge, fierce form and burnt the city of Lanka.

भीम रूप धरि असुर सँहारे ।

*bhīma rūpa dhari asura sañhāre ।*

रामचंद्र के काज सँवारे ॥

*rāmacandra ke kāja sañvāre ॥*

In order to accomplish the mission of Lord Rama, You took a gigantic form and slew many demons in Lanka.

लाय सजीवन लखन जियाये ।

*lāya sajīvana lakhana jiyāye ।*

श्रीरघुबीर हरषि उर लाये ॥

*śrīraghubīra haraṣi ura lāye ॥*

You brought the *sanjivani* plant from the Himalayas, which revived Lakshman thereby bringing great joy to Lord Rama's heart.

रघुपति कीन्ही बहुत बड़ाई ।

*raghupati kīnhī bahuta barāī ।*

तुम मम प्रिय भरतहि सम भाई ॥

*tuma mama priya bharatahi sama bhāī ॥*

Lord Rama praised You profusely and said that You are as dear to Him as Bharat.

सहस बदन तुम्हरो जस गावैं ।

*sahasa badana tumharo jasa gāvain ।*

अस कहि श्रीपति कंठ लगावैं ॥

*asa kahi śrīpati kañṭha lagāvain ॥*

“The thousand-headed snake (*sheshanaga*) sings Your glories”, thus saying Lord Rama, the divine consort of Mother Sita, embraced Hanuman. This also refers to Lakshmana who is considered an incarnation of *shesha*.

सनकादिक ब्रह्मादि मुनीसा ।  
sanakādika brahmādi munīsā ।  
नारद सारद सहित अहीसा ॥  
nārada sārada sahita ahīsā ॥

Your glories are also sung by great sages  
like Sanaka and Nārada, gods and  
goddesses like Brahmā and Sarasvati.

जम कुबेर दिगपाल जहाँ ते ।  
jama kubera digapāla jahāñ te ।  
कवि कोविद कहि सके कहाँ ते ॥  
kabi kobida kahi sake kahāñ te ॥

Yama, the Lord of Death, Kubera, the god of  
wealth, the guardians of the directions, great  
poets and scholars have all tried to sing  
Your glories, but they have not been able to  
do justice.

तुम उपकार सुग्रीवहिं कीन्हा ।  
tuma upakāra sugrīvahim kīnhā ।  
राम मिलाय राज पद दीन्हा ॥  
rāma milāya rāja pada dīnhā ॥

You obliged Sugrīva by introducing him to  
Lord Rama who helped him to regain his  
kingdom.

तुम्हरो मंत्र बिभीषन माना ।  
tumharo mantra bibhīṣana mānā ।  
लंकेस्वर भए सब जग जाना ॥  
lañkesvara bhae saba jaga jānā ॥

Vibhīshana became renowned all over the  
world as the king of Lanka by heeding your  
advice to surrender to Lord Rama.

जुग सहस्र जोजन पर भानू ।  
juga sahastra jojana para bhānū ।  
लील्यो ताहि मधुर फल जानू ॥  
līlyo tāhi madhura phala jānū ॥

As a child You leaped up thousands of miles  
with ease and swallowed the Sun thinking  
him to be a sweet fruit.

प्रभु मुद्रिका मेलि मुख माहीं ।  
prabhu mudrikā meli mukha māhīm ।  
जलधि लाँघि गये अचरज नाही ॥  
jaladhi lāñghi gaye acaraja nāhīm ॥

Therefore it is not a subject of wonderment  
that You flew over and crossed the ocean  
with Lord Rama's ring in Your mouth.

दुर्गम काज जगत के जेते ।  
durgama kāja jagata ke jete ।  
सुगम अनुग्रह तुम्हरे तेते ॥  
sugama anugraha tumhare tete ॥

All the tasks of the world, regardless of the  
level of difficulty, are accomplished easily by  
Your grace.

राम दुआरे तुम रखवारे ।  
rāma duāre tuma rakhavāre ।  
होत न आज्ञा बिनु पैसारे ॥  
hota na ājñā binu paisāre ॥

You guard the entry to Ramji's palace where  
none can enter without Your permission.

सब सुख लहै तुम्हारी सरना ।  
*saba sukha lahai tumhārī saranā* ।  
तुम रच्छक काहू को डरना ॥  
*tuma racchaka kāhū ko ḍara nā* ॥

All joys are to be found in Your refuge and  
with You as the protector there is no cause  
for fear.

आपन तेज सम्हारो आपै ।  
*āpana teja samhāro āpai* ।  
तीनों लोक हाँक तें काँपै ॥  
*tīnorī loka hāñka teṅ kāñpai* ॥

You alone are capable of controlling the  
blazing splendor of Your powers. The three  
worlds tremble with fear when they hear  
Your thunderous roar.

भूत पिसाच निकट नहीं आवै ।  
*bhūta pisāca nikṭa nahim āvai* ।  
महाबीर जब नाम सुनावै ॥  
*mahābīra jaba nāma sunāvai* ॥

Ghosts and demons do not dare to come  
near when they hear the name of Mahavira  
being chanted.

नासै रोग हरै सब पीरा ।  
*nāsai roga harai saba pīrā* ।  
जपत निरंतर हनुमत बीरा ॥  
*japata nirantara hanumata bīrā* ॥

All ailments are destroyed and all pain and  
suffering are removed by constant repetition  
and remembrance of Your bravery.

