

HANUMANA CHALISA

Tulsidas says (*sage born 12,000 BC*):

Shrī-gurū charana saroja raja

I bow to the lotus feet of the divine guru.

Nija mana mukuru sudhāri

May the dust of Your feet clean the mirror of my mind.

Baranaūñ Raghubar bimala jasu

Now I will describe the pure glory of Shri Rama, who bestows the four gifts:

Jo dāyaku phala chāri

Dharma (virtue and right conduct), artha (purpose and wealth), kama (love and desire) and moksha (liberation and salvation).

Buddhi hīn tanu jānike

Realising the limitations of the mind,

Sumirāuñ Pavana kumār

I remember the son of the wind-god.

Bal buddhi vidyā dehu mohiñ

Please give me strength, wisdom and knowledge, O great-bodied one,

Harahu kalesa vikāra

To relieve me of all my sufferings and impurities.

Now begins the main body of the Shri Hanumana chalisa, consisting of forty quatrains praising Shri Hanumana's qualities of head and heart, used for fulfilling the divine mission of protecting the good and destroying evil.

(1) Jay Hanumāna gyāna guna sāgara

Victory to Shri Hanumana, the ocean of knowledge and virtue.

Jay kapīsa tihūñ-loka ujāgara

Hail great lord of the monkeys who illuminates the three worlds!

(2) Rāma-dūta atulīta bala dhāmā

Messenger of Shri Rama, of unequalled strength,

Anjanī-putra Pavana-suta nāmā

Son of Shri Anjani, You are also called the wind-god's son.

(3) Mahā-vīra vikram bajarāṅgī

Powerful and courageous warrior, with mighty limbs,

Kumati nivāra sumati ke saṅgī

Remover of evil tendencies in the mind and friend of wisdom;

(4) Kanchana barana virāja subesā

O You of golden complexion and well attired,

Kānana kundala kunchita kesā

Youthful, wearing ear rings, with curly hair,

(5) Hātha bajra aur dhvajā birāje

You hold the Vajra (the rock) and the flag in Your hands,

Kāndhe mūnja janeū sāje

With the sacred thread of munj grass across Your shoulder,

(6) Shaṅkara suvana Kesarī-nandana

Shining with auspiciousness, O son of Kesari,

Teja pratāpa mahā jaga-vandana

Glorious and radiant, You are worshipped by the whole world.

(7) Vidyāvāna gunī ati chātura

You are highly learned, virtuous and sagacious.

Rāma kāja karibe ko ātura

You are always anxious to accomplish Shri Rama's work.

(8) Prabhu charitra sunibe ko rasiyā

You revel in listening to the lore of the Lord,

Rāma Lakhān Sītā mana basiyā

Enshrining in Your heart Shri Rama, Lakshman and Sita.

(9) Sūkshma rūpa dhari Siyahiṅ dikhāvā

You appeared before Shri Sita in a tiny form.

Vikata rūpa dharī Laṅka jarāvā

Assuming a colossal figure, You burnt the city of Lanka.

(10) Bhīma rūpa dharī asura sanhāre

Acquiring a terrifying form to destroy the asuras,

Rāmachandra ke kāja samvāre

You served the cause of Lord Ramachandra.

(11) Lāya sanjivana Lakhana jiyāye

You brought the sanjivani herbs and revived Shri Lakshmana,

Shrī Raghubīra harashi ura lāye

Shri Rama then embraced You in joy.

(12) Raghubati kīnhīṅ bahuta badhā-ī

Shri Raghubati praised You very highly:

Tum mama priya Bharata sama bhā-ī

'You are as dear to me as my brother, Bharat,' He said.

(13) Sahasa badana Tumharo yasha gāve

The thousand faced Shesha sings hymns in Your praise',

Asa kahi Shrīpatī kantha lagāve

The lord of Lakshmi said, pressing You to His heart.

(14) Sanak'ādika Brahm'ādi munīsā

The God-realised saint Sanaka, along with

Nārada Sārada sahita ahīsā

Shri Narada and Sarada sing Your praise.

(15) Yama Kubera Dikpāla jahānte

The gods of death, wealth and protection,

Kabi kovida kahi sake kahānte

Great poets and scholars have all failed to sing fully of Your glories. How can this poet give expression to Your excellence?

(16) Tum upakāra Sugrīva-hiñ kīnhā

You helped Sugriva and brought him to Lord Rama,

Rāma milāya rāja-pada dīnhā

Thus You retrieved for him his lost kingship.

(17) Tumharo mantra Bibhīshana mānā

Bibhishana listened to Your advice and

Lañkeshwara bhaye saba jaga jānā

Became the King of Lanka; the whole world knows this.

(18) Yuga sahasra yojana para bhānū

The sun is twelve thousand yojans away,

Līlyo tāhi madhura phala jānū

You mistook it for a sweet fruit and tried to swallow it.

(19) Prabhu mudrikā meli mukha māhiñ

No wonder that putting Lord Rama's ring in Your mouth

Jaladhi lāñghiñ gaye acharaja nāhiñ

You leapt across the seas.

(20) Durgam kāja jagata ke jete

All difficult tasks of the world are

Sugam anugraha Tumhare tete

Rendered easy, with Your grace.

(21) Rāma duāre Tuma rakhawāre

You guard the doorsteps of Lord Rama.

Hota na āgyā binu paisāre

No one can enter His presence without Your permission.

(22) Saba sukha lahe Tumhārī saranā

All happiness lies in seeking refuge at Your feet.

Tuma rakshaka kāhū ko daranā

When You are the protector, why should one fear?

(23) pana teja samhāro āpe

You alone can control the great power You possess.

Tīnoñ loka hāñkate kāmpe

All the three worlds tremble at Your call.

(24) Bhūta pisācha nikata nahiñ āve

Evil spirits do not dare to come near

Mahā-vira jaba nāma sunāve

The one who recites Your name, O great warrior.

(25) Nāse roga hare saba pīrā

All disease and pain are destroyed by the

Japata nirantara Hanumata vīrā

Constant repetition of the name of the valiant Shri Hanumana.

(26) Saṅkata te Hanumāna chhurāve

Shri Hanumanadelivers a person from misery

Man kram bachana dhyāna jo lāve

If he meditates on Him in thought, word and action.

(27) Saba para Rāma tapasvī rājā

Lord Rama is the detached ruler of the universe.

Tinake kāja sakala Tuma sājā

You brought to fruition all His enterprises.

(28) Aura manoratha jo koī lāve

If someone comes to You with a desire in mind,

Soi amita jīvana phala pāve

You give that person the unlimited fruits of life.

(29) Chāroṅ yuga paratāpa Tumhārā

Your bright glory travels all directions and ages.

Hai parasiddha jagata ujjārā

The world knows about the benign power of Shri Hanumana.

(30) Sādhu santa ke Tuma rakhawāre

You are the protector of seekers and saints.

Asura nikandana Rāma dulāre

You are the destroyer of the asuras, the evil forces.

(31) Ashta siddhi nava nidhī ke dātā

You dispense the eight powers and the nine types of wealth,

Asa vara dīna Jānakī Mātā

as a boon bestowed on You by the Divine Mother Janaki.

(32) Rāma rasāyana Tumhare pāsā

You possess the divine elixir of Shri Rama's name.

Sadā raho Raghupati ke dāsā

You are ever the servant of Lord Rama.

(33) Tumhare bhajan Rāma ko pāve

By singing hymns in Your praise one reaches Shri Rama,

Janama janama ke dukha Bisarāve

and is freed from the sorrows of many lifetimes.

(34) Anta kāla Raghuvara pura jā-ī

In the end such a one enters the divine abode of Shri Rama.

Jahāñ janma Hari-bhakta kahā-ī

If reborn, he becomes a devotee of Shri Vishnu.

(35) Aura devatā chitta na dhara-ī

Your devotees need not remember any other deity.

Hanumata seī sarva sukha kara-ī

All happiness is assured by Lord Hanumana.

(36) Saṅkata kate mite saba pīrā

All difficulties and pain are destroyed,

Jo sumire Hanumata balavīrā

When one remembers Shri Hanumana, the strong and brave.

(37) Jay Jay Jay Hanumāna gosā-īn

Hail, Hail, Hail to Shri Hanumana! Lord of my entire Self,

Kripā karahu gurū deva kī nā-īn

Please shower Your grace on me like a divine guru.

(38) Jo sata bāra pātha kare ko-ī

One who recites this chalisa seven times,

Chhūtahiñ bandi mahā sukha ho-ī

Will be delivered from difficulties and will attain great joy.

(39) Jo yaha padhai Hanumāna chālīsā

One who recites this chalisa in praise of Shri Hanumana

Hoya siddhi sākhī Gaurīsā

Will achieve success and get the darshan of Lord Shiva.

(40) Tulsīdāsa sadā Hari cherā

Tulsidas is ever the servant of the Lord and prays perpetually:

Kīje Nātha hṛidaya maha derā

'O Lord, may You always reside in my heart!'

The Shri Hanumana chalisa closes with a fervent prayer.

Pavana-tanaya Saṅkata harana

O son of the wind-god, remover of misfortunes,

Maṅgala Mūrati Rūpa

Most auspicious figure,

Rāma Lakhana Sītā sahita

With Shri Rama, Shri Lakshmana and Shri Sita,

Hṛidaya basahuñ sur-bhūpa

O protector of Heaven and Earth, please reside in my heart.

Sākshāt Shri Adi Shakti Mātāji

Shri Nirmalā Devyai namo namah