



## Hanumān Chālīsā — 40 verses in praise of Śrī Hanumān

**Mangala murati maruta nandana | Sakala mangala murani kandana || (2x)**

**Śrī Guru charana saroja raja | Nijamanu mukuru sudhāri ||**

**Baranaum Raghuvara bimala jasu | Jo dāyaka phala chāri ||**

**Buddhi hīna tanu jānikem | Sumiraum pavana kumara ||**

**Bala buddhi vidyā dehu mohim | Harahu kalesa vikāra ||**

**Siyā bara Rāmachandra pada jai sharanam |**

*Having polished the mirror of my heart with the dust of the respected Guru's lotus feet, I sing the pure fame of the best of the Raghus, which bestows the four fruits of life: dharma, artha, kama, moksha. Knowing this body to be devoid of intelligence, I recall the Son of the Wind. Grant me strength, wit, wisdom, and remove my sorrows and shortcomings. Victory to Sita & Ram, at whose feet I take refuge.*

**1. Jaya Hanumāna jñāna guna sāgara | Jaya kapīsha tihum loka ujāgara ||**

*Victory to Hanuman, ocean of wisdom and virtue, Hail Monkey Lord, illuminator of the three worlds.*

**2. Rāma dūta atulita bala dhāmā | Amjani putra pavana suta nāmā |**

*Ram's emissary, abode of extraordinary powers, Anjani's son, named "Son of the Wind."*

**3. Mahāvīra bikrama bajarangī | Kumati nivāra sumati ke sangī ||**

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

**4. Kamchana barana virāja subesā | Kānana kumdala kumchita kesā ||**

*Golden-hued and splendidly adorned, with heavy earrings and curly locks.*

**5. Hātha vajra au dvajā birājai | Kāmdhe mūnja jane-ū sājai ||**

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

**6. Shankara suvana Keśarī nandana | Teja pratāpa mahā jaga vandana ||**

*You are Shiva's son and Kesari's joy, your glory is revered throughout the world.*

**7. Vidyā vāna gunī ati chātura | Rāma kāja karibe ko ātura ||**

*Supremely wise, virtuous, and clever, you are ever intent on Ram's work.*

**8. Prabhu charita sunibe ko rasiyā | Rāma Lakhshana Sītā mana basiyā ||**

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

**9. Sūkshma rūpa dhari Siyahim dikhāvā | Bikata rūpa dhari Lanka jarāvā ||**

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

**10. Bhīma rūpa dhari asura sambhāre | Rāmachandra ke kāja samvāre ||**

*Taking dreadful form you slaughtered demons and completed Lord Ram's mission.*

**11. Lāya samjivana Lakhshana jiyāye | Śrī Raghuvīra harashi ura lāye ||**

*Bringing the magic herb, you revived Lakshman, and Ram embraced you with delight.*

**12. Raghupati kīnhī bahuta barā-i | Tuma mama priya Bharatahi sama bhā-I ||**

*Greatly did the Raghu Lord praise you - "Brother, you're as dear to me as Bharat!"*

**13. Sahasa badana tumharo yasa gāvaim | Asa kahi Śrī pati kantha lagāvaim ||**

*"Thousands will sing your glory!" So saying, Śrī Ram, the Lord of Laksmi, drew you to Himself.*

**14. Sanakādika Brahmādi munīsā | Nārada Sārada sahita ahīsā ||**

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

**15. Yama kubera dikapāla jahānte | Kavi kobida kahi sake kahām te ||**

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

**16. Tuma upakāra Sugrīvahim kīnhā | Rāma milāya rāja pada dīnhā ||**

*You rendered great service to Sugriva, presenting him to Ram, who placed the lost kingdom at his feet.*

**17. Tumharo mantra Vibhīshana mānā | Lankeshvara bhaye saba jaga jānā ||**

*Vibhishana heeded your counsel and became Lord of Lanka, as all the world knows.*

**18. Juga sahasra jojana para bhānu | Līyo tāhi madhura phala jānu ||**

*Though the sun is thousands of miles away, you swallowed it, thinking it a sweet fruit.*

