

# Hanuman Chalisa



Satsang with Sunder



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# Welcome

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ॐ भूः पुरुषं श्री बजरंग रुपाय श्री साम्बसदाशिवं आवाहयामि।

Om Bhuh Purusham Shri Bajaranga Rupaya  
Shri Samba SadaShivam Avahayami

ॐ भुवः पुरुषं श्री मारुति रुपाय श्री साम्बसदाशिवं आवाहयामि।

Om Bhuvah Purusham Shri Maruti Rupaya  
Shri Samba SadaShivam Avahayami

ॐ स्वः पुरुषं श्री चिरन्जीवि रुपाय श्री साम्बसदाशिवं आवाहयामि।

Om Svah Purusham Shri Chiranjeevi Rupaya  
Shri Samba SadaShivam Avahayami

ॐ भूर्भुवः स्वः पुरुषं श्री रामदूत हनुमान रुपाय श्री साम्बसदाशिवं आवाहयामि ॥

Om BhurBhuvah Svah Purusham Shri Ramdoot Hanuman Rupaya  
Shri Samba SadaShivam Avahayami



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ॐ भूः पुरुषं श्री बजरंग रूपाय  
श्री साम्बसदाशिवं आवाहयामि।



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Om

**Bhuh** - Earthly dimensions

**Purusham** - Ultimate Brahman

**Shri Bajranga Rupaya** - Strong as a diamond

**Shri Samba SadaShivam** - Shiva consciousness

**Avahayami** - I invoke

ॐ भुवः पुरुषं श्री मारुति रूपाय  
श्री साम्बसदाशिवं आवाहयामि।



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Om

**Bhuvah** - Astral dimensions

**Purusham** - Ultimate Brahman

**Shri Maruti Rupaya** - Vayu energy

**Shri Samba SadaShivam** - Shiva consciousness

**Avahayami** - I invoke

ॐ स्वः पुरुषं श्री चिरन्जीवि रूपाय  
श्री साम्बसदाशिवं आवाहयामि।



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Om

**Svah** - Heavenly dimensions

**Purusham** - Ultimate Brahman

**Shri Chiranjeevi Rupaya** - Eternally Alive

**Shri Samba SadaShivam** - Shiva consciousness

**Avahayami** - I invoke

ॐ भूर्भुवः स्वः पुरुषं श्री रामदूत हनुमान रुपाय  
श्री साम्बसदाशिवं आवाहयामि ॥



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Om

**Bhur Bhuvah Svah** - Earthly, Astral and Heavenly dimensions

**Purusham** - Ultimate Brahman

**Shri Ramdoot Hanuman Rupaya** - Messenger of Ram

**Shri Samba SadaShivam** - Shiva consciousness

**Avahayami** - I invoke

श्रीगुरु चरन सरोज रज निजमनु मुकुरु सुधारि  
बरनउँ रघुबर बिमल जसु जो दायकु फल चारि

Shri Guru Charan Saroj-raj Nija Manu Mukura Sudhaari

Baranau Raghubhar Bimal Jasu Jo Dayaku Phala Chaari



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Shree Guru Charana - Feet of the Divine Guru

Saroj - lotus

Raj - dust

Nija - own

Manu - heart

Mukuru - mirror

Sudhaari - purify

*Shri Guru Charan Saroj-raj Nija Manu Mukura Sudhaari*

The dust of the Divine Guru's lotus feet, purifies the mirror of one's heart.



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Baranau - describe

Raghubar - Ram (scion of the Raghu dynasty)

Bimal - pure

Jasu - purify; Jo - that

Dayaku - gives

Phala - fruit

Chaari - four

*Baranau Raghubhar Bimal Jasu Jo Dayaku Phala Chaari*

Describing the pure name of Ram, the scion of the Raghu dynasty,  
bestows the four fruits.



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बुद्धिहीन तनु जानिके, सुमिरौं पवन-कुमार  
बल बुधि बिद्या देहु मोहि, हरहु कलेस बिकार

Buddhiheen Tanu Jaanike Sumirau Pavan - Kumaar

Bala Buddhi Bidya Dehu Mohi Harahu Kales Bikaar



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Buddhi - intelligence

Heen - without

Tanu - body/self

Jaanike - know/aware

Sumirau - remember

Pavan - wind

Kumaar - son

*Buddhiheen Tanu Jaanike Sumirau Pavan - Kumaar*

Aware of being devoid of intelligence, I focus on remembering the Son of Wind.



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Bal - strength

Buddhi - intelligence

Bidya - wisdom

Dehu - give

Mohi - me

Harahu - remove

Kales - suffering

Bikaar - impurity

*Bala Buddhi Bidya Dehu Mohi Harahu Kales Bikaar*

Grant me strength, intelligence and wisdom, thus removing all suffering and impurity.



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जय हनुमान ज्ञान गुन सागर जय कपीस तिहुँ लोक  
उजागर

राम दूत अतुलित बल धामा अंजनि-पुत्र पवनसुत नामा

Jai Hanuman Gyaan Gun Sagar Jai Kapis Tihun Lok Ujagar

Ram Doot Atulit Bal Dhama Anjani-putra Pavan Sut Nama

Jai Hanuman - Hail Hanuman

Gyaan - wisdom

Gun - virtue

Sagar - ocean

Jai Kapis - hail Lord of the Monkeys

Tihun - three

Loka - world

Ujagar - enlighten/awaken

*Jai Hanuman Gyaan Gun Sagar Jai Kapis Tihun Lok Ujagar*

Victory to Hanuman, ocean of wisdom and virtue, Hail Monkey Lord, illuminator of the three worlds.



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Ram doot - messenger of Ram

Atulit - incomparable

Bal - strength

Dhama - abode

Anjani putra - Anjani's son

Pavan sut - son of Wind god

Nama - the name

*Ram Doot Atulit Bal Dhama Anjani-putra Pavan Sut Nama*

Ram's emissary, abode of matchless power, Anjani's son, named "Son of the Wind."



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राम राम जय सीता राम

Ram Ram Jaya Raja Ram  
Ram Ram Jaya Sita Ram



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महाबीर बिक्रम बजरंगी कुमति निवार सुमति के संगी  
कंचन बरन बिराज सुबेसा कानन कुण्डल कुँचित केसा

**Mahabir Bikram Bajrangi Kumati Nivaar Sumati Ke Sangi**

**Kanchan Baran Biraaj Subesa Kaanan Kundal Kunchit Kesa**

**Mahabir** - very brave

**Bikram** - valiant

**Bajrangi** - lightening body

**Kumati** - ignorance

**Nivaar** - purify

**Sumati** - wise/good

**Ke** - of

**Sangi**- companion

*Mahabir Bikram Bajrangi Kumati Nivaar Sumati Ke Sangi*

Great hero, mighty as a thunderbolt, remover of evil thoughts and companion to the good.



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Kanchan - golden

Baran - color

Biraaj - beautifully

Subesa - clothed

Kaanan - ears

Kundal - rings

Kunchit - long/curly

Kesa - hair

*Kanchan Baran Biraaj Subesa Kaanan Kundal Kunchit Kesa*

Golden-hued and splendidly adorned, with heavy earrings and curly locks



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हाथ बज्र औ ध्वजा बिराजे काँधे मूँज जनेउ साजे  
शंकर सुवन केसरी नंदन तेज प्रताप महा जग वंदन

Haath Bajra Aau Dhwaja Biraje Kaandhe Moonj Janeu Saaje

Sankar Suvan Kesari Nandan Tej Prataap Maha Jag Bandan

Haath - hand

Bajra - mace (thunderbolt)

Aau - and

Dhwaja - flag

Biraaje - bearing (adorning)

Kaandhe - shoulder

Moonj - grass

Janeu - sacred thread

Saaje - adorned

*Haath Bajra Aau Dhwaja Biraje Kaandhe Moonj Janeu Saaje*

Your hands adorned with mace and flag,

Your shoulder adorned with a sacred thread made of grass.



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Sankar - Shiva

Suvan - Form

Kesari - Lion

Nandan - son

Tej - power

Prataap - glory

Maha jag - universe

Bandan - revered

*Sankar Suvan Kesari Nandan Tej Prataap Maha Jag Bandan*

Form of Shiva and son of Kesari, whose power and glory is universally revered.



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राम राम जय राजा राम  
राम राम जय सीता राम

Ram Ram Jaya Raja Ram  
Ram Ram Jaya Sita Ram





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बिद्यावान् गूनी अति चातुर राम काज करिबे को आतुर  
प्रभु चरित्र सुनिबे को रसिया राम लखन सीता मन बसिया

Bidyabaan Guni Ati Chaatur Ram Kaaj Karibe Ko Aatur  
Prabu Charitra Sunibeko Rasiya Ram Lakhan Sita Man Basiya

Bidyabaan - scholarly

Guni - virtuous

Ati chaatur - very clever

Ram kaaj - Ram's work

Karibe - do

Ko - to

Aatur - eager

*Bidyabaan Guni Ati Chaatur Ram Kaaj Karibe Ko Aatur*

Scholarly, virtuous and clever, eager to do Ram's work.



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Prabhu - Lord  
Charitra - story  
Sunibe ko - listening to  
Rasiya - nectar  
Ram Lakhan Sita  
Man - heart  
Basiya - residing

*Prabu Charitra Sunibeko Rasiya Ram Lakhan Sita Man Basiya*

As you listen to nectarine stories of the Lord, Ram, Lakshman and Sita reside in your heart.



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सूक्ष्म रूप धरि सियहिं दिखावा बिकट रूप धरि लंक जरावा  
भीम रूप धरि असुर सँहारे रामचन्द्र के काज सँवारे

Sukshma Roop Dhari Siyahin Dikhawa Vikat Roop Dhari Lanka Jarawa  
Bheem Roop Dhari Asur Sanhaare Ramachandra Ke Kaaj Sanwaare

Sukshma - tiny /subtle

Roopa - form

Dhari - assume

Siyahin - for Sita

Dikhawa - to show

Bikat - terrifying

Roopa - form

Dhari - assume

Lanka Jarawa - burnt Lanka

*Sukshma Roop Dhari Siyahin Dikhawa Vikat Roop Dhari Lanka Jarawa*

Assuming a tiny form you approached Sita; in a terrifying form you burnt Lanka



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Bheem -mighty

Roop - form

Dhari - assume

Asur - demons

Sanhaare -destroy

Ramachandra - Ram

Ke kaaj - work of

Sanwaare - carried out

*Bheem Roop Dhari Asur Sanhaare Ramachandra Ke Kaaj Sanwaare*

Assuming a mighty form, you destroyed the demons, thus carrying out the work of Ram.



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लाय सजीवन लखन जियाये श्री रघुबीर हरषि उर लाये  
रघुपति कीन्ही बहुत बड़ाई तुम मम प्रिय भरतहि सम भाई

Laaye Sajivan Lakhan Jiyaaye Shri Raghubeer Harashi Ur Laaye  
Raghupati Keenhi Bahut Badai Tum Mam Priy Bharat-hi-sam Bhai



Laaye - brought

Sajivana - lifegiving herb

Lakhan - Lakshman

Jiyaaye - revived

Shri - revered (auspicious)

Raghu - Raghu dynasty

Beer - warrior

Harashi - joy

Ur - heart

Laaye - brought

*Laaye Sajivan Lakhan Jiyaaye Shri Raghubeer Harashi Ur Laaye*

You brought the Sanjivani herb, revived Lakshmana and filled Rama's heart with joy.



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Raghupati - Ram

Keenhi - did

Bahut - very

Badai - praise

Tum - you

Mam- me

Priy - dear

Bharat hi - Bharat

Sam Bhai - like brother

*Raghupati Keenhi Bahut Badai Tum Mam Priy Bharat Hi-sam Bhai*

Ram praised you highly, saying you are as dear to me as my brother Bharath.



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सहस्र बदन तुम्हरो जस गावें अस कहि श्रीपति कण्ठ लगावें  
सनकादिक ब्रह्मादि मुनीसा नारद सारद सहित अहीसा

Sahas Badan Tumharo Jas Gaavein As-kahi Shripati Kanth Lagavein  
Sankadik Brahmadi Munisa Narad-sarad Sahit Ahisa

Sahas - thousand  
Badan - mouths  
Tumharo - your  
Jas - fame  
Gaavein - sing  
As kahi - this saying  
Shripati - Ram  
Kanth - neck  
Lagavein - embraced

*Sahas Badan Tumharo Jas Gaavein As-kahi Shripati Kanth Lagavein*

“May thousands of mouths sing your fame” saying thus, Sripathi embraced you.



