



## श्रीहनुमानचालीसा

श्रीगुरु चरन सरोज रज,  
निज मनु मुकुर सुधारि ।  
बरनऊँ रघुबर बिमल जसु,  
जो दायकु फल चारि ॥  
बुद्धिहीन तनु जानिके,  
सुमिरौँ पवन-कुमार ।  
बल बुद्धि बिद्या देहु मोहिं,  
हरहु कलेस बिकार ॥  
जय हनुमान ज्ञान गुण सागर ।  
जय कपीस तिहँ लोक उजागर ॥  
राम दूत अतुलीत बल धामा ।  
अंजनि-पुत्र पवन-सुत नामा ॥  
महाबीर बिक्रम बजरंगी ।  
कुमति निवार सुमति के संगी ॥  
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जो यह पढ़ै हनुमान चालीसा ।  
होय सिद्धि, साखी गौरीसा ॥  
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राम लखन सीता सहित,  
हृदय बसहु सुर भूप ॥  
सिया बर रामचन्द्र की जय ।  
पवन सुत हनुमान की जय ।  
उमापति महादेव की जय ।

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## Shri Hanuman Chaalisaa

*Shri guru charan saroj raj,  
Nij man mukur sudhaar.  
Barnau raghuvar bimal jasu,  
Jo daayaku phal chari.*

With the dust of my guru's Lotus feet, I first clean the mirror of my heart and then narrate the sacred glory of Shri Ramchandra, the Supreme among the King of Raghu dynasty, the giver of four fold attainment: dharm (religious merit), earth (wealth), kaam (material pleasure) and moksh (salvation) of life.

*Buddhi-heen tanu janike,  
Sumirau pavan kumar  
Bal buddhi vidyaa dehu mohi  
Harahu kalesh bikaar*

Considering myself to be ignorant, I urge you, O Hanuman ji, the son of wind god, to bestow on me strength, wisdom, and Self-knowledge and take away all my miseries and problems.

*Jai Hanuman gyaan goon saagar  
Jai kapees tinu lok ujaagar*

Victory to thee, O Hanuman, the ocean of wisdom and virtue. Victory to the Lord of monkeys who is well known in all the three worlds. (1)

*Ram doot atulit bal dhaamaa  
Anjani putra pavansoot naamaa*

You are the messenger of Ram and have immeasurable strength. You are son of mother Anjani and your father is Pavan, the wind God.

*Mahabeer bikram bajrangi  
Kumati nivaar sumati ke sangi*

You are mighty powerful and strong as lightening. you dispel dark and evil thoughts and bring wisdom.

*Kanchan baran biraaj subesaa  
Kaanan kundal kunchit kesaa*

O golden hued Hanuman, you look beautiful with ear-studs and curly hair.

*Haath bajra au dhvajaa biraajjai*

*Kandhe moonj janeu saajai*

You hold the mace of lightening and a flag in your hands and wear the sacred thread of Munj grass on your shoulder. (5)

*Sanker suvan kesari nandan  
Tej pratap mahaa jag bandan*

You are a reincarnation of Lord Shiva and son of Kesari. Your luster and glory is praised by the whole world.

*Vidyaavaan guni ati chaatur  
Raam kaaj karibe ko Atur*

You are the master of all knowledge, full of virtue and wisdom, and always eager to serve Lord Ram.

*Prabhu charitr sunibe ko rasiyaa,  
Ram Lakhn Sita man basiyaa.*

You are immersed in listening to the hymns on Lord. Lord Ram, brother Lakshman and Mother Sita dwell inside your cherished heart.

*Sukshm roop dhari Siyahi dikhaavaa,  
Bikat roop dhari Lank jaraavaa.*

While you presented your humble form to enter Lankaa and meet Mother Sita, you became gigantic in size to burn the city of Lankaa.

*Bheem roop dhari asur sanhaare,  
Ramachandra ke kaaj sanvaare.*

You assumed colossal form to kill the demons and did the work of Lord Ram. (10)

*Laaye sajivan Lakhn jiyaaye,  
Shri Raghuvveer harash ur laaye.*

You revived Lakshman by bringing the nectarine herb and Lord Ram embraced you in deep joy.

*Raghupati kinhi bahut badaai,  
Tum mam priya bharat sam bhai.*

Shri Ram highly praised you and said you were as dear to Him as His brother Bharat.

*Sahas badan tumhro jas gaavain  
Us kahi shripati kanth lagaavain*

Lord Ram, the husband of Lakshmi maa, embraced you saying that the great serpent, who carries the weight of the earth on his hood, also sings your glory.

*Sankaadik brahmaadi muneesaa,  
Naarad Saarad sahit Ahisaa.*

Also saint Sanak, Brahmaa (the creator of the universe), celestial sage Naarad, Sarasvati (the goddess of knowledge) and other sages eternally sing your praise.

*Jum kuber digpaal jahaa te,  
Kabi kobid kahi sake kaha te*

What to speak of poets and seers; even Yam (the god of Death), Kuber (the god of wealth), and the god of directions have no words to praise your glory! (15)

*Tum upakaar sugrivahi keenhaa,  
Ram milaaye raaj pud deenhaa.*

You introduced Lord Ram to Sugreev. Ram helped Sugreev win back his (Sugreev's) crown.

*Tumharo mantr bibhishan maanaa,  
Lankeshvar bhaye sab jug jaana.*

It is well known that Vibhishan (the brother of Ravan) listened to your advice and became the King of Lanka.

*Jug sahasra jojan par bhanu  
Leelyo taahi madhur phal jaanu*

You swallowed the sun, millions of miles away, taking it to be a sweet red fruit.

*Prabhu mudrika meli mukh maahi,  
Jaladhi laanghi gaye acharaj naahi*

Keeping the Lord Ram's ring in your mouth, you crossed the mighty ocean in search of Sita ji.

*Durgam kaaj jagat ke jete,  
Sugam anugrah tumhre te te.*

With your grace all the impediments and the difficulties in the world can be easily overcome. (20)

*Ram duaare tum rakhvaare,  
Hoat an aagya bin paisare.*

No one can enter Ram's abode without your consent, O sentinel of the Lord.

*Sab sukh lahai tumhari sarnaa,  
Tum rakshak kaahu ko darnaa.*

By your grace one can enjoy all happiness and one need not have any fear under your protection.

*Aapan tej samhaaro aapai  
Tino loke haakte kaapai*

When you roar all the three worlds tremble and only you can control your might.

*Bhoot pisaach nikat nahi aavai,  
Mahaabir jab naam sunaavai.*

Evil spirits cannot come near your devotees, O Hanuman, who chants your name.

*Naasai rog harai sab peeraa,  
Japat nirantar Hanumat beeraa.*

By chanting your name constantly, O Lord Hanuman, one can be cured of all disease and pains. (25)

*Sankat te Hanuman chhudaavai,  
Man kram vachan dhyaan jo laavai.*

Lord Hanuman keeps one free from all trouble who always contemplates on Him by thoughts, words and deeds.

*Sab par Ram tapasvi raajaa,  
Tinke kaaj sakal tum saajaa.*

You even accomplished all the missions of the ascetic king Ram who is capable of doing everything.

*Aur manorath jo koe laavai,  
Soee amit jeevan phal paavai.*

Whoever comes to you for fulfillment of any desire, obtains big rewards in one's life.

*Chaaro joog partaap tumhaaraa,  
Hai parsiddh jagat ujiyaaraa.*

Your glory is acclaimed at all times. It is well known that your radiance is spread all over the cosmos.

*Saadhu sunt ke tum rakhvaare,  
Asur nikandan Ram dulaare.*

Shri Ram has great affection for you, O Hanuman, the decapitator of evil persons and protector of saints. (30)

*Asht siddhi nau niddhi ke daataa,  
us bar deen jaanaki maataa.*

You are blessed by Mother Sita to grant anyone with any of the eight occult powers (siddhis) and nine gems (or wealth).

*Ram rasaayan tumhre paasaa,  
Sada raho raghupati ke daasaa.*

You, with the nectar that is Ram, are always in the service of Lord shri Ram.

*Tumhre bhajan Ram ko paavai,  
Janam janam ke dukh bisraavai.*

One can attain salvation by chanting your name and become free from sufferings of repeated births and deaths.

*Unt kaal Raghubar pur jaaee  
Jahaa janam Hari bhakta kahaabee*

After death one enters the eternal abode of Lord Ram and remains His devotee whenever one takes a new birth on earth.

*Aur devtaa chitta na dharaee,  
Hanumat seii sarva sukh karaee.*

Other Devas or gods may not care to help, but one who serves you, O Hanuman ji, enjoys all pleasures of life. (35)

*Sankat katai mitai sab peeraa,  
Jo sumirai Hanumat bal-beeraa.*

All the problems and pains are removed of those who invoke mighty Hanuman.

*Jai jai jai Hanuman gosaaai,  
Kripaa karahu gurudev ki naaii.*

Hail Thee O Hanuman. Be compassionate to me like my guru.

*Jo sat baar path kar koi  
Chutahi bandi mahaa sukh hoii*

One who chants this prayer one hundred and one times, is liberated from earthly bondage (of birth and death) and enjoys the eternal bliss of Nirvaan.

*Jo yah padhai Hanuman Chalisaa,  
Hoya siddhi saakhi gaurisaa.*

One who reads these forty verses in praise of Lord Hanuman, Lord Shiva guarantees or witnesses, will overcome all troubles of life.

*Tulasidas sadaa Hari cheraa,  
Keejai naath hridaya mah deraa.*

Tulasidas, who wrote these verses, is an eternal devotee of Lord Shri Ram. O Hanuman, kindly reside in my heart for ever. (40)

*Pavan tanaya sankat haran,  
Mangal moorati roop.*

*Ram Lakhan Sita sahit,  
Hridaya basahu sur bhoop.*

O shri Hanuman, the son of wind God, the savior and the embodiment of blessings, please reside in my heart together with shri Ram, Sita and Lakshman.

*Siya bar Ramchandra ki jai  
Pavan sut Hanuman ki jai  
Umapati Mahadev ki jai*

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### **Shri Hanuman Chaalisaa**

(Forty verses in obeisance to Lord Hanuman)

*With the dust of my guru's Lotus feet, I first clean the mirror of my heart and then narrate the sacred glory of Shri Ramchandra, the Supreme among the King of Raghu dynasty, the giver of four fold attainment: dharm (religious merit), earth (wealth), kaam (material pleasure) and moksh (salvation) of life.*

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You are mighty powerful and strong as lightening. you dispel dark and evil thoughts and bring wisdom.

O golden hued Hanuman, you look beautiful with ear-studs and curly hair.

You hold the mace of lightening and a flag in your hands and wear the sacred thread of Munj grass on your shoulder. (5)

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While you presented your humble form to enter Lankaa and meet Mother Sita, you became gigantic in size to burn the city of Lankaa.

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Shri Ram highly praised you and said you were as dear to Him as His brother Bharat.

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With your grace all the impediments and the difficulties in the world can be easily overcome. (20)

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*O shri Hanuman, the son of wind God, the savior and the embodiment of blessings, please reside in my heart together with shri Ram, Sita and Lakshman.*

*Hail to Lord Ram, the husband of Mother Sita; Hanuman ji and Lord Shiva, the husband of Mata Uma. Hail to all other Devas and Devis.*

AUM SHANTIH SHANTIH SHANTIH

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