



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 ॥
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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)

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

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

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

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

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.

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

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

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

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

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

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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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