



Hanuman Chalisa 《猴神四十頌》 - Chinmaya Mission

ॐ

श्री हनुमान चालीसा

śrī hanumāna cālīsā

दोहा

dohā

श्रीगुरु चरन सरोज रज निज मनु मुकुरु सुधारि ।

śrīguru carana saroja raja nija manu

mukuru sudhāri ।

बरनऊँ रघुवर विमल जसु जो दायकु फल चारि ॥

baranaūñ raghubara bimala jasu jo dāyaku

phala cāri ॥

After purifying the mirror of my mind with the dust from the lotus feet of my guru, let me describe the shining, untainted glory of Lord Hanumān, a member of the Raghu dynasty, one who is capable of bestowing the four purushārthas¹ on his devotees.

बुद्धिहीन तनु जानिके सुमिरौ पवनकुमार ।

buddhihīna tanu jānike sumiraun

pavanakumāra ।

बल बुद्धि विद्या देहु मोहिं हरहु कलेस बिकार ॥

bala buddhi bidyā dehu mohin harahu

kalesa bikāra ॥

Knowing myself to be ignorant, lacking in intelligence and wisdom, I remember Hanumanji, the son of Pavana (the wind god) and invoke His grace to forcibly remove all the afflictions of my body and impurities of my mind and bless me with strength, wisdom, and discriminative knowledge.

जय हनुमान ज्ञान गुन सागर ।

jaya hanumāna jñāna guna sāgara ।

जय कपीस तिहुँ लोक उजागर ॥

jaya kapīsa tihuñ loka ujāgara ॥

Glory to Lord Hanuman who is the boundless ocean of knowledge and virtues. Glory to Lord Hanuman who is the king of the monkeys and the light of whose fame illumines the three worlds.

राम दूत अतुलित बल धामा ।

rāma dūta atulita bala dhāmā ।

अंजनिपुत्र पवनसुत नामा ॥

añjaniputra pavanasuta nāmā ॥

O Lord Hanuman! You are the messenger of Lord Rama, the abode of incomparable strength, the son of Anjani, and known also by the name Pavanasuta (son of wind god).

महावीर विक्रम बजरंगी ।

mahābīra bikrama bajaranḡī ।

कुमति निवार सुमति के संगी ॥

kumati nivāra sumati ke saṅḡī ॥

You are the greatest warrior, possessed of valor with a body that is as strong as steel.

You have the power to destroy all the negative tendencies of the mind and You are the constant companion of those who are discriminating and wise.

कंचन बरन बिराज सुबेसा ।

kañcana barana birāja subesā ।

कानन कुंडल कुंचित केसा ॥

kānana kuṇḍala kuñcita kesā ॥

Your complexion has a golden glow and your appearance is enhanced by your beautiful clothes, earrings and curly hair.

¹ Four-fold fruits of life - dharma, artha, kāma, moksha



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हाथ वज्र औ ध्वजा बिराजै ।

hātha vajra au dhvajā birājai ।

काँधे मूँज जनेऊ साजै ॥

kāṁdhe mūñja janeū sājai ॥

You have a thunderbolt in one hand and the flag of Lord Rama in the other. The sacred thread made of *munja* grass on your shoulder adorns you.

संकर सुवन केसरीनंदन ।

saṅkara suvana kesarīnandana ।

तेज प्रताप महा जग बंदन ॥

teja pratāpa mahā jaga bandana ॥

You are the incarnation of Lord Siva and the son of Kesari. The whole world sings the glories of your shining prowess and valor.

विद्यावान गुनी अति चातुर ।

vidyāvāna guṇī ati cātura ।

राम काज करिवे को आतुर ॥

rāma kāja karibe ko ātura ॥

You are possessed of knowledge, great virtues, a sharp intellect, and are ever eager to serve the lord of your heart, Rama.

प्रभु चरित्र सुनिवे को रसिया ।

prabhu caritra sunibe ko rasiyā ।

राम लखन सीता मन बसिया ॥

rāma lakhana sitā mana basiyā ॥

You take great delight in listening to the glories of Lord Rama, who along with Mother Sita and Lakshmana have taken up permanent residence in Your heart.

सूक्ष्म रूप धरि सियहिं दिखावा ।

sūkṣma rūpa dhari siyahin dikhāvā ।

बिकट रूप धरि लंक जरावा ॥

bikaṭa rūpa dhari laṅka jarāvā ॥

Having reached Lanka, You assumed the most minute form and appeared before Mother Sita. With her permission, You then assumed a huge, fierce form and burnt the city of Lanka.

भीम रूप धरि असुर संहारे ।

bhīma rūpa dhari asura saṁhāre ।

रामचंद्र के काज सँवारे ॥

rāmacandra ke kāja saṁvāre ॥

In order to accomplish the mission of Lord Rama, You took a gigantic form and slew many demons in Lanka.

लाय सजीवन लखन जियाये ।

lāya sajivana lakhana jiyāye ।

श्रीरघुवीर हरषि उर लाये ॥

śrīraghubīra haraṣi ura lāye ॥

You brought the *sanjivani* plant from the Himalayas, which revived Lakshman thereby bringing great joy to Lord Rama's heart.

रघुपति कीन्ही बहुत बड़ाई ।

rāghupati kīnhi bahuta baṛāi ।

तुम मम प्रिय भरतहि सम भाई ॥

tuma mama priya bharatahi sama bhāi ॥

Lord Rama praised You profusely and said that You are as dear to Him as Bharat.

सहस्र बदन तुम्हरो जस गावैं ।

sahasra badana tumharo jasa gāvain ।

अस कहि श्रीपति कंठ लगावैं ॥

asa kahi śrīpati kaṇṭha lagāvain ॥

"The thousand-headed snake (*sheshanaga*) sings Your glories", thus saying Lord Rama, the divine consort of Mother Sita, embraced Hanuman. This also refers to Lakshmana who is considered an incarnation of *shesha*.

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The Divine Life Society

(Hong Kong Branch) Yoga Centre

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सनकादिक ब्रह्मादि मुनीसा ।
sanakādika brahmādi munīsā ।
नारद सारद सहित अहीसा ॥
nārada sārada sahita ahīsā ॥

Your glories are also sung by great sages
like Sanaka and Nārada, gods and
goddesses like Brahmā and Sarasvatī.

जम कुबेर दिगपाल जहाँ ते ।
jama kubera digapāla jahāñ te ।
कवि कोबिद कहि सके कहाँ ते ॥
kabi kobida kahi sake kahāñ te ॥

Yama, the Lord of Death, Kubera, the god of
wealth, the guardians of the directions, great
poets and scholars have all tried to sing
Your glories, but they have not been able to
do justice.

तुम उपकार सुग्रीवहि कीन्हा ।
tuma upakāra sugrīvahiñ kīnhā ।
राम मिलाय राज पद दीन्हा ॥
rāma milāya rāja pada dīnhā ॥

You obliged Sugrīva by introducing him to
Lord Rama who helped him to regain his
kingdom.

तुम्हरो मंत्र बिभीषन माना ।
tumharo mantra bibhīṣana mānā ।
लंकेस्वर भए सब जग जाना ॥
lañkesvara bhae saba jaga jānā ॥

Vibhīshana became renowned all over the
world as the king of Lanka by heeding your
advice to surrender to Lord Rama.

जुग सहस्र जोजन पर भानू ।
juga sahastra jojana para bhānū ।
लील्यो ताहि मधुर फल जानू ॥
līlyo tāhi madhura phala jānū ॥

As a child You leaped up thousands of miles
with ease and swallowed the Sun thinking
him to be a sweet fruit.

प्रभु मुद्रिका मेलि मुख माहीं ।
prabhu mudrikā meli mukha māhīñ ।
जलधि लाँघि गये अचरज नाहीं ॥
jaladhi lāñghi gaye acaraja nāhīñ ॥

Therefore it is not a subject of wonderment
that You flew over and crossed the ocean
with Lord Rāma's ring in Your mouth.

दुर्गम काज जगत के जेते ।
durgama kāja jagata ke jete ।
सुगम अनुग्रह तुम्हरे तेते ॥
sugama anugraha tumhare tete ॥

All the tasks of the world, regardless of the
level of difficulty, are accomplished easily by
Your grace.

राम दुआरे तुम रखवारे ।
rāma duāre tuma rakhavāre ।
होत न आज्ञा बिनु पैसारे ॥
hota na ājñā binu paisāre ॥

You guard the entry to Ramji's palace where
none can enter without Your permission.

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सब सुख लहै तुम्हारी सरना ।

saba sukha lahai tumhārī saranā ।

तुम रच्छक काहू को डरना ॥

tuma racchaka kāhū ko ḍara nā ॥

All joys are to be found in Your refuge and
with You as the protector there is no cause
for fear.

आपन तेज सम्हारो आपै ।

āpana teja samhāro āpai ।

तीनों लोक हाँक ते काँपै ॥

tīnoṁ loka hāṁka teṁ kāṁpai ॥

You alone are capable of controlling the
blazing splendor of Your powers. The three
worlds tremble with fear when they hear
Your thunderous roar.

भूत पिसाच निकट नहिं आवै ।

bhūta pisāca nikaṭa nahim āvai ।

महावीर जब नाम सुनावै ॥

mahāvīra jaba nāma sunāvai ॥

Ghosts and demons do not dare to come
near when they hear the name of Mahavira
being chanted.

नासै रोग हरै सब पीरा ।

nāsai roga harai saba pīrā ।

जपत निरंतर हनुमत बीरा ॥

japata nirantara hanumata bīrā ॥

All ailments are destroyed and all pain and
suffering are removed by constant repetition
and remembrance of Your bravery.

संकट ते हनुमान छुड़ावै ।

saṅkaṭa teṁ hanumāna churāvai ।

मन क्रम बचन ध्यान जो लावै ॥

mana krama bacana dhyāna jo lāvai ॥

You remove all the difficulties of those who
meditate on You in thought, deed and
speech with sincerity and faith.

