

हनुमान चालिसा
Hanumāna Cālisā

॥ दोहा ॥

॥ dohā ॥

श्री गुरु चरन सरोज रज निज मनु मुकुरु सुधारि।

बरनउँ रघुबर बिमल जसु जो दायकु फल चारि॥

śrī guru carana saroja raja nija manu mukuru sudhāri |

baranauṁ 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 Hanuman, a member of the Raghu dynasty, one who is capable of bestowing the four puruṣārthas (Four-fold fruits of life - dharma, artha, kāma, mokṣa) on his devotees.

बुद्धिहीन तनु जानिकै सुमिरौं पवन-कुमार।

बल बुद्धि बिद्या देहु मोहिं हरहु कलेश बिकार॥

buddhihīna tanu jānikai sumirauṁ pavana-kumāra |

bala buddhi bidyā dehu mohim harahu kaleśa bikāra ||

Knowing myself to be ignorant, lacking in intelligence and wisdom, I remember Hanumānjī, 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.

॥ चौपाई ॥

॥ caupāi ॥

जय हनुमान ज्ञान गुन सागर। जय कपीस तिहुँ लोक उजागर॥ १

jaya hanumāna jñāna guna sāgara | jaya kapīsa tihuṁ loka ujāgara ॥ 1

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। अंजनि-पुत्र पवनसुत नामा॥ २

rāma-dūta atulita bala dhāmā | am̐jani-putra pavanasuta nāmā ॥ 2

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).

महाबीर बिक्रम बजरंगी। कुमति निवार सुमति के संगी॥ ३

mahābīra bikrama bajaraṅgī | kumati nivāra sumati ke saṅgī ॥ 3

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। कानन कुंडल कुंचित केसा॥ ४

kaṁcana barana birāja subesā | kānana kuṁḍala kuṁcita kesā ॥ 4

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

हाथ बज्र औ ध्वजा बिराजै। काँधे मूँज जनेऊ साजै॥ ५

hātha bajra au dhvajā birājai | kāṁdhe mūṁja janeū sājai ॥ 5

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 केसरी-नंदन। तेज प्रताप महा जग बंदन॥ ६

saṁkara-suvana kesarī-naṁdana | teja pratāpa mahā jaga baṁdana || 6

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

बिद्यावान गुनी अति चातुर। राम काज करिबे को आतुर॥ ७

bidyāvāna gunī ati cātura | rāma kāja karibe ko ātura || 7

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

प्रभु चरित्र सुनिबे को रसिया। राम लखन सीता मन बसिया॥ ८

prabhu caritra sunibe ko rasiyā | rāma lakhana sītā mana basiyā || 8

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

सूक्ष्म रूप धरि सियहिं दिखावा। बिकट रूप धरि लंक जरावा॥ ९

sūkṣma rūpa dhari siyahim dikhāvā | bikaṭa rūpa dhari lamka jarāvā || 9

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। रामचंद्र के काज सँवारे॥ १०

bhīma rūpa dhari asura saṁhāre | rāmacandra ke kāja saṁvāre || 10

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

लाय सजीवन लखन जियाये। श्रीरघुबीर हरषि उर लाये॥ ११

lāya saḥjivana lakhana jiyāye | śrīraghubīra haraṣi ura lāye || 11

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

रघुपति कीन्ही बहुत बड़ाई। तुम मम प्रिय भरतहि सम भाई॥ १२

raghupati kīnhī bahuta baḍāī | tuma mama priya bharatahi sama bhāī || 12

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

सहस्र बदन तुम्हरो जस गावैं। अस कहि श्री-पति कंठ लगावैं॥ १३

sahasa badana tumharo jasa gāvaim | asa kahi śrī-pati kaṅṭha lagāvaim || 13

“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.

सनकादिक ब्रह्मादि मुनीसा। नारद सारद सहित अहीसा॥ १४

sanakādika brahmādi munīsā | nārada sārada sahita ahīsā || 14

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

जम कुबेर दिगपाल जहाँ ते। कबि कोबिद कहि सके कहाँ ते॥ १५

jama kubera digapāla jahāṅ te | kabi kobida kahi sake kahāṅ te || 15

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 सुग्रीवहिं कीन्हा। राम मिलाय राज-पद दीन्हा॥ १६

tuma upakāra sugrīvahim kīnhā | rāma milāya rāja-pada dīnhā || 16

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

तुम्हरो मंत्र बिभीषन माना। लंकेस्वर भए सब जग जाना॥ १७

tumharo maṅtra bibhīṣana mānā | laṅkesvara bhae saba jaga jānā || 17

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 । लील्यो ताहि मधुर फल जानू॥ १८

juga sahastra jojana para bhānū | līlyo tāhi madhura phala jānū || 18

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। जलधि लाँघि गये अचरज नाहीं॥ १९

prabhu mudrikā meli mukha māhīm | jaladhi lāṅghi gaye acaraja nāhīm || 19

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

दुर्गम काज जगत के जेते। सुगम अनुग्रह तुम्हरे तेते॥ २०

durgama kāja jagata ke jete | sugama anugraha tumhare tete || 20

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

राम दुआरे तुम रखवारे। होत न आज्ञा बिनु पैसारे॥ २१

rāma duāre tuma rakhavāre | hota na ājñā binu paisāre || 21

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

सब सुख लहै तुम्हारी सरना। तुम रच्छक काहू को डरना॥ २२

saba sukha lahai tumhārī saranā | tuma racchaka kāhū ko ḍaranā || 22

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। तीनों लोक हाँक तें काँपै॥ २३

āpana teja samhāro āpai | tīnoṃ loka hāṅka teṃ kāṅpai || 23

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। महाबीर जब नाम सुनावै॥ २४

bhūta pisāca nikaṭa nahim āvai | mahābīra jaba nāma sunāvai || 24

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

नासै रोग हरै सब पीरा। जपत निरंतर हनुमत बीरा॥ २५

nāsai roga harai saba pīrā | japata niraṃtara hanumata bīrā || 25

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

संकट तैं हनुमान छुड़ावै। मन क्रम बचन ध्यान जो लावै॥ २६

saṅkaṭa tēṃ hanumāna chuḍāvai | mana krama bacana dhyāna jo lāvai || 26

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। तिन के काज सकल तुम साजा॥ २७

saba para rāma tapasvī rājā | tina ke kāja sakala tuma sājā || 27

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। सोइ अमित जीवन फल पावै॥ २८

aura manoratha jo koī lāvai | soi amita jīvana phala pāvai || 28

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

चारों जुग परताप तुम्हारा। है परसिद्ध जगत उजियारा॥ २९

cāroṃ juga paratāpa tumhārā | hai parasiddha jagata ujiyārā || 29

Your glory is renowned in the four yugas (satya, tretā, dvāpar and kali) and its glowing radiance shines forth all over the world.

साधु संत के तुम रखवारे। असुर निकंदन राम दुलारे॥ ३०

sādhu saṁta ke tuma rakhavāre | asura nikaṁdana rāma dulāre || 30

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

अष्टसिद्धि नौ निधि के दाता। अस बर दीन जानकी माता॥ ३१

aṣṭasiddhi nau nidhi ke dātā | asa bara dīna jānakī mātā || 31

Mother Sita has granted You the boon of having the power to grant eight kinds of siddhis (animā, mahimā, garimā, laghimā, prapitih, prakāmyam, ishitvam, vashitvam) and nine forms of wealth (mahāpadma, padma, shankha, makara, kacchapa, mukunda, kunda, nīla, kharva) to seekers.

राम रसायन तुम्हरे पासा। सदा रहो रघुपति के दासा॥ ३२

rāma rasāyana tumhare pāsā | sadā raho raghupati ke dāsā || 32

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

तुम्हरे भजन राम को पावै। जनम जनम के दुख बिसरावै॥ ३३

tumhare bhajana rāma ko pāvai | janama janama ke dukha bisarāvai || 33

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

अंत काल रघुबर पुर जाई। जहाँ जन्म हरिभक्त कहाई॥ ३४

aṁta kāla raghubara pura jāī | jahāṁ janma haribhakta kahāī || 34

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। हनुमत सेई सब सुख करई॥ ३५

aura devatā citta na dharaī | hanumata seī sarba sukha karaī || 35

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

संकट कटै मिटै सब पीरा। जो सुमिरै हनुमत बलबीरा॥ ३६

saṁkaṭa kaṭai miṭai saba pīrā | jo sumirai hanumata balabīrā || 36

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

जै जै जै हनुमान गोसाईं। कृपा करहु गुरुदेव की नाईं॥ ३७

jai jai jai hanumāna gosāīm | kṛpā karahu gurudeva kī nāīm || 37

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 सोई। छूटहि बंदि महा सुख होई॥ ३८

jo sata bāra pāṭha kara soī | chūṭahi baṁdi mahā sukha hoī || 38

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.

जो यह पढ़ै हनुमान चालीसा। होय सिद्धि साखी गौरीसा॥ ३९

jo yaha paḍhai hanumāna cālīsā | hoyā siddhi sākhī gaurīsā || 39

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। कीजै नाथ हृदय महँ डेरा॥ ४०

tulasīdāsa sadā hari cerā | kijai nātha hṛadaya mahāṁ ḍerā || 40

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 मूरति रूप।

राम लखन सीता सहित हृदय बसहु सुर भूप॥

pavanatanaya saṁkaṭa harana maṅgala mūrati rūpa |

rāma lakhana sītā sahita hradaya 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.

सियावर रामचन्द्रकी जय ।

पवनसुत हनुमानकी जय ।

उमापति महादेवकी जय ।

बोलो भाई सब सन्तनकी जय ।

siyāvara rāmacandrakī jaya |

pavanasuta hanumānakī jaya |

umāpati mahādevakī jaya |

bolo bhāi saba santanakī jaya |