

## SHRĪ HANUMĀN CHĀLĪSĀ

### *Dohā:*

shree-guru charana saroja raja, nija manu mukuru sudhaari |  
baranauñ raghu-bara bimala jasu, jo daayaku phala chaari ||  
buddhi-heena tanu jaanike, sumirauñ pavana-kumaar |  
bala budhi bidyaa dehu mohiñ, harahu kalesa bikaar ||

*siyaa-vara raama-chandra shañkara hari om.*

### *Chaupāi:*

1. jaya hanumaana gyaana guna saagar | jaya kapeesa tihuñ loka ujaagar ||
2. raama doota atulita bala dhaamaa | anjani-putra pavana-suta naamaa ||
3. mahaa-beera bikrama bajaranigee | kumati nivaara sumati ke sañgee ||
4. kanchana barana biraaja subesaa | kaanana kunḍala kunchita kesaa ||
5. haatha bajra au dhvajaa biraajai | kaañdhe moonja jane-oo saajai ||
6. sankara suvana kesaree-nandan | teja prataapa mahaa jaga bandan ||
7. vidyaa-vaana gunee ati chaatur | raama kaaja karibe ko aatur ||
8. prabhu charitra sunibe ko rasiyaa | raama laṣhana seetaa mana basiyaa ||
9. sookshma roopa dhari siyahiñ dikhaavaa | bikaṭa roopa dhari lañka jaraavaa ||
10. bheema roopa dhari asura sañhaare | raama-chandra ke kaaja sañvaare ||
11. laaya sajeevana lakhana jiyaaye | shree raghu-beera haraṣhi ura laaye ||
12. raghu-pati keenhee bahuta baṛaa-ee | tuma mama priya bharaatahi sama bhaa-ee ||
13. sahasa badana tumharo jasa gaavaiñ | asa kahi shreepati kanṭha lagaavaiñ ||
14. sanakaa-dika brahmaadi muneesaa | naarada saarada sahita aheesaa ||
15. jama kubera digapaala jahaan te | kabi kobida kahi sake kahaan te ||
16. tuma upakaara sugreevahiñ keenhaa | raama milaaya raja pada deenhaa ||
17. tumharo mantra bibheeshana maanaa | lankesvara bhae saba jaga jaanaa ||
18. juga sahasra jojana para bhaanoo | leelyo taahi madhura phala jaanoo ||

19. prabhu mudrikaa meli mukha maaheen | jaladhi laaighi gaye acharaja naaheen ||
20. durgama kaaja jagata ke jete | sugama anugraha tumhare tete ||
21. raama duaare tuma rakhavaare | hota na aagyaa binu paisaare ||
22. saba sukha lahai tumhaaree saranaa | tuma rachchhaka kaahoo ko dāra naa ||
23. aapana teja samhaaro aapai | teenon loka haanika ten kaaipai ||
24. bhoota pisaacha nikaṭa nahiin aavai | mahaabeera jaba naama sunaavai ||
25. naasai roga harai saba peeraa | japata nirantara hanumata beeraa ||
26. sankata te hanumaana chhuṛaavai | mana krama bachana dhyana jo laavai ||
27. saba para raama tapasvee raajaa | tina ke kaaja sakala tuma saajaa ||
28. aura manoratha jo koe laavai | soee amita jeevana phala paavai ||
29. chaaronjuga parataapa tumhaaraa | hai parasiddha jagata ujiyaaraa ||
30. saadhu santa ke tuma rakhavaare | asura nikandana raama dulaare ||
31. aṣṭa siddhi nau nidhi ke daataa | asa bara deena jaanakee maataa ||
32. raama rasaayana tumhare paasaa | sadaa raho raghupati ke daasaa ||
33. tumhare bhajana raama ko paavai | janama janama ke dukha bisaraavai ||
34. anta kaala raghubara pura jaaee | jahaañ janma hari-bhakta kahaaree ||
35. aura devataa chitta na dharaee | hanumata se-i sarba sukha karaee ||
36. sankata kaṭai miṭai saba peeraa | jo sumirai hanumata balabeeraa ||
37. JAI! JAI! JAI! hanumaana gosaaeen | kṛipaa karahu guru deva kee naaeen ||
38. jo sata baara paṭha kara koe | chhooṭahi bandi mahaa sukha hoee ||
39. jo yaha paḍhai hanumaana chaaleesaa | hoyaa siddhi saakhee gauresaa ||
40. tulaseedaasa sadaa hari cheraa | keejai naatha hṛidaya mañha deraa ||

***Dohā:***

pavanatanaya sankata harana, mangala moorati roopa |  
raama lakhana seetaa sahita, hridaya basahu sura bhoopa ||

*Siyaa-vara raama-chandra shaṅkara hari om.*

*Hanuman Chalisa, a poem in the vernacular of the time, primarily praising Lord Hanuman, is Tulsidas's most famous piece of literature apart from the Ramacharitamanas, his vernacular version of the Ramayana. Hanuman represents the ultimate disciple, one whose faith is so strong that it gives him the courage and the power to achieve absolutely anything.*

**Doha:**

After cleansing the mirror of my mind with the pollen dust of holy Guru's lotus feet. I profess the pure, untainted glory of Sri Raghuvara (Sri Rama, the supreme among the Raghu dynasty), which bestows the four-fold fruits of life.(dharma, artha, kama and moksha). Fully aware of the deficiency of my intelligence, I concentrate my attention on Pavan Kumar (Hanuman, son of Pavan), and humbly ask for strength, intelligence and true knowledge to relieve me of all blemishes, causing pain.

**Chaupai:**

1. Victory to thee, oh Hanuman, Ocean of Wisdom. All hail to you, Kapisa,, (fountain-head of power, wisdom and shiva-shakti) You illuminate all the three worlds (the entire cosmos) with your glory.
2. You are the divine messenger of Sri Rama, the repository of immeasurable strength, although known only as the son of Pavan (the wind), born of Anjani.
3. With limbs as sturdy as Vajra (the mace of the god Indra), you are valiant and brave. On you attends good sense and wisdom. You dispel the darkness of evil thoughts.
4. Your physique is beautiful, golden-coloured, and your dress is pretty. You wear earrings and have long curly hair.
5. You carry in your hand a lightening bolt, along with a victory flag, and wear the sacred thread on your shoulder.
6. As a descendant of Lord Shankara (Shiva), you are the comfort and pride of Sri Keshari. With the lustre of your vast sway, you are propitiated all over the universe.
7. You are the repository of learning, virtuous and fully accomplished, always keen to carry out the behests of Sri Ram.
8. You are an ardent listener, always so keen to listen to the narration of Sri Ram's life stories. Your heart is filled with what Sri Ram stood for. You therefore always dwell in the hearts of Sri Ram, Lakshman and Sita.
9. You appeared before Sita in a diminutive form and spoke to her in humility. You assumed an awesome form and struck terror by setting Lanka on fire.
10. With overwhelming might you destroyed the Asuras (demons), and performed all tasks assigned to you by Sri Ram with great skill.
11. You brought Sanjivan (a herb that revives life) and restored Lakshman back to life. Sri Ram cheerfully embraced you with his heart full of joy.
12. Sri Raghupati (Sri Ram) lustily extolled your excellence and said: "You are as dear to me as my own brother Bharat."
13. "Thousands of living beings are chanting hymns of your glories"; saying thus, Sri Ram warmly hugged Hanuman.
14. Prophets like Sanak, even the sages like Lord Brahma, the great hermit Narada himself, Goddess Saraswati, and Ahisha(one of immeasurable dimensions), fail to do you justice with their praises.
15. Even Yamraj (God of Death), Kuber (God of Wealth), and the Diggals (deputies guarding the four corners of the Universe), have been vying with one another in offering homage to your glories. How then, can a mere poet give adequate expression of your super excellence?
16. You rendered a great service to Sugriva. You united him with Sri Ram and he installed him on the Royal Throne.
17. By heeding your advice, Vibhishan became Lord of Lanka. This is known all over the universe.
18. On your own you swallowed the Sun, which is at a fabulous distance of thousands of miles, thinking it to be a sweet luscious fruit.
19. Carrying the Lord's signet ring in your mouth, there is hardly any wonder that you easily leapt across the ocean.

20. The burden of all difficult tasks of the world become light with your kind grace.
21. You are the sentry at the door of Sri Ram's divine abode. No one can enter it without your permission.
22. All the comforts of the world lie at your feet. The devotees enjoy all divine pleasures and feel fearless under your benign protection.
23. You alone are befitted to carry your own splendid valour. All the three worlds (the entire universe) tremble at your thunderous roar.
24. All the ghosts, demons and evil forces keep away with the mere mention of your great name, Mahaveer.
25. All diseases, pain and suffering disappear on reciting Sri Hanuman's holy name regularly.
26. Those who remember Sri Hanuman in thought, word and deed, and with sincerity and faith, are rescued from all crises in life.
27. All who hail, worship and have faith in Sri Ram as the Supreme Lord and the king of austerity, you make all their difficult tasks very easy.
28. Whosoever comes to you for fulfillment of any desire with faith and sincerity, will secure the imperishable fruit of human life.
29. All through the four ages your magnificent glory is acclaimed far and wide. Your fame is radiantly acclaimed all over the Cosmos.
30. You are saviour and guardian angel of saints and sages and destroy all demons. You are the angelic darling of Sri Ram.
31. You can grant to anyone the yogic powers of Eight Siddhis (power to become light and heavy at will), and Nine Nidhis (riches, comfort, power, prestige, fame, sweet relationships, etc.) This boon has been conferred upon you by Mother Janaki (the mother of Rama).
32. You possess the power of devotion to Sri Ram. In all rebirths you will always remain his most dedicated disciple.
33. Through hymns sung in devotion to you, one can find Sri Ram and become free from the sufferings of several births.
34. If, at the time of death, one enters the divine abode of Sri Ram, thereafter in all future births one is born as the Lord's devotee.
35. One need not entertain any other deity for propitiation, as devotion to Sri Hanuman alone can give all happiness.
36. One is freed from all the sufferings and ill-fated contingencies of rebirths in the world when one adores and remembers Sri Hanuman.
37. Hail, hail, hail, Hanuman, Lord of senses. Let your victory over evil be firm and final. Bless me in the capacity as my supreme guru.
38. One who recites the Chalisa one hundred times becomes free from the bondage of life and death and enjoys the highest bliss at last.
39. All those who recite Hanuman Chalisa (the forty chaupais) regularly are sure to be benedicted. Such is the evidence of no less a witness than Lord Shankara.
40. Tulsidas, as a humble devotee of the Divine Master, stays perpetually at his feet, and prays "Oh Lord, you are enshrined within my heart & soul."

***Doha:***

One who recites the Chalisa one hundred times becomes free from the bondage of life and death and enjoys the highest bliss at last. All those who recite Hanuman Chalisa (the forty chaupais) regularly are sure to be benedicted. Such is the evidence of no less a witness than Lord Shankara.