सब पर राम तपस्वी राजा ।

saba para rāma tapasvī rājā ।

तिन के काज सकल तुम साजा ॥

tina ke kāja sakala tuma sājā ॥

You were successful in carrying out the
missions of Lord Rama, the supreme
ascetic, who is the ruler of all.

और मनोरथ जो कोई लावै ।

aura manoratha jo koī lāvai ।

सोई अमित जीवन फल पावै ॥

soī amita jivana phala pāvai ॥

You grant the desires of all seekers by
giving them the fruit of immortal life.

चारों जुग परताप तुम्हारा ।

cāroṁ juga paratāpa tumhārā ।

है परसिद्ध जगत उजियारा ॥

hai parasiddha jagata ujiyārā ॥

Your glory is renowned in the four yugas²
and its glowing radiance shines forth all over
the world.

साधु संत के तुम रखवारे ।

sādhu santa ke tuma rakhavāre ।

असुर निकंदन राम दुलारे ॥

asura nikandana rāma dulāre ॥

You are the protector of all who are
righteous, the destroyer of those who are
evil and very dear to Lord Rama.

² *satya, tretā, dvāpar and kali*



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अष्ट सिद्धि नौ निधि के दाता ।
aṣṭa siddhi nau nidhi ke dātā ।

अस बर दीन जानकी माता ॥
asa bara dīna jānakī mātā ॥

Mother Sita has granted You the boon of having the power to grant eight kinds of *siddhis*³ and nine forms of wealth⁴ to seekers.

राम रसायन तुम्हरे पासा ।
rāma rasāyana tumhare pāsā ।
सदा रहो रघुपति के दासा ॥ ३२
saḍā raho raghupati ke dāsā ॥

You possess the elixir of devotion to Lord Rama, and You remain His ever-devoted servant.

तुम्हरे भजन राम को पावै ।
tumhare bhajana rāma ko pāvai ।
जनम जनम के दुख विसरावै ॥
janama janama ke dukha bisarāvai ॥

Singing Your praises, aspirants attain Lord Rama and forget the misery of countless previous births.

अंत काल रघुवर पुर जाई ।
anta kāla raghubara pura jāi ।
जहाँ जन्म हरिभक्त कहाई ॥
jahāñ janma haribhakta kahāi ॥

At the time of death such a person will go to the abode of Lord Rama where he will take birth as a devotee of the Lord.

और देवता चित्त न धरई ।

aura devatā citta na dharaī ।

हनुमत सेई सर्व सुख करई ॥

hanumata seī sarba sukha karaī ॥

One who worships Hanumanji with single-pointed devotion enjoys all bliss.

संकट कटै मिटै सब पीरा ॥

saṅkaṭa kaṭai miṭai saba pīrā ॥

जो सुमिरै हनुमत बलबीरा ॥

jo sumirai hanumata balabīrā ॥

All difficulties and sufferings are destroyed for the devotee who lives in the constant remembrance of the valiant Lord Hanuman.

जै जै जै हनुमान गोसाई ।

jai jai jai hanumāna gosāiñ ।

कृपा करहु गुरु देव की नाई ॥

kṛpā karahu guru deva kī nāiñ ॥

Glory, glory, all glory to Lord Hanuman who is the master of His organs of perception and action. Please shower me with Your grace just like my own guru.

जो सत बार पाठ कर कोई ।

jo sata bāra pāṭha kara koī ।

छूटहि बंदि महा सुख हो ॥

chūṭahi bandi mahā sukha hoī ॥

He who recites this *Hanuman Chalisa* a hundred times is released from the bondage of birth and death and enjoys the absolute bliss of immortality.

³ *animā, mahimā, garimā, laghimā, prapitih, prakāmyam, ishitvam, vashitvam*

⁴ *mahāpadma, padma, shankha, makara, kacchapa, mukunda, kunda, nīla, kharva*



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जो यह पढ़ै हनुमान चलीसा ।

jo yaha paṛhai hanumāna calīsā ।

होय सिद्धि साखी गौरीसा ॥

hoya siddhi sākhī gaurīsā ॥

Lord Siva Himself bears witness that one who recites this *Hanuman Chalisa* regularly will be successful in accomplishing his goal of attaining perfection.

तुलसीदास सदा हरि चेरा ।

tulasīdāsa sadā hari cerā ।

कीजै नाथ हृदय मैं डेरा ॥

kījai nātha hṛdaya mañha ḍerā ॥

Tulasidasji says that he is ever in the service of the Lord and requests Him to come and reside in his heart.

दोहा

dohā

पवनतनय संकट हरन मंगल मूर्ति रूप ।

pavanatanaya saṅkaṭa harana maṅgala mūrati rūpa ।

राम लखन सीता सहित हृदय बसहु सुर भूप ॥

rāma lakhana sītā sahita hṛdaya basahu sura bhūpa ॥

O Lord Hanuman, You are destroyer of all miseries and the very embodiment of all auspiciousness. O king of the gods! Please come and dwell in my heart along with Ramji, Lakshmanji and Sitaji.

॥ इति ॥

॥ iti ॥