

Hanuman Chalisa - As I Know It

(by Dr Christos Bohoris)

1. Cleansing the mirror of my mind with the dust from the lotus feet of the Guru, I describe the unblemished glory of Rama that bestows the four fruits.

2. Knowing this body to be devoid of intellect, I remember the son of the wind. Give me strength, intellect and knowledge and take away all afflictions and passions.

1. Glory to Hanuman who is the ocean of knowledge and virtues. Glory to the leader of the monkeys, renowned in the three worlds.

2. You are the messenger of Rama and the abode of incomparable strength. You are the son of Anjana, known as the son of the wind.

3. You are a great hero, brave with a body like a diamond. You are the destroyer of ignorance and a companion of one whose intellect is pure.

4. You have a golden complexion and you are superb in your attire. You wear rings in your ears and your hair is curly.

5. You hold the thunderbolt and the flag in your hands. The sacred thread made of Munja grass adorns your shoulder.

6. The embodiment of Shiva, the joy giving son of Kesari. Your greatness and abilities are praised by the whole world.

7. Supremely knowledgeable, virtuous and clever. You are always eager to carry out the tasks of Rama.

8. You delight in listening to the Lord's story. Rama, Lakshman and Sita reside in your heart.

9. You assumed a minute form and appeared to Sita. You assumed a huge, fearsome form and burned the city of Lanka.

10. You assumed a terrifying form and destroyed the demons. You carried out all the tasks of Ramachandra.

11. You brought the Sanjivani and revived Lakshman. Rama embraced you in delight.

12. Rama praised you profusely saying, "You are as dear to me as my brother Bharata".

13. "May thousands chant of your achievements", saying this Rama embraced you.

14. Sanaka, Brahma and the best among sages including Narad, Sarad and Ahisa.

15. Yama, Kubera, Dikpala, poets and knowers of the Vedas cannot say enough.
 16. You did Sugriva a great service by introducing him to Rama and giving him the kingdom.
 17. Vibishana accepted your advice and became the King of Lanka, as the whole world knows.
 18. The sun is thousands of yojanas away. You swallowed it thinking it to be a sweet fruit.
 19. You put the Lord's ring in your mouth and leaped across the ocean, there is no surprise to this.
 20. Any difficult task in this world becomes easy with your grace.
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21. You are the guardian at Rama's door. Without your permission nobody can enter.
 22. All bliss is present in your refuge. You are the protector and there is nothing to fear.
 23. When you recall your brilliance the three worlds tremble at your roar.
 24. Evil spirits and ghosts do not come near when your name is chanted Mahavira.
 25. All disease is cured and all sufferings are removed with the continuous repetition of Hanuman's brave name.
 26. Hanuman releases from adversities, those who contemplate upon him in their mind, by their actions and by their words.
 27. Rama is supreme to all, the greatest of all kings and you carry out all his tasks.
 28. Whoever brings to you any wish obtains the unlimited fruits of the wish.
 29. Your glory spans the four ages and your fame illuminates the world.
 30. You are the protector of ascetics and saints, the destroyer of demons and the beloved of Rama.
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31. You are the bestower of the eight powers and the nine treasures, the daughter of Janaka gave you this boon.
32. You have a sweetness for Rama, you remain always the servant of Raghupati.
33. One who is chanting of you finds Rama and forgets the sorrows of consecutive births.
34. At the time of bodily death this one goes to the city of Rama and wherever they are born they are known as a devotee of the Lord.
35. One who does not contemplate on other deities and only serves Hanuman obtains all bliss.
36. All adversities come to an end, all pains are removed, by remembering the strong and brave Hanuman.

37. Glory, Glory, Glory to Hanuman, master of the senses. Show us your grace like a Guru does.

38. One who recites this a hundred times is released from bondage and obtains great bliss.

39. One who reads this Hanuman Chalisa achieves spiritual success. Shiva is a witness to this.

40. Tulsidas is always a devotee of Rama. O Lord, make my heart your abode.

3. Son of the wind, remover of adversities, one with an auspicious form, ruler of deities, may you reside in our hearts along with Rama, Lakshman and Sita.