

HANUMAN CHALISA

"People don't know - every line of the Hanuman Chalisa is a maha mantra."

— Sri Neem Karoli Baba

Shrī Hanumān Chālīsā

(from Prayers of Love book from Kainchi Temple)



maṅgala mūrati māruta nandana

sakala amaṅgala mūla nikandana

Son of the Wind, embodiment of blessings and joy, you destroy the root of all that is inauspicious.

shrī guru charaṇ saroja raja nija mana mukura sudhāri

baraṇau raghubara bimala jasu jo dāyaka phala chāri

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



buddhihīna tanu jānikē sumiraū pavana kumār

bala buddhi vidyā dehu mohī harahu kalesha bikār

I know I have no intelligence, I recall the Son of the Wind. Please give me strength, intelligence, and wisdom and remove my suffering and impurities.

siyā vara rāmachandra pada jaya sharanam

Hail to the refuge of the feet of Sita's husband, Ramachandra.



1. jaya hanumāna jñāna guṇa sāgar

jaya kapīsa tihū loka ujāgar

Glory to you Hanuman, ocean of wisdom and virtue. Hail to the Lord of the Monkeys, the illuminator of the three worlds.

2. rāma dūta atulita bala dhāmā

añjani putra pavanasuta nāmā

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

3. mahābīra bikrama bajaraṅgī

kumati nivāra sumati ke saṅgī

Great hero, mighty as a thunderbolt, remover of negative thoughts and companion to the good.

4. kañchana barana birāja subesā

kānana kuṇḍala kuñchita kesa

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

5. hātha vajra au dhvajā birājai

kāñdhe mūnja jane-ū sājai

In your hands shine mace and a banner; a sacred thread of munja grass adorns your shoulder.

6. shaṅkara suvana kesarī nandana

teja pratāpa mahā jaga bandana

You are Siva's incarnation and Kesari's son – your glory is renowned throughout the world.



7. vidyāvāna guṇī ati chātura

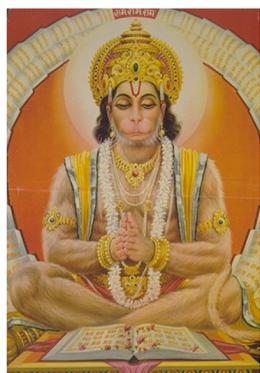
rāma kāja karibe ko ātura

You are the supremely wise, virtuous, and clever. You are ever intent on Ram's work.

8. prabhu charitra sunibe ko rasiyā

rāma lakhana sītā mana basiyā

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



9. sūkshma rūpa dhari siyahī dikhāvā

bikaṭa rūpa dhari laṇka jarāvā

Assuming a tiny form you appeared to Sita, and in awesome guise you burned Lanka.

10. bhīma rūpa dhari asura sañhāre

rāmachandraji ke kāja sañvāre

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

11. lāya sajīvana lakhana jiyāye

shrī raghubīra harashi ura lāye

Bringing the life-giving sajivana herb, you revived Lakshman, and Shri Ram joyfully embraced you.



12. raghupati kīnhī bahuta baṛā-ī

tuma mama priya bharatahi sama bhā-ī

Greatly did the Lord of Raghus praise you saying, "You are as dear to me as my brother Bharat."

13. sahasa badana tumharo jasa gāvāī

asa kahi shrīpati kanṭha lagāvāī

"Thousands of mouths sing your praise," so saying, Sita's Lord drew you to himself.

14. sanakādika brahmādi munīsā

nārada shārada sahitā ahīsā

Sanak and the sages, gods, Brahma, great saints, Narada, Sharada, and king of the serpents,

15. yama kubera digapāla jahān te

kabi kobida kahi sake kahān te

Yama, Kubera, and the guardians of the quadrants, poets and scholars – none can express your glory.

16. tuma upakāra sugrīvahī kīnhā

rāma milāya rājapada dīnhā

You rendered great service to Sugriva. Introducing him to Lord Ram, you gave him kingship.



17. tumharo mantra vibhīshana mānā

laṅkeshvara bha-e saba jaga jānā

Vibhishana heeded your counsel and became the lord of Lanka as all the world knows.

18. yuga sahasra yojana para bhānū

līlyo tāhi madhura phala jānū

Even though the sun is millions of miles away, you swallowed it, thinking it to be a sweet fruit.

19. prabhu mudrikā meli mukha māhīn

jaladhi lāṇghi gaye acharaja nāhīn

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

20. durgama kāja jagata ke jete

sugama anugraha tumhare tete

Every arduous task in this world becomes easy by your grace.

