

## ॥ श्री हनुमान चालीसा ॥

### दोहा

श्रीगुरु चरन सरोज रज निज मनु मुकुरु सुधारि ।  
बरनऊँ रघुवर बिमल जसु जो दायकु फल चारि ॥

बुद्धिहीन तनु जानिके सुमिरौँ पवनकुमार ।  
बल बुद्धि विद्या देहु मोहिं हरहु कलेस बिकार ॥

जय हनुमान ज्ञान गुन सागर । जय कपीस तिहुँ लोक उजागर ॥  
राम दूत अतुलित बल धामा । अंजनिपुत्र पवनसुत नामा ॥

महावीर बिक्रम बजरंगी । कुमति निवार सुमति के संगी ॥  
कंचन बरन बिराज सुबेसा । कानन कुंडल कुंचित केसा ॥

हाथ बज्र औ ध्वजा बिराजै । काँधे मूँज जनेऊ साजै ॥  
संकर सुवन केसरीनंदन । तेज प्रताप महा जग बंदन ॥

विद्यावान गुनी अति चातुर । राम काज करिबे को आतुर ॥  
प्रभु चरित्र सुनिबे को रसिया । राम लखन सीता मन बसिया ॥

सूक्ष्म रूप धरि सियहिं दिखावा । बिकट रूप धरि लंक जरावा ॥  
भीम रूप धरि असुर सँहारे । रामचंद्र के काज सँवारे ॥

लाय सजीवन लखन जियाये । श्रीरघुबीर हरषि उर लाये ॥  
रघुपति कीन्ही बहुत बड़ाई । तुम मम प्रिय भरतहि सम भाई ॥

सहस्र बदन तुम्हरो जस गावैं । अस कहि श्रीपति कंठ लगावैं ॥  
सनकादिक ब्रह्मादि मुनीसा । नारद सारद सहित अहीसा ॥

जम कुबेर दिगपाल जहाँ ते । कबि कोबिद कहि सके कहाँ ते ॥  
तुम उपकार सुग्रीवहिं कीन्हा । राम मिलाय राज पद दीन्हा ॥

तुम्हरो मंत्र बिभीषन माना । लंकेस्वर भए सब जग जाना ॥  
जुग सहस्र जोजन पर भानू । लील्यो ताहि मधुर फल जानू ॥

प्रभु मुद्रिका मेलि मुख माहीं । जलधि लाँघि गये अचरज नाहीं ॥  
दुर्गम काज जगत के जेते । सुगम अनुग्रह तुम्हरे तेते ॥

राम दुआरे तुम रखवारे । होत न आज्ञा बिनु पैसारे ॥  
सब सुख लहै तुम्हारी सरना । तुम रच्छक काहू को डरना ॥

आपन तेज सम्हारो आपै । तीनों लोक हाँक तें काँपै ॥  
भूत पिसाच निकट नहिं आवै । महाबीर जब नाम सुनावै ॥

नासै रोग हरै सब पीरा । जपत निरंतर हनुमत बीरा ॥  
संकट तें हनुमान छुड़ावै । मन क्रम बचन ध्यान जो लावै ॥

सब पर राम तपस्वी राजा । तिन के काज सकल तुम साजा ॥  
और मनोरथ जो कोई लावै । सोई अमित जीवन फल पावै ॥

चारों जुग परताप तुम्हारा । है परसिद्ध जगत उजियारा ॥

साधु संत के तुम रखवारे । असुर निकंदन राम दुलारे ॥

अष्ट सिद्धि नौ निधि के दाता । अस बर दीन जानकी माता ॥

राम रसायन तुम्हरे पासा । सदा रहो रघुपति के दासा ॥

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

अंत काल रघुबर पुर जाई । जहाँ जन्म हरिभक्त कहाई ॥

और देवता चित्त न धरई । हनुमत सेई सर्ब सुख करई ॥

संकट कटै मिटै सब पीरा । जो सुमिरै हनुमत बलबीरा ॥

जै जै जै हनुमान गोसांई । कृपा करहु गुरु देव की नांई ॥

जो सत बार पाठ कर कोई । छूटहि बंदि महा सुख होई ॥

जो यह पढ़ै हनुमान चलीसा । होय सिद्धि साखी गौरीसा ॥

तुलसीदास सदा हरि चेरा । कीजै नाथ हृदय मँह डेरा ॥

### दोहा

पवनतनय संकट हरन मंगल मूरति रूप ।

राम लखन सीता सहित हृदय बसहु सुर भूप ॥

॥ सियावर रामचन्द्र की जय ॥

॥ पवनसुत हनुमान की जय ॥

॥ उमापति महादेव की जय ॥

॥ बोलो रे भई सब सन्तन की जय ॥

## Hanuman Chalisa In English And With Description In English

*Shri Guru Charan Saroj Raj  
Nij mane mukure sudhar  
Varnao Raghuvar Vimal Jasu  
Jo dayaku phal char*

After cleansing the mirror of my mind with the pollen dust of holy Guru's Lotus feet. I Profess the pure, untainted glory of Shri Raghuvar which bestows the four-fold fruits of life.(Dharma, Artha, Kama and Moksha).

*Budhi Hin Tanu Janike  
Sumirau Pavan Kumar  
Bal budhi Vidya dehu mohe  
Harahu Kalesa Vikar*

Fully aware of the deficiency of my intelligence, I concentrate my attention on Pavan Kumar and humbly ask for strength, intelligence and true knowledge to relieve me of all blemishes, causing pain.

*Jai Hanuman gyan gun sagar  
Jai Kapis tihun lok uजार*

Victory to thee, O'Hanuman! Ocean of Wisdom-All hail to you O'Kapisa! (fountain-head of power,wisdom and Shiva-Shakti) You illuminate all the three worlds (Entire cosmos) with your glory.

*Ram doot atulit bal dhama  
Anjani-putra Pavan sut nama*

You are the divine messenger of Shri Ram. The repository of immeasurable strength, though known only as Son of Pavan (Wind), born of Anjani.

*Mahavir Vikram Bajrangi  
Kumati nivar sumati Ke sangi*

With Limbs as sturdy as Vajra (The mace of God Indra) you are valiant and brave. On you attends good Sense and Wisdom. You dispel the darