

# 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 jānike 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 bajaṅgī**

**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  
kāndhe 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.*

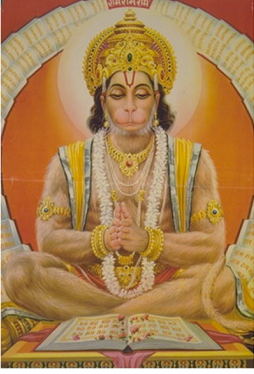


7. vidyāvāna guṇī ati chātura  
rāma kāja karibe ko ātura

*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 laṅka 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 sajiavana 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 gāvaī  
asa kahi shrīpati kaṅṭha lagāvaī

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

14. sanakādika brahmādi munīsā  
nārada shārada sahita 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 Sugrīva. 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 lāṅghi gaye acharaja nāhīn**

*Holding the Lord's ring in your mouth, it is 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 hānka tē kānpai**

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

**24. bhūta pisācha nikaṭa 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 chhuṛāvai**

**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 ujjīārā**

*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; worshipping 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 paṛe hanumāna chālīsā  
hoya siddhi sākhī gaurīsā**

*Those 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 sahita 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, ě, ĩ, õ, ũ – nasalized vowels

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

ḍha – aspirated form of ḍ

kṛ – as in 'critic'

m̃ – as in 'simple'

ñ – as in 'ink'

ṇ – as in 'under'

ñ – as in 'inch'

ph – as in 'apple', not 'phone'

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

ṛh – aspirated form of ṛ

th – as in 'tough', not 'thin'

ṭ – as in 'train', but harder

ṭh – as in 'at home'

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