

श्रीहनुमानचालीसा

ॐ श्री हनुमते नमः

ॐ श्री गणेशाय नमः

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 कर्पीस तिहुँ लोक उजागर ॥
राम दूत अतुलीत बल धामा ।
अंजनि-पुत्र पवन-सुत नामा ॥
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जो सत बार पाठ कर कोई ।
छूटहि बंदि महा सुख होई ॥
जो यह पढ़ै हनुमान चालीसा ।
होय सिद्धि, साखी गौरीसा ॥
तुलसीदास सदा हरि चेरा ।
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मंगल मूरति रूप ।
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 Hanumān Chālisā (Roman/Eng)

Dohā--*Shri guru charan saroj raj,
Nij man mukur sudhār.
Barnau raghuvar bimal jasu,
Jo dāyaku phal chāri.*

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 Rāmchandra, the Supreme among the King of Raghu dynasty, the giver of fourfold attainment: dharm (religious merit), earth (wealth), kām (material pleasure) and moksh (salvation) of life.

*Buddhi-heen tanu jānike,
Sumirau pavan kumār
Bal buddhi vidyā dehu mohi
Harahu kalesh bikār*

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

Chaupai

*Jai Hanumān gyān goon sāgar,
Jai kapees tihu lok ujāgar.*

All glory to thee, O Hanumān, the ocean of wisdom and virtue! Hail to the Lord of monkeys who is well known in all the three worlds! (1)

*Rām doot atulit bal dhāmā,
Anjani putr pavansoot nāmā.*

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

*Māhābeer bikram bajrangi,
Kumati nivār sumati ke sangi.*

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

*Kanchan baran birāj subesā,
Kānan kundal kunchit kesā.*

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

*Hāth bajr au dhvajā birājai,
Kandhe moonj janeoo sājai.*

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 mahā jag bandan.*

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

*Vidyāvān guni ati chātur,
Rām kāj karibe ko Atur.*

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

*Prabhu charitr sunibe ko rasiyā,
Rām Lakhan Sitā man basiyā.*

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

*Sukshm roop dhari Siyahi dikhāvā,
Bikat roop dhari Lank jarāvā.*

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

*Bheem roop dhari asur sanhāre,
Rāmachandra ke kāj savāre.*

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

*Lāye sajivan Lakhan jiyāye,
Shri Raghuveer harash oor lāye.*

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

*Raghupati kinhi bahut badāi,
Tum mam priya bharat sam bhāi.*

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

*Sahas badan tumhro jas gāvain,
Us kahi shripati kanth lagāvain.*

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

*Sankādik brahmādi muneesā,
Nārad Sārad sahit ahisā.*

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

*Jam kuber digpāl jahā te,
Kabi kobid kahi sake kahā 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 upakār sugrivahi keenhā,
Rām milāye rāj pud deenhā.*

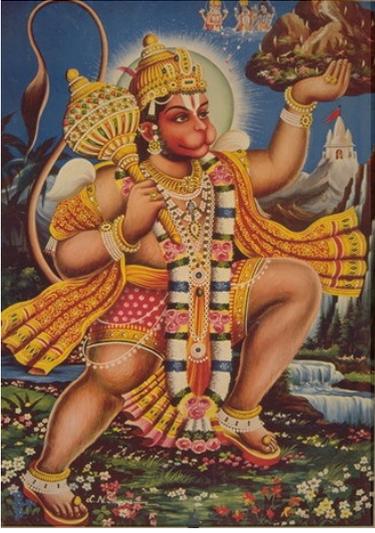
You introduced Lord Ram to Sugreev. Ram helped Sugreev win back his (Sugreev's) crown.

*Tumharo mantr bibhishan mānā,
Lankeshvar bhaye sab jag jānā.*

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

*Jag sahasra jojan par bhānu,
Leelyo tāhi madhur phal jānu.*
You swallowed the sun, millions of miles away, taking it to be a sweet red fruit.
*Prabhu mudrika meli mukh māhi,
Jaladhi lānghi gaye acharaj nāhi.*
Keeping the Lord Rām's ring in your mouth, you crossed the mighty ocean in search of Sitā ji.
*Durgam kāj jagat ke jete,
Sugam anugrah tumhre te te.*
By your grace, all the impediments and difficulties in the world can be easily overcome. (20)
*Rām duāre tum rakhvāre,
Hoat na āgyā binu paisare.*
No one can enter Rām's abode without your consent, O sentinel of the Lord.
*Sab sukh lahai tumhari sarnā,
Tum rakshak kāhu ko darnā.*
By your grace, one can enjoy all happiness, and one need not have any fear under your protection.
*āpan tej samhāro āpai,
teeno loak hākte kāpai.*
When you roar, all the three worlds tremble and only you can control your might.
*Bhoot pisāch nikat nahi āvai,
Mahābir jab nām sunāvai.*
Evil spirits cannot come near your devotees, O Hanumān, who chants your name.
*Nāsai rog harai sab peerā,
Japat nirantar Hanumat beerā.*
By chanting your name constantly, O Lord Hanumān, one can be cured of all disease and pains. (25)
*Sankat te Hanumān chhudāvai,
Man kram vachan dhyān jo lāvai.*
One who always contemplates Hanumān by thoughts, words and deeds, You keep him or her free from all trouble.
*Sab par Rām tapasvi rājā,
Tinke kāj sakal tum sājā.*
You even accomplished all the missions of the ascetic king Rām, who is capable of doing everything.
*Aur manorath jo koee lāvai,
Soee amit jeevan phal pāvai.*
Whoever comes to you for fulfillment of any desire, obtains big rewards in life.
*Chāro joog partāp tumhārā,
Hai parsiddh jagat ujyārā.*
Your glory is acclaimed at all times. It is well known that your radiance is spread all over the cosmos.
*Sādhu sant ke tum rakhvāre,
Asur nikandan Rām dulāre.*
Shri Rām has great affection for you, O Hanumān, the decapitator of evil persons and protector of saints. (30)
*Asht siddhi nau niddhi ke dātā,
us bar deen jānaki mātā.*

You are blessed by Mother Sitā to grant anyone any of the eight occult powers (Siddhis) and nine gems (or wealth).
*Rām rasāyan tumhre pāsā,
Sadā raho raghupati ke dāsā.*
You, with the nectar that is Rām, are always in the service of Lord shri Rām.
*Tumhre bhajan Rām ko pāvai,
Janam janam ke dukh bisrāvai.*
One can attain salvation by chanting your name and become free from sufferings of repeated births and deaths.
*Unt kāl Raghubar pur jāee,
Jahā janam Hari bhakt kahāee.*
After death one enters the eternal abode of Lord Rām and remains His devotee whenever one takes a new birth on earth.
*Aur devtā chitt na dharaee,
Hanumat seii sarv sukh karaee.*
Other Devas or gods may not care to help, but one who serves you, O Hanumān ji, enjoys all pleasures of life. (35)
*Sankat katai mitai sab peerā,
Jo sumirai Hanumat bal-beerā.*
All the problems and pains of those who invoke mighty Hanumān are removed.
*Jai jai jai Hanumān gosāii,
Kripā karahu gurudev ki nāii.*
Hail Thee O Hanumān. Be compassionate to me like my guru.
*Jo sat bār path kar koi,
Chutahi bandi mahā sukh hoi.*
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 Nirvān.
*Jo yah padhai Hanumān Chālisā,
Hoya siddhi sākhi gaurisā.*
One who reads these forty verses in praise of Lord Hanumān --- Lord Shiva vouches --- will overcome all troubles of life.
*Tulasidas sadā Hari cherā,
Keejai nāth hridaya mah derā.*
Tulasidas, who wrote these verses, is an eternal devotee of Lord Shri Rām. O Hanumān, kindly reside in my heart forever. (40)
Dohā--*Pavan tanaya sankat haran,
Mangal moorati roop.
Rām Lakhan Sitā sahit,
Hridaya basahu sur bhoop.*
O shri Hanumān, the son of wind God, the savior and the embodiment of blessings, please reside in my heart, together with shri Rām, Sitā ji and Lakshman ji.
*Siya bar Rāmchandra ki jai
Pavan sut Hanumān ki jai
Umapati Mahadev ki jai*



Shri Hanumān Chālisā (English only)
(Forty verses in obeisance to Lord Hanumān)

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(Verse 1)

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

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

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

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

No one can enter Rām'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 Hanumān, the son of wind God, the savior and the embodiment of blessings, please reside in my heart, together with shri Rām, Sitā ji and Lakshman.

Hail to Lord Rām, the husband of Mother Sitā; Hanumān ji and Lord Shiv, the husband of Mātā Umā. Hail to all other Devas, Devis and saints.

AUM SHANTIH SHANTIH SHANTIH

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Hanumān ji Bringing Herb, Verse 11