**19. Prabhu mudrikā meli mukha māmhīm | Jaldhi lāmghi gaye acharaja nāhīm ||**

*Holding the Lord's ring in your mouth, it's no surprise you leapt 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 of Ram's door, none enters without your order.*

**22. Saba sukha lahaim tumhārī sharanā | Tuma rakshaka kāhū ko dara nā ||**

*Taking refuge in you one finds all happiness, those you protect know no fear.*

**23. Āpana teja samhāro āpai | Tīnom loka hānka te kāmpai ||**

*Your brilliant light you alone can control, the three worlds tremble at your roar.*

**24. Bhūta pisācha nikata nahim āvai | Mahāvīra japa 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, brave Hanuman, by constant repetition of your name.*

**26. Samkata te Hanumāna chudāvai | Mana krama vachana dhyāna jo lāvai ||**

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

**27. Saba para Rāma tapasvī rājā | Tinake kāja sakala tuma sājā ||**

*Above and beyond all is Sri Ram the supreme renunciant - you carry out his every task.*

**28. Aura manoratha jo ko-i lāvai | So-i amita jīvana phala pāvai ||**

*Whoever expresses a desire to you is rewarded with countless fruits of life.*

**29. Chārom yuga paratāpa tumhārā | Hai parasidha jagata ujjīyārā ||**

*Your splendor fills the four ages, Your glory is famed throughout the world.*

**30. Sādhu santa ke tuma rakhavāre | Asura nikandana Rāma dulāre ||**

*You are the guardian of saints and sages, the destroyer of demons, the beloved of Sri Ram.*

**31. Ashta siddhi naunidhi ke dātā | Asa bara dīna Jānakī Mātā | |**

*You grant the eight powers and nine treasures by the boon you received from Mother Sita (Janaki).*

**32. Rāma rasāyana tūmhare pāsā | Sadā rahau Raghupati ke dāsā | |**

*You hold the elixir of Ram's name and remain eternally His servant.*

**33. Tumhare bhajana Rāma ko pāvai | Janama janama ke dukha bisaravai | |**

*Singing your praise, one finds Ram and escapes the sorrows of countless lives.*

**34. Antakāla Raghupatipura jā-i | Jahām janma Haribhakta kahā-I | |**

*At death, one goes to Ram's own city or is born on earth as God's devotee.*

**35. Aura devatā chita na dharahi | Hanumata se-i sarva sukha kara-I | |**

*There is no need to contemplate other gods - worshipping Hanuman, one gains all happiness.*

**36. Samkata katai mitai saba pīrā | Jo sumirai Hanumata balabīrā | |**

*All affliction ceases, all pain is removed, by remembering the mighty hero, Hanuman.*

**37. Jai Jai Jai Hanumāna Gusā-i | Kripā karahu gurudeva kī nā-I | |**

*Victory, victory, victory to Lord Hanuman! Be gracious to me like my own beloved Guru!*

**38. Jo sata bāra pāta kara ko-i | Chūtahi bamdi mahā sukha ho-I | |**

*Whoever recites this a hundred times is released from bondage and gains bliss.*

**39. Jo yaha padhai Hanumāna chālīsā | Ho-i siddhi sākhī Gaurīsā | |**

*Whoever recites these verses about Hanuman will attain perfection – so Lord Shiva testifies.*

**40. Tulasīdāsa sadā Hari cherā | Kījai nāta hridaya maham derā | |**

*Tulsidas, Hari's constant servant, "Oh Lord, please always dwell in my heart."*

**Pavana tanaya sankata harana | Mangala mūrati rūpa | |**

**Rāma Lakhshana Sītā sahita | Hridaya basahu sura bhūpa | |**

**Siyā bara Rāmachandra pada jai sharanam |**

*Son of the Wind, banisher of sorrow and embodiment of blessing,*

*dwell in my heart, King of Gods, together with Ram, Lakshman, and Sita.*

*Victory to Sita & Ram, at whose feet I take refuge.*