



# Hanuman Chalisa



**NAME:** \_\_\_\_\_

\_\_\_\_\_

**Shree Guru charana saroja raja nija manu mukuru sudhari  
Baranaun Raghubara bimala jasu jo daayaku phala chaari**

Having polished the mirror of my heart with the dust of my Guru's lotus feet  
I sing the pure fame of the best of Raghus, which bestows the four fruits of  
life.

**Budhi heena tanu jaanike sumiraun pawana kumaara  
Bala budhi vidyaa dehu mohin harahu kalesa bikaara**

I know that this body of mine has no intelligence, so I recall you, Son of the  
Wind; Grant me strength, wit and wisdom and remove my sorrows and  
shortcomings.

**Bhajelo Ji Hanuman! Bhajelo Ji Hanuman!**

Oh Friend! Remember Hanuman!



मनोजवं मारुततुल्यवेगं जितेन्द्रियं बुद्धिमतां वरिष्ठम् ।  
वातात्मजं वानरयथमख्यं श्रीरामदत्तं शरणां प्रपद्ये ॥

**(Verses)**

**Jaya Hanumaan gyaana guna saagara  
Jaya Kapeesha tihun loka ujaagara**

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

**Raama doota atulita bala dhaamaa  
Anjani putra Pawanasuta naamaa**

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

**Mahaabeera bikrama bajarangee  
Kumati niwaara sumati ke sangee**

Great hero, you are as mighty as a thunderbolt,  
You remove evil thoughts and are the companion of the good.

**Kanchana barana biraaja subesaa  
Kaanana kundala kunchita kesaa**

Golden hued and splendidly adorned  
With heavy earrings and curly locks.

**Haata bajra aura dwajaa biraajai  
Kaandhe moonja janeu saajai**

In your hands shine mace and a banner  
And a sacred thread adorns your shoulder.

**Shankara suwana Kesaree nandana  
Teja prataapa mahaa jaga bandana**

You are Shiva's son and Kesari's joy  
And your glory is revered throughout the world.

**Bidyaawaana gunee ati chaatura  
Raama kaaja karibe ko aatura**

You are the wisest of the wise, virtuous and clever  
And ever intent on doing Ram's work.

**Prabhu charitra sunibe ko rasiyaa  
Raama Lakhana Seetaa mana basiyaa**

You delight in hearing of the Lord's deeds,  
Ram, Sita and Lakshman dwell in your heart.

**Sookshma roopa dhari Siyahin dikhaawaa**  
**Bikata roopa dhari Lankaa jaraawaa**

Assuming a tiny form you appeared to Sita  
And in an awesome form you burned Lanka.

**Bheema roopa dhari asura sanghaare**  
**Raamachandra ke kaaja sanvaare**

Taking a dreadful form you slaughtered the demons  
And completed Lord Ram's mission.

**Laaya sajeevana Lakhana jiyaaye**  
**Shree Raghubeera harashi ura laaye**

Bringing the magic herb you revived Lakshman  
And Ram embraced you with delight.

**Raghupati keenhee bahuta baraaee**  
**Tuma mama priya Bharatahi sama bhaaee**

The Lord of the Raghus praised you greatly:  
"Brother, you are dear to me as Bharat!"

**Sahasa badana tumharo jasa gaawai**  
**Asa kahi Shreepati kanta lagaawai**

"May the thousand-mouthed serpent sing your fame!"  
So saying, Lakshmi's Lord drew you to Himself.

**Sanakaadika Brahmaadi muneesaa**  
**Naarada Saarada sahita Aheesaa**

Sanak and the sages, Brahma, gods and the great saints,  
Narada, Saraswati and the King of serpents,

**Yama Kubera digapaala jahaante**  
**Kabi kobida kahi sake kahaante**

Yama, Kubera and the guardians of the four quarters,  
poets and scholars - none can express your glory.

**Tuma upakaara Sugreevahin keenhaa**  
**Raama milaaya raaja pada deenhaa**

You did great service for Sugriva,  
Presenting him to Ram, you gave him the kingship.

**Tumharo mantra Bibheeshana maanaa  
Lankeshwara bhaye saba jaga jaanaa**

Vibhishana heeded your counsel  
And became the Lord of Lanka, as the whole world knows.

**Yuga sahasra yojana para bhaanu  
Leelyo taahi madhura phala jaanu**

Though the sun is thousands of miles away,  
You swallowed it, thinking it to be a sweet fruit.

**Prabhu mudrikaa meli mukha maaheen  
Jaladhi laanghi gaye acharaja naaheen**

Holding the Lord's ring in your mouth  
It's no surprise that you leapt over the ocean.

**Durgama kaaja jagata ke jete  
Sugama anugraha tumhare tete**

Every difficult task in this world  
Becomes easy by your grace.

**Raama duaare tuma rakhawaare  
Hota na aagya binu paisaare**

You are the guardian at Ram's door,  
No one enters without your leave.

**Saba sukha lahai tumhaaree sharanaa  
Tuma rakshaka kaahu ko daranaa**

Those who take refuge in you find all happiness  
and those who you protect know no fear.

**Aapana teja samhaaro aapai  
Teenon loka haanka ten kaanpai**

You alone can withstand your own splendor,  
The three worlds tremble at your roar.

**Bhoota pisaacha nikata nahin aawai  
Mahaabeera jaba naama sunaawai**

Ghosts and goblins cannot come near,  
Great Hero, when your name is uttered.

**Naasai roga hare saba peeraa  
Japata nirantara Hanumata beeraa**

All disease and pain is eradicated,  
Brave Hanuman, by constant repetition of your name.

**Sankata ten Hanumaana churaawai  
Mana krama bachana dhyaana jo laawai**

Hanuman releases from affliction  
those who remember him in thought word and deed.

**Saba para Raama tapaswee raajaa  
Tina ke kaaja sakala tuma saajaa**

Ram, the ascetic, reigns over all,  
but you carry out all his work.

**Aura manorata jo koe laawai  
Soee amita jeewana phala paawai**

One who comes to you with any yearning  
obtains the abundance of the Four Fruits of Life.

**Chaaron juga parataapa tumhaaraa  
Hai parasidha jagata ujjiaaraa**

Your splendor fills the four ages  
your glory is renowned throughout the world.

**Saadhu santa ke tuma rakhawaare  
Asura nikandana Raama dulaare**

You are the guardian of saints and sages,  
the destroyer of demons and the darling of Ram.

**Ashta siddhi nau nidhi ke daataa  
Asa bara deena Jaanakee Maataa**

You grant the eight powers and the nine treasures  
by the boon you received from Mother Janaki.

**Raama rasaayana toomhare paasaa  
Sadaa raho Raghupati ke daasaa**

You hold the elixir of Ram's name  
and remain eternally his servant.

**Tumhare bhajana Raama ko paawai  
Janama janama ke dukha bisaraawai**

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

**Anta kaala Raghubara pura jaaee  
Jahaan janama Hari bhakta kahaee**

At death one goes to Ram's own city  
or is born on the earth as God's devotee.

**Aura devataa chitta na dharaee  
Hanumata se-ee sarva sukha karaee**

Give no thought to any other deity,  
worshipping Hanuman, one gains all delight.

**Sankata katai mite saba peeraa  
Jo sumire Hanumata bala beeraa**

All affliction ceases and all pain is removed  
by remembering the mighty hero, Hanuman.

**Jai jai jai Hanumaana Gosaaee  
Kripaa karahu gurudeva kee naaee**

Victory, Victory, Victory to Lord Hanuman!  
Bestow your grace on me, as my Guru!

**Jo sata baara paata kara koe  
Chootahi bandi mahaa sukha hoee**

Whoever recites this a hundred times  
is released from bondage and gains bliss.

**Jo yaha parai Hanumaana chaleesaa  
Hoya siddhi saakhee Gauresaa**

One who reads this Hanuman Chaleesa  
gains success, as Gauri's Lord (Shiva) is witness.

**Tulasee Daasa sadaa Hari cheraa  
Keejai naata hridaya mahan deraa**

Says Tulsi Das, who always remains Hari's servant:  
"Lord, make your home in my heart."

**Pawanatanaya sankata harana mangala moorati roopa  
Raama Lakhana Seetaa sahita hridaya basahu sura bhoopa**

Son of the Wind, destroyer of sorrow, embodiment of blessing,  
Live in my heart, King of Gods, together with Ram, Lakshman and Sita.

