

Hanuman Chalisa

Invocation

**Shree Guru charana saroja raja nija
manu mukuru sudhaari**

**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.

Verses

**1. 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.

**2. 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."

**3. 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.

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

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

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

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

**6. 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.

**7. 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.

**8. 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.

**9. 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.

**10. Bheema roopa dhari asura
sanghaare**

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

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

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

**12. 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!"

**13. 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.

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

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

**15. 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.

**16. Tuma upakaara Sugreevahin
keenhaa**

Raama milaaya raaja pada deenhaa
You did great service for Sugriva,
Presenting him to Ram, you gave him the
kingship.

**17. Tumharo mantra Bibheeshana
maanaa**

Lankeshwara bhaye saba jaga jaanaa
Vibhishana heeded your counsel
And became the Lord of Lanka, as the
whole world knows.

**18. 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.

**19. 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.

**20. Durgama kaaja jagata ke jete
Sugama anugraha tumhare tete**
Every difficult task in this world
Becomes easy by your grace.

**21. Raama duaare tuma rakhawaare
Hota na aagya binu paisaare**
You are the guardian at Ram's door,
No one enters without your leave.

**22. 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.

**23. Aapana teja samhaaro aapai
Teenon loka haanka ten kaanpai**
You alone can withstand your own
splendor,
The three worlds tremble at your roar.

**24. Bhoota pisaacha nikata nahin
aawai
Mahaabeera jaba naama sunaawai**
Ghosts and goblins cannot come near,
Great Hero, when your name is uttered.

**25. Naasai roga hare saba peeraa
Japata nirantara Hanumata beeraa**
All disease and pain is eradicated,
Brave Hanuman, by constant repetition of
your name.

**26. Sankata ten Hanumaana churaawai
Mana krama bachana dhyaana jo
laawai**
Hanuman releases from affliction
those who remember him in thought
word and deed.

**27. Saba para Raama tapaswee raajaa
Tina ke kaaja sakala tuma saajaa**
Ram, the ascetic, reigns over all,
but you carry out all his work.

**28. 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.

**29. Chaaron juga parataapa tumhaaraa
Hai parasidha jagata ujiyaaraa**
Your splendor fills the four ages
your glory is renowned throughout the
world.

**30. 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.

**31. 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.

**32. Raama rasaayana toomhare paasaa
Sadaa raho Raghupati ke daasaa**
You hold the elixir of Ram's name
and remain eternally his servant.

**33. Tumhare bhajana Raama ko paawai
Janama janama ke dukha bisaraawai**
Singing your praise, one finds Ram
and escapes the sorrows of countless
lives.

**34. 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.

**35. Aura devataa chitta na dharaaee
Hanumata se-ee sarva sukha karaee**
Give no thought to any other deity,
worshipping Hanuman, one gains all
delight.

**36. Sankata katai mite saba peeraa
Jo sumire Hanumata bala beeraa**
All affliction ceases and all pain is
removed
by remembering the mighty hero,
Hanuman.

**37. Jai jai jai Hanumaana Gosaaee
Kripaa karahu gurudeva kee naaee**
Victory, Victory, Victory to Lord Hanuman!
Bestow your grace on me, as my Guru!

**38. Jo sata baara paata kara koee
Chootahi bandi mahaa sukha hoee**
Whoever recites this a hundred times
is released from bondage and gains bliss.

**39. Jo yaha parai Hanumaana
chaleesaa**
Hoya siddhi saakhee Gauresaa
One who reads this Hanuman Chaleesa
gains success, as Gauri's Lord (Shiva) is
witness.

**40. 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.



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