21. rāma duāre tuma rakhavāre

hota na ājñā binu paisāre

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

22. saba sukha lahai tumhārī sharanā

tuma rakshaka kāhū ko dara nā

Taking refuge in you, one finds complete contentment. Those you protect know no fear.

23. āpana teja samhārau āpai

tīnō loka hāṅka tē kāṅpai

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

24. bhūta pisācha nikāta nahī āvai

mahābīra jaba nāma sunāvai

Ghosts and goblins cannot come near, great hero, when your name is uttered.

25. nāsai roga hare saba pīrā

japata nirantara hanumata bīrā

All disease and pain is eradicated by the constant repetition of your name.

26. saṅkaṭa se hanumāna chhuṭāvai

mana krama bachana dhyāna jo lāvai

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

27. saba para rāma tapasvī rājā

tina ke kāja sakala tuma sājā

Ram the renunciate king reigns over all. You carry out all his work.

28. aura manoratha jo ko-ī lāvai

so-ī amita jīvana phala pāvai

One who brings any yearning to you obtains the four fruits of life.

29. chārō yuga paratāpa tumhārā

hai parasiddha jagata ujiyārā

Your splendor fills the four ages; your glory lights up the world.

30. sādhu santa ke tuma rakhavāre

asura nikandana rāma dulāre

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

31. ashṭa siddhi nau nidhi ke dātā

asa bara dīna jānakī mātā

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

32. rāma rasāyana tūmhare pāsā

sadā raho raghupati ke dāsā

You hold the elixir of Ram's name and are forever his servant.

33. tumhare bhajana rāmajī ko pāvai

janma janma ke duḥkha bisarāvai

Singing your praise, one finds Ram and the sorrows of lifetimes are left behind.

34. anta kāla raghubara pura jā-ī

jahān janma hari-bhakta kahā-ī

At death one goes to Ram's own abode, born as God's devotee.

**35. aura devatā chitta na dhara-ī
hanumata se-i sarva sukha kara-ī**

There is no need to remember any other deity; worshiping Hanuman one gains all happiness.

**36. sankāṭa kaṭai miṭai saba pīrā
jo sumirai hanumata bala bīrā**

All suffering and pain vanish when one remembers the brave Hanuman.

**37. jai jai jai hanumāna gosā-ī
kṛpā karahu gurudeva kī nā-ī**

Glory, glory, glory to you Lord Hanuman. Bestow your grace on me as my Guru!

**38. jo shata bāra pāṭha kara ko-ī
chhūṭahi bandi mahā sukha ho-ī**

Whoever recites this 100 times is freed from bondage and enjoys bliss.

**39. jo yaha paṭe hanumāna chālīsā
hoya siddhi sākhī gaurīsā**

These who read this Hanuman Chalisa gains abilities and success, as Gauri's Lord (Siva) bears witness.

**40. tulasīdāsa sadā hari cherā
kījai nātha hṛdaya mahā ḍerā**

Says Tulsidas, Hari's constant servant, "Lord, please make your home in my heart."

**pavana tanaya saṅkaṭa harana maṅgala mūrati rūpa
rāma lakhana sītā sahitā hṛdaya basahu sura bhūpa**

Son of the Wind, king of gods, banisher of sorrow and embodiment of blessings, dwell in my heart together with Ram, Lakshman, and Sita.

siyā vara rāmchandra pada jaya sharanam

Hail to the refuge of the feet of Sita's husband, Ramachandra.

***Please note that this is a slightly simplified transliteration where certain subtle distinctions in the sounds from 's' and 'sh' have been simplified from a strict sanskrit/devnagari transliteration. The same goes for nasalized 'n' and 'm' which have been shown as nasalized 'n' sounds. Also the letters 'y' and 'j' can be used interchangeably. Same goes for the letters 'b' and 'v' which are also interchanged.

TRANSLITERATION GUIDE

a – short 'a' as in 'alive'

ā - long 'a' as in 'car'

i – as in 'lip'

ī - as in 'machine'

u – as in 'put'

ū - as in 'rule'

e – as in 'café'

ai – as in 'Nancy'

o – as in 'boat'

au – as in 'caught'

ã, ē, ī, ū – nasalized vowels

ɖ - as in 'drudgery' (tongue starts from the hard palate)

ɖha – aspirated form of ɖ

kʈ – as in 'critic'

m – as in 'simple'

n̄ – as in 'ink'

ɳ – as in 'under'

ñ – as in 'inch'

ph – as in 'apple', not 'phone'

r̄ – no English equivalent (tongue flaps down from the hard palate making a hard 'r' sound)

r̄h – aspirated form of r̄

th – as in 'tough', not 'thin'

t̄ – as in 'train', but harder

t̄h – as in 'at home'

राम राम

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