संकट तें हनुमान छुड़ावै ।  
*sañkaṭa teṅ hanumāna chuṛāvai* ।  
मन क्रम बचन ध्यान जो लावै ॥  
*mana krama bacana dhyāna jo lāvai* ॥

You remove all the difficulties of those who  
meditate on You in thought, deed and  
speech with sincerity and faith.

सब पर राम तपस्वी राजा ।  
*saba para rāma tapasvī rājā* ।  
तिन के काज सकल तुम साजा ॥  
*tina ke kāja sakala tuma sājā* ॥

You were successful in carrying out the  
missions of Lord Rama, the supreme  
ascetic, who is the ruler of all.

और मनोरथ जो कोई लावै ।  
*aura manoratha jo koī lāvai* ।  
सोई अमित जीवन फल पावै ॥  
*soī amita jīvana phala pāvai* ॥

You grant the desires of all seekers by  
giving them the fruit of immortal life.

चारों जुग परताप तुम्हारा ।  
*cāroṅ juga paratāpa tumhārā* ।  
है परसिद्ध जगत उजियारा ॥  
*hai parasiddha jagata ujiyārā* ॥

Your glory is renowned in the four yugas<sup>2</sup>  
and its glowing radiance shines forth all over  
the world.

साधु संत के तुम रखवारे ।  
*sādhu santa ke tuma rakhavāre* ।  
असुर निकंदन राम दुलारे ॥  
*asura nikandana rāma dulāre* ॥

You are the protector of all who are  
righteous, the destroyer of those who are  
evil and very dear to Lord Rama.

<sup>2</sup> *satya, tretā, dvāpar and kali*

अष्ट सिद्धि नौ निधि के दाता ।  
aṣṭa siddhi nau nidhi ke dātā ।  
अस बर दीन जानकी माता ॥  
asa bara dīna jānakī mātā ॥

Mother Sita has granted You the boon of having the power to grant eight kinds of *siddhis*<sup>3</sup> and nine forms of wealth<sup>4</sup> to seekers.

राम रसायन तुम्हरे पासा ।  
rāma rasāyana tumhare pāsā ।  
सदा रहो रघुपति के दासा ॥ ३२  
sadā raho raghupati ke dāsā ॥

You possess the elixir of devotion to Lord Rama, and You remain His ever-devoted servant.

तुम्हरे भजन राम को पावै ।  
tumhare bhajana rāma ko pāvai ।  
जनम जनम के दुख बिसरावै ॥  
janama janama ke dukha bisarāvai ॥

Singing Your praises, aspirants attain Lord Rama and forget the misery of countless previous births.

अंत काल रघुबर पुर जाई ।  
anta kāla raghubara pura jāi ।  
जहाँ जन्म हरिभक्त कहाई ॥  
jahāñ janma haribhakta kahāi ॥

At the time of death such a person will go to the abode of Lord Rama where he will take birth as a devotee of the Lord.

और देवता चित्त न धरई ।  
aura devatā citta na dharaī ।  
हनुमत सेई सर्ब सुख करई ॥  
hanumata seī sarba sukha karaī ॥

One who worships Hanumanji with single-pointed devotion enjoys all bliss.

संकट कटै मिटै सब पीरा ॥  
sañkaṭa kaṭai miṭai saba pīrā ॥  
जो सुमिरै हनुमत बलबीरा ॥  
jo sumirai hanumata balabīrā ॥

All difficulties and sufferings are destroyed for the devotee who lives in the constant remembrance of the valiant Lord Hanuman.

जै जै जै हनुमान गोसांई ।  
jai jai jai hanumāna gosāī ।  
कृपा करहु गुरु देव की नाई ॥  
kṛpā karahu guru deva kī nāī ॥

Glory, glory, all glory to Lord Hanuman who is the master of His organs of perception and action. Please shower me with Your grace just like my own *guru*.

जो सत बार पाठ कर कोई ।  
jo sata bāra pāṭha kara koī ।  
छूटहि बंदि महा सुख हो ॥  
chūṭahi bandi mahā sukha hoī ॥

He who recites this *Hanuman Chalisa* a hundred times is released from the bondage of birth and death and enjoys the absolute bliss of immortality.

<sup>3</sup> animā, mahimā, garimā, laghimā, prapitih, prakāmyam, ishitvam, vashitvam

<sup>4</sup> mahāpadma, padma, shankha, makara, kacchapa, mukunda, kunda, nīla, kharva

जो यह पढ़े हनुमान चलीसा ।

*jo yaha paṛhai hanumāna calīsā ।*

होय सिद्धि साखी गौरीसा ॥

*hoya siddhi sākhī gaurīsā ॥*

Lord Siva Himself bears witness that one who recites this *Hanuman Chalisa* regularly will be successful in accomplishing his goal of attaining perfection.

तुलसीदास सदा हरि चरा ।

*tulasīdāsa sadā hari cerā ।*

कीजै नाथ हृदय मँह डेरा ॥

*kījai nātha hṛdaya mañha ḍerā ॥*

Tulasidasji says that he is ever in the service of the Lord and requests Him to come and reside in his heart.

दोहा

*dohā*

पवनतनय संकट हरन मंगल मूर्ति रूप ।

*pavanatanaya saṅkaṭa harana maṅgala mūrati rūpa ।*

राम लखन सीता सहित हृदय बसहु सुर भूप ॥

*rāma lakhana sītā sahita hṛdaya basahu sura bhūpa ॥*

O Lord Hanuman, You are destroyer of all miseries and the very embodiment of all auspiciousness. O king of the gods! Please come and dwell in my heart along with Ramji, Lakshmanji and Sitaji.

॥ इति ॥

॥ *iti* ॥