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**Sanakadik** - Sanakka and others

**Brahmadi** - Brahma and others

**Munisa** - sages

**Narad** - Narad

**Sarad** - Saraswathi

**Sahit** - with

**Ahisa** - Adi Sesha

*Sankadik Brahmadi Munisa Narad-sarad Sahit Ahisa*

Sages like Sanaka and Narada, and Brahma , Sarasvati, along with Adi Sesha



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Ram Ram Jaya Raja Ram  
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जम कुबेर दिगपाल जहाँ ते कबि कोबिद कहि सके कहाँ ते  
तुम उपकार सुग्रीवहिं कीन्हा राम मिलाय राज पद दीन्हा

Jam Kuber Digpaal Jahan Te Kabi Kobid Kahi Sake Kahaan Te  
Tum Upkaar Sugreevhin Kinha Ram Milaaye Raajpad Dinha

Jam - Yama (time/death)

Kuber - Kubera (wealth)

Dig - directions

Paal - guardians

Jahante - all over

Kabi - poets

Kobid - scholars

Kahi Sake - can express

Kahaante - how



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*Jam Kuber Digpaal Jahan Te Kabi Kobid Kahi Sake Kahaan Te*

Yama, Kubera, guardians of directions, poets and scholars from all over are unable to express (your glory).



Tum - you

Upkaar - favor

Sugreevhin - to Sugriva

Kinha - did

Ram - Ram

Milaaye - meeting

Raaj pad - King's status

Dinha - gave

*Tum Upkaar Sugreevhin Kinha Ram Milaaye Raajpad Dinha*

Through your favor, Sugriva met Ram and got back his status of a King.



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तुम्हरो मंत्र बिभीषन माना लंकेश्वर भए सब जग जाना  
जुग सहस्र जोजन पर भानु लील्यो ताहि मधुर फल जानू

Tumhro Mantra Vibhishan Maana Lanakeswar Bhaye Sab Jag Jana  
Jug Sahastra Jojan Par Bhaanu Lilyo Taahi Madhur Phal Jaanu

Tumhro - your  
Mantra - word  
Vibhishan - Vibhishana  
Maana - accepted  
Lankeswar - Lord of Lanka  
Bhaye - became  
Sab - all  
Jag - world  
Jana - knows



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*Tumhro Mantra Vibhishan Maana Lankeswar Bhaye Sab Jag Jana*

The world knows that Vibhishana became the King of Lanka by accepting your word.

Jug - cycle (Time)

Sahastra - 1,000

Jojan - distance (Space)

Par - going toward

Bhaanu - Sun

Lilyo - take / consume

Taahi - that

Madhur phal - sweet fruit

Jaanu - thinking

*Jug Sahastra Jojan Par Bhaanu Lilyo Taahi Madhur Phal Jaanu*

You leapt a thousand yojanas towards the sun, thinking it to be a sweet fruit.



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राम राम जय सीता राम

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प्रभु मुद्रिका मेलि मुख माहीं जलधि लाँघि गये अचरज नाहीं  
दुर्गम काज जगत के जेते सुगम अनुग्रह तुम्हरे तेते

Prabhu Mudrika Meli Mukh Mahi Jaldhi Laanghi Gaye Achraj Nahi  
Durgam Kaaj Jagat Ke Jete Sugam Anugraha Tumhre Tete

Prabhu Mudrika - Lord's ring

Meli - held

Mukh - mouth

Maahi - in

Jaldhi - ocean

Laanghi Gaye - leapt across

Achraj - surprised

Naahi - not

*Prabhu Mudrika Meli Mukh Mahi Jaldhi Laanghi Gaye Achraj Nahi*

Holding the Lord's ring in your mouth, it's no surprise you leapt across the ocean.



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Durgam - formidable  
Kaaj - work  
Jagat Ke - of the world  
Jete - any  
Sugam - effortless  
Anugraha - grace  
Tumhre - your  
Tete - that

*Durgam Kaaj Jagat Ke Jete Sugam Anugraha Tumhre Tete*

Any formidable task of this world becomes effortless by your grace.



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राम दुआरे तुम रखवारे होत न आज्ञा बिनु पैसारे  
सब सुख लहै तुम्हारी सरना तुम रच्छक काहू को डर ना

Ram Dooare Tum Rakhwaare Hota Na Agya Binu Paisare  
Sab Sukh Lahai Tumhari Sarna Tum Rakhshak Kaahu Ko Darna

Ram - Rama

Dooare - entrance

Tum - you

Rakhwaare - guardian

Hota Na - without

Aagya - permission

Binu - nobody

Paisare - enter

*Ram Dooare Tum Rakhwaare Hota Na Agya Binu Paisare*

You are the guardian of the entrance to Rams abode. No one can enter without your permission.



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Sab - All

Sukh - Happiness

Lahai - Lies

Tumhari - Your

Sarna - Feet

Tum Rakhshak - You protect

Kaahu Ko - Why then

Darna - Fear



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*Sab Sukh Lahai Tumhari Sarna Tum Rakhshak Kaahu Ko Darna*

All happiness lie at your feet/refuge. Why fear when you are the protector.

राम राम जय राजा राम  
राम राम जय सीता राम

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आपन तेज सम्हारो आपै तीनों लोक हाँक तें काँपै  
भूत पिसाच निकट नहिं आवै महाबीर जब नाम सुनावै

Aapan Tej Samharo Aapai Teenon Lok Haank Te Kaanpen  
Bhoot Pisaach Nikat Nahin Aave Mahabir Jab Naam Sunave

Aapan - your

Tej - energy

Samharo - control

Aapai - you

Teenon - three

Lok - worlds

Haank Te - at your roar

Kaanpen - shudder

*Aapan Tej Samharo Aapai Teenon Lok Haank Te Kaanpen*

Only you can control your energy. All the three worlds shudder at your roar.



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Bhoot - spirit  
Pisaach - ghost  
Nikat - near  
Nahin - do not  
Aave - come  
Mahabir - mighty warrior  
Jab Naam - when the name  
Sunave - is announced

*Bhoot Pisaach Nikat Nahin Aave Mahabir Jab Naam Sunave*

Spirits and ghosts do not come near when the mighty warrior's name is announced.



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नासै रोग हरे सब पीरा जपत निरन्तर हनुमत बीरा  
संकट तें हनुमान छुड़ावै मन क्रम बचन ध्यान जो लावै

Naasai Rog Harai Sab Peera Japat Nirantar Hanumat Beera  
Sankat Te Hanuman Chodave Man Krama Bachan Dhyaan Jo Laave



Naasai - no  
Rog - affliction  
Harai - defeat  
Sab - all  
Peera - suffering  
Japat - contemplate  
Nirantar - constant  
Hanumat Beera - Hanuman, the warrior

*Naasai Rog Harai Sab Peera Japat Nirantar Hanumat Beera*

All sufferings are overcome, and affliction is absent when one contemplates on warrior Hanuman constantly.



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Sankat Te - from troubles

Hanuman - Hanuman

Chodave - free

Man - thoughts

Krama - deeds

Bachan - words

Dhyaan - reflect

Jo Laave – who brings



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*Sankat Te Hanuman Chodave Man Krama Bachan Dhyaan Jo Laave*

When one's thoughts, words and deeds reflect Hanuman, one is freed from troubles.

राम राम जय राजा राम  
राम राम जय सीता राम

Ram Ram Jaya Raja Ram  
Ram Ram Jaya Sita Ram



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सब पर राम तपस्वी राजा तिन के काज सकल तुम साजा  
और मनोरथ जो कोई लावै सोई अमित जीवन फल पावै

Sab Par Ram Tapasvi Raja Tin Ke aSakal Tum Saaja  
Aur Manorath Jo Koi Laave Soi Amit Jivan Phal Paave

Sab - all

Par - above

Ram - Ram

Tapasvi - Yogi

Raja - King

Tin Ke - whose

Kaaj - work

Sakal - easy

Tum Saaja - you managed

*Sab Par Ram Tapasvi Raja Tin Ke Kaaj Sakal Tum Saaja*

Ram is the King of all yogis, whose work you easily manage.



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Aur - and  
Manorath - mind  
Jo Koi - whosoever  
Laave - offers  
Soi - they  
Amit - immortal  
Jivan - life  
Phal - fruit  
Paave - receive

*Aur Manorath Jo Koi Laave Soi Amit Jivan Phal Paave*

Whosoever offers their mind to you, receives the fruit of immortal life.



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चारों जुग परताप तुम्हारा है परसिद्ध जगत उजियारा  
साधु सन्त के तुम रखवारे असुर निकन्दन राम दुलारे

ChaarO Jug Partaap Tumhara Hai Parsiddh Jagat Ujiyara  
Saadhu Sant Ke Tum Rakhwaare Asur Nikandan Ram Dulaare

Chaarō - the four

Jug - yugas

Partaap - radiance

Tumhara - your

Hai - is

Parsiddh - noticable

Jagat - world

Ujiyara - illumines

*Chaarō Jug Partaap Tumhara Hai Parsiddh Jagat Ujiyara*

Your radiance illumines the world and is noticable through the four yugas.



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Saadhu - aspirant

Sant - saint

Ke - of

Tum - you

Rakhwaare - protector

Asur - demonic quality

Nikandan - chafing

Ram Dulaare - dear to Ram

*Saadhu Sant Ke Tum Rakhwaare Asur Nikandan Ram Dulaare*

Protector of aspirants/saints, remover of demonic qualities, you are dear to Ram



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राम राम जय राजा राम  
राम राम जय सीता राम

Ram Ram Jaya Raja Ram

Ram Ram Jaya Sita Ram



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अष्टसिद्धि नौ निधि के दाता अस बर दीन जानकी माता  
राम रसायन तुम्हरे पास सदा रहो रघुपति के दासा

Asht-siddhi Nau Nidhi Ke Daata Asbar Deen Janki Maata  
Ram Rasayan Tumhe Paasa Sada Raho Raghupati Ke Daasa

Asht-siddhi - Eight powers

Nau Nidhi - Nine treasures

Ke Daata - bestower

As bar - a boon

Deen - granted

Janki Maata - Mother Sita

*Asht-siddhi Nau Nidhi Ke Daata Asbar Deen Janki Maata*

Mother Sita granted you the boon to bestow the eight powers and nine treasures



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## The Eight Siddhis:

### 1. अणिमा Aṇimā:

reducing to the size of  
an atom

### 2. महिमा Mahima:

expanding to a large size

### 3. गरिमा Garima:

being heavy

### 4. लघिमा Laghima:

being weightless



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## The Eight Siddhis:

### 5. प्राप्ति Prāpti:

having unrestricted  
access in space

### 6. प्राकाम्या Prākāmya:

ability to manifest  
one's desires

### 7. ईशत्व Ishatva:

possessing lordship

### 8. वस्तव Vaśtva:

ability to subjugate



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## The Nine Niddhis (Treasures):

1. **पद्म Padma:**

Lotus

2. **महापद्म MahaPadma:**

The Big Lotus

3. **शङ्ख Shanka:**

Conch

4. **मकर Makara:**

Crocodile

5. **कच्छप Kacchapa:**

Tortoise



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## The Nine Niddhis (Treasures):

### 6. मुकुन्द Mukunda:

Liberator

### 7. कुन्द Kunda:

Jasmine

### 8. नील Neela:

Dark Blue

### 9. खर्व Kharva:

Dwarfed (a large number -  $10^{10}$ )



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Ram - Ram

Rasayan - essence

Tumhre - your

Paasa - within

Sada - always

Raho - be

Raghupati Ke Daasa - servant of Ram

*Ram Rasayan Tumhe Paasa Sada Raho Raghupati Ke Daasa*

Having the essence of Ram within, may you always be the servant of Raghupati.



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तुहमरे भजन राम को पावै जनम जनम के दुख बिसरावै  
अन्त काल रघुबर पुर जाई जहाँ जन्म हरिभक्त कहाई

Tumhre Bhajan Ram Ko Paave Janam-janam Ke Dukh Bisraave  
Antakaal Raghuvbr Pur Jaayee Jahan Janam Hari-bhakt Kahayee

Tumhre - your  
Bhajan - song of praise  
Ram - Ram  
Ko Paave - attain  
Janam-janam - many births  
Ke - of  
Dukh - sorrow  
Bisraave - dispel

*Tumhre Bhajan Ram Ko Paave Janam-janam Ke Dukh Bisraave*  
Singing your praise, one attains Ram and sorrows of many births are dispelled.



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Antakaal - end of time

Raghubar - Ram

Pur - city

Jaayee - reaches

Jahan - where

Janam - birth

Hari-bhakt - devotee of Hari

Kahayee - known as

*Antakaal Raghubar Pur Jaayee Jahan Janam Hari-bhakt Kahayee*

Thus time ends and one reaches Ram's city; in this new birth one is known as a devotee of Hari



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राम राम जय राजा राम  
राम राम जय सीता राम

Ram Ram Jaya Raja Ram  
Ram Ram Jaya Sita Ram



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और देवता चित्त न धरई हनुमत सेइ सर्ब सुख करई  
सङ्कट कटै मिटै सब पीरा जो सुमिरै हनुमत बलबीरा

Aur Devta Chitt Na Dharayi Hanumat Sei Sarb Sukh Karayi  
Sankat Kate-mite Sab Peera Jo Sumirai Hanumat Balbira

Aur - other

Devta - deities

Chitt - heart

Na - not

Dharayi - obsessed

Hanumat - Hanuman

Sei - only from

Sarb - all

Sukh - joy

Karayi - derive

*Aur Devta Chitt Na Dharayi Hanumat Sei Sarb Sukh Karayi*

Not obsessed with other deities, one's heart derives joy only from Hanuman



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Sankat - trouble

Kate - detached

Mite - dissipated

Sab - all

Peera - misery

Jo - one who

Sumirai - contemplate

Hanumat - Hanuman

Balbira - Mighty Warrior

*Sankat Kate-mite Sab Peera Jo Sumirai Hanumat Balbira*

For one who contemplates on Hanuman, the mighty warrior, troubles are detached and all miseries dissipated.



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जय जय जय हनुमान गोसाईं कृपा करहु गुरुदेव की नाईं  
जो सत बार पाठ कर कोई छूटहि बन्दि महा सुख होई

Jai Jai Jai Hanuman Gosai Kripa Karahun Gurudev Ki Naai  
Jo Sat Baar Paath Kar Koi Chootahin Bandi Maha Sukh Hoyi

Jai Jai Jai - Victory  
Hanuman - Hanuman  
Gosaai - lord of senses  
Kripa - grace  
Karahun - bestow  
Gurudev - Divine teacher  
Ki Naai - like

*Jai Jai Jai Hanuman Gosaai Kripa Karahun Gurudev Ki Naai*

Victory to Hanuman, lord of the senses. Bestow grace like the Divine teacher.



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Jo - who

Sat Baar - 100 times

Paath kar - recites

Koi - one

Chootahin - free

Bandi - bondage

Maha - supreme

Sukh - joyful

Hoyi - be

*Jo Sat Baar Paath Kar Koi Chootahin Bandi Maha Sukh Hoyi*

One who recites this a hundred times, will be free from bondage and supremely joyful



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राम राम जय राजा राम  
राम राम जय सीता राम

Ram Ram Jaya Raja Ram  
Ram Ram Jaya Sita Ram



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जो यह पढ़े हनुमान चालीसा होय सिद्धि साखी गौरीसा  
तुलसीदास सदा हरि चैरा कीजै नाथ हृदय महँ डेरा

Jo Yeh Padhe Hanuman Chalisa Hoye Siddhi Saakhi Gaurisa  
Tulsidas Sada Hari Chera Kije Naath Hridaya Mahn Dera

Jo - who

Yeh - this

Padhe - study

Hanuman

Chalisa - 40 verses

Hoye - attains

Siddhi - perfection

Saakhi - witness

Gaurisa - Lord of Gauri

*Jo Yeh Padhe Hanuman Chalisa Hoye Siddhi Saakhi Gaurisa*

With Lord of Gauri as the witness - One who studies these forty verses on Hanuman will attain perfection.



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Tulsidas - Tulsidas

Sada - always

Hari - Supreme Being

Chera - disciple

Kije - do

Naath - Lord

Hridaya - heart

Mahn - in

Dera - reside

*Tulsidas Sada Hari Chera Kije Naath Hridaya Mahn Dera*

Tulsidas, always a disciple of the Supreme Being, says, “Lord reside in my heart”.



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पवनतनय संकट हरन, मंगल मूर्ति रूप  
राम लखन सीता सहित, हृदय बसहु सुर भूप

Pavan Tanaye Sankat Haran Mangal Moorti Roop  
Ram Lakhan Sita Sahit Hridaya Basahu Soor Bhoop



Pavan - Wind

Tanaye- Son

Sankat - trouble

Haran - remover

Mangal - auspicious

Moorti - embodiment

Roop - form

*Pavan Tanaye Sankat Haran Mangal Moorti Roop*

Son of Wind, remover of troubles, embodiment of auspiciousness



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Ram - Ram

Lakhan - Lakshman

Sita - Sita

Sahit - with

Hridaya - heart

Basahu - reside

Soor - gods

Bhoop - King

*Ram Lakhan Sita Sahit Hridaya Basahu Soor Bhoop*

King of the Gods, reside in my heart with Ram, Lakshman, Sita



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राम राम जय राजा राम  
राम राम जय सीता राम

Ram Ram Jaya Raja Ram  
Ram Ram Jaya Sita Ram



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**Memorize the Hanuman Chalisa**



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## Guru Vandana and Prayer

Shri Guru Charan Saroj Raj Nij Manu Mukuru Sudhaari  
Barnau Raghubar Bimal Jasu Jo Dayaku Phala Chaari  
Buddhiheen Tanu Jaanike Sumirau Pavan-kumaar  
Bal Buddhi Bidya Dehu Mohi Harahu Kales Bikaar



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## 1. Describing and Visualizing Hanuman (8)

Jai Hanuman Gyaan Gun Sagar Jai Kapis Teehun Lok Ujagar

Ram Doot Atulit Bal Dhama Anjani-Putra Pavansut Nama

Mahabir Bikram Bajrangi Kumati Nivaar Sumati Ke Sangi

Kanchan Baran Biraaj Subesa Kaanan Kundal Kunchit Kesa

Haath Bajra Aau Dhwaja Biraaje Kaandhe Moonj Janeu Saaje

Sankar Suvan Kesarinandan Tej Prataap Maha Jag Bandan

Bidyabaan Guni Ati Chaatur Ram Kaaj Karibe Ko Aatur

Prabhu Charitra Sunibe Ko Rasiya Ram Lakhan Sita Man Basiya

## 2. His Service (12)

Sukshma Roop Dhari Siyahin Dikhawa Bikat Roop Dhari Lanka Jarawa  
Bheem Roop Dhari Asur Sanhaare Ramchandra Ke Kaaj Sanwaare  
Laaye Sajivan Lakhan Jiyaaye Shri Raghubeer Harashi Ur Laaye  
Raghupati Keenhi Bahut Badai Tum Mum Priy Bharat Hi Sam Bhai  
Sahas Badan Tumhro Jas Gaavein As Kahi Shripati Kanth Lagavein  
Sankadik Bramhadi Munisa Narad Sarad Sahit Ahisa  
Jam Kuber Digpaal Jahan Te Kabi Kobid Kahi Sake Kahaan Te  
Tum Upkaar Sugreevhin Kinha Ram Milaaye Raajpad Dinha  
Tumhro Mantra Vibhishan Maana Lankeswar Bhaye Sab Jag Jana  
Jug Sahastra Jojan Par Bhaanu Lilyo Taahi Madhur Phal Jaanu  
Prabhu Mudrika Meli Mukh Maahi Jaldhi Laanghi Gaye Achraj Naahi  
Durgam Kaaj Jagat Ke Jete Sugam Anugraha Tumhre Tete



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### 3. His Glorious Powers (10)

Ram Dooare Tum Rakhwaare Hota Na Aagya Binu Paisare  
Sab Sukh Lahai Tumhari Sarna Tum Rakhshak Kaahu Ko Darna  
Aapan Tej Samharo Aapai Teeno Lok Haank Te Kaanpen  
Bhoot Pisaach Nikat Nahi Aave Mahabir Jab Naam Sunave  
Naasai Rog Harai Sab Peera Japat Nirantar Hanumat Beera  
Sankat Te Hanuman Chodave Man Krama Bachan Dhyaan Jo Laave  
Sab Par Raam Tapasvi Raja Tin Ke Kaaj Sakal Tum Saaja  
Aur Manorath Jo Koi Laave Soi Amit Jivan Phal Paave  
Chaaroo Jug Partaap Tumhara Hai Parsiddh Jagat Ujjyara  
Saadhu Sant Ke Tum Rakhwaare Asur Nikandan Ram Dulaare





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## 4. Sita's Blessings (4)

Asht Siddhi Nau Nidhi Ke Daata As bar Deen Janki Maata  
Ram Rasayan Tumhre Paasa Sada Raho Raghupati Ke Daasa  
Tumhre Bhajan Ram Ko Paave Janam Janam Ke Dukh Bisraave  
Antakaal Raghubar Pur Jaayee Jahan Janam Hari-Bhakt Kahayee

## 5. Tulsidas's Advice (6)

Aur Devta Chitt Na Dharayi Hanumat Sei Sarb Sukh Karayi

Sankat Kate Mite Sab Peera Jo Sumirai Hanumat Balbira

Jai Jai Jai Hanuman Gosai Kripa Karahun Gurudev Ki Naai

Jo Sat Baar Paath Kar Koi Chootahin Bandi Maha Sukh Hoyi

Jo Yeh Padhe Hanuman Chalisa Hoye Siddhi Saakhi Gaurisa

Tulsidas Sada Harichera Kije Naath Hridaya Mahn Dera



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## 6. Final Prayer

Pavantanaye Sankat Haran Mangal Moorti Roop

Ram Lakhan Sita Sahit Hridaya Basahu Soor Bhoop



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