



猴神四十頌 (Hanuman Chalisa)

徒拉斯達思 (Tulsidas) 著

本會永遠名譽顧問 鄭驊峰老師(Hari Cheng)義務翻譯

猴神四十頌不但是歌頌猴神的大能，以獲得祂的加持的禱文，也包含對神敬愛的最高智慧。印度傳統相信唱頌這篇禱文，不但能突破生命的困難，更能增加自己對神的虔敬。

Doha 序章

Shree Gu-ru cha-ra-na sa-ro-ja ra-ja
上師吉祥蓮花足 泥塵磨亮我心鏡

Ba-ra-naun Rag-hu-ba-ra bi-ma-la ja-su
歌頌羅摩的美善 能賜人生四果報

Bud-hi hee-na ta-nu jaa-ni-ke
自知此身實無知 憶記風神的愛兒

Ba-la bud-hi vid-yaa de-hu mo-hin
求賜力量與智慧 除我苦痛與罪愆

Ni-ja ma-nu mu-ku-ru sud-haa-ri

Jo daa-ya-ku pha-la chaa-ri

Su-mi-raun pa-va-na ku-maa-ra

Ha-ra-hu ka-le-sa bi-kaa-ra

1. Ja-ya Ha-nu-maa-na gyaa-na gu-na saa-ga-ra
猴神智德如大洋 猴王光明昭三界

2. Raa-ma doo-ta a-tu-li-ta ba-la dhaa-maa
羅摩之僕誰能敵 猴母風神之愛兒

3. Ma-haa-bee-ra bi-kra-ma ba-ja-ran-gee
大勇軀如金剛杵 淨我愚癡親聖賢

4. Kan-cha-na ba-ra-na bi-raa-ja su-be-saa
衣冠金光耀彩華 耳佩金環髮曲長

Ja-ya Ka-pee-sha ti-hun lo-ka u-jaa-ga-ra

An-ja-ni pu-tra Pa-va-na-su-ta naa-maa

Ku-ma-ti ni-vaa-ra su-ma-ti ke san-gee

Kaa-na-na kun-da-la kun-chi-ta ke-saa

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| 5. Haa-tha baj-ra au-ra dva-jaa bi-raa-jai
手執法鎚與旌旗 肩佩聖草編法繩 | Kaan-dhe moon-ja ja-neu saa-jai |
| 6. Shan-ka-ra su-va-na Ke-sa-ree nan-da-na
濕婆臨凡風神子 大力名垂全宇宙 | Te-ja pra-taa-pa ma-haa ja-ga ban-da-na |
| 7. Vi-dyaa vaa-na gun-ee at-i chaa-tu-ra
博學聖德極聰敏 全心工作為羅摩 | Raa-ma kaa-ja ka-ri-be ko aa-tu-ra |
| 8. Prab-hu cha-ri-tra su-ni-be ko ra-si-yaa
羅摩事蹟如甘露 主母王叔住心中 | Raa-ma Lak-ha-na See-taa ma-na ba-si-yaa |
| 9. Sooksh-ma roo-pa dha-ri Si-ya-hin di-khaa-vaa
藏形變身示主母 切齒怒目焚蘭卡 | Bi-ka-ta roo-pa dha-ri Lan-ka ja-raa-waa |
| 10. Bhee-ma roo-pa dha-ri a-su-ra san-ghaa-re
大將威風除妖魔 執勤精忠為羅摩 | Raa-ma-chan-dra ke kaa-ja san-vaa-re |
| 11. Laa-ya sa-jee-va-na Lak-ha-na ji-yaa-ye
尋得仙草活主弟 羅摩歡欣相擁抱 | Shree Rag-hu-bee-ra ha-ra-shi u-ra laa-ye |
| 12. Rag-hu-pa-ti keen-hee ba-hu-ta ba-raa-i
聖主羅摩盛嘉許 您如親弟巴拉特 | Tu-ma ma-ma pri-ya Bha-ra-ta-hi sa-ma bhaa-i |
| 13. Sa-ha-sa ba-da-na tum-ha-ro ja-sa gaa-vai
千口蛟龍頌名聲 如是羅摩擁抱你 | A-sa ka-hi Shree-pa-ti kan-tha la-gaa-vai |
| 14. Sa-na-kaa-di-ka Brah-maa-di mu-nee-saa
新尼卡梵天聖賢 那拉陀辯天龍王 | Naa-ra-da Saa-ra-da sa-hi-ta A-hee-saa |
| 15. Ya-ma Ku-be-ra di-ga-paa-la ja-haan-te
閻摩財神八方王 詩人學者莫能言 | Ka-bi ko-bi-da ka-hi sa-ke ka-haan-te |
| 16. Tu-ma u-pa-kaa-ra Su-gree-va-hin keen-haa
義助猴子國國君 引見羅摩得成王 | Raa-ma mi-laa-ya raa-ja pa-da deen-haa |
| 17. Tum-ha-ro man-tra Vi-bhee-sha-na maa-naa
維比山拿得忠告 得成蘭卡國君王 | Lan-ke-sh-va-ra bha-ye sa-ba ja-ga jaa-naa |
| 18. Yu-ga sa-ha-sra yo-ja-na pa-ra bhaa-nu
太陽距離千萬里 當作美果竟吞服 | Leel-yo taa-hi ma-dhu-ra pha-la jaa-nu |



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19. Prab-hu mu-dri-kaa me-li muk-ha maa-heen Ja-lad-hi laan-ghi ga-ye a-cha-ra-ja naa-heen
口含聖主之戒子 無疑能跨大海洋
20. Dur-ga-ma kaa-ja ja-ga-ta ke je-te Su-ga-ma a-nu-gra-ha tum-ha-re te-te
世間種種艱難事 得蒙恩典變輕鬆
21. Raa-ma du-aa-re tu-ma rak-ha-vaa-re Ho-ta na aa-gyaa bi-nu pai-saa-re
緊守羅摩之大門 不蒙批准莫能進
22. Sa-ba suk-ha la-hai tum-haa-ree sha-ra-naa Tu-ma rak-sha-ka kaa-hu ko da-ra-naa
在您庇蔭得喜樂 得您保護無恐懼
23. Aa-pa-na te-ja sam-haa-rau aa-pai Tee-non lo-ka haan-ka ten kaan-pai
唯您方能承大能 咆哮三界也顛慄
24. Bhoo-ta pis-haa-cha ni-ka-ta na-hin aa-vai Ma-haa-bee-ra ja-ba naa-ma su-naa-vai
鬼妖莫能得接近 頌唸大勇之名號
25. Naa-sai ro-ga ha-re sa-ba pee-raa Ja-pa-ta ni-ran-ta-ra Ha-nu-mat-a bee-raa
病苦盡悉得移除 唸頌大勇猴王名
26. San-ka-ta ten Ha-nu-maa-na chu-raa-vai Ma-na kra-ma ba-cha-na dhyaana jo laa-vai
猴王助人脫苦難 常念猴王思言行
27. Sab pa-ra Raa-ma ta-pas-vee raa-jaa Ti-na ke kaa-ja sa-ka-la tu-ma saa-jaa
苦行聖君羅摩神 得您相助成大事
28. Au-ra ma-no-ra-tha jo ko-ee laa-ve So-ee a-mi-ta jee-va-na pha-la paa-ve
如能向您求心願 願望定能得實現
29. Chaa-ron yu-ga pa-ra-taa-pa tum-haa-raa Hai pa-ra-sid-ha ja-ga-ta u-ji-yaa-raa
您的光輝耀四劫 您的聖名頌四方
30. Saa-dhu san-ta ke tu-ma rak-ha-vaa-re A-su-ra ni-kan-da-na Raa-ma du-laa-re
您是聖賢之護法 滅魔大神羅摩愛
31. Ash-ta sid-hi nau nid-hi ke daa-taa As-a ba-ra dee-na Jaa-na-kee Maa-taa
賜予八通與九寶 王朝主母賞大願
32. Raa-ma ra-saa-ya-na toom-ha-re paa-saa Sa-daa ra-ho Ra-ghu-pa-ti ke daa-saa
羅摩名號作甘露 永為羅摩之僕人

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33. Tum-ha-re bha-ja-na Raa-ma ko paa-vai Ja-na-ma ja-na-ma ke duk-ha bi-sa-ra-vai
歌頌您名見羅摩 多生苦痛能了斷
34. An-ta kaa-la Rag-hu-ba-ra pu-ra jaa-ee Ja-haan jan-ma Ha-ri bhak-ta ka-haa-ee
命終往生羅摩國 再世為神之信徒
35. Au-ra de-va-taa chi-ta na dha-ra-ee Ha-nu-ma-ta se-ee sar-va suk-ha ka-ra-ee
心無旁騖敬猴神 可獲眾多福與樂
36. San-ka-ta ka-tai mi-te sa-ba pee-raa Jo su-mi-re Ha-nu-ma-ta ba-la bee-raa
誰念猴神威勇力 一切苦惱盡消除
37. Jai Jai Jai Ha-nu-maa-na Go-saa-ee Kri-paa ka-ra-hu gu-ru-de-va kee naa-ee
猴神得勝威嚴在 恩慈大德如上師
38. Jo sa-ta baa-ra paa-ta ka-ra ko-ee Choo ta-hi ban-di ma-haa suk-ha ho-ee
持誦本頌一百遍 苦難遠離福樂臨
39. Jo ya-ha pa-rai Ha-nu-maa-na chaa-lee-saa Ho ya sid-hi saa-khee Gau-ree-saa
恭唸猴神四十頌 能得圓滿神作證
40. Tu-la-see-daa-sa sa-daa Ha-ri che-raa Kee je naa -ta hri-da-ya ma-han de-raa
徒拉斯達為神僕 願主常住我心間

Doha 結束

- Pa-va-na ta-na-ya san-ka-ta ha-ra-na Man-ga-la moo-ra-ti roo-pa
風神之子除困苦 吉祥化身作猴王
- Raa-ma Lak-kha-na See-taa sa-hi-ta Hri-da-ya ba-sa-hu su-ra bhoo-pa
聖君聖母與王叔 常住我心作我主
- Siyaa-vara Raama-chandra Kee Jai 主羅摩與主母悉坦主母萬歲*
- Pavana Suta Hanumaan Kee Jai 風神之子猴神萬歲*
- Umaa Pati Mahaa-dev Kee Jai 施化神與天母萬歲*
- Bolo Bhai Sab Suntun Kee Jai 願所有諸位聖賢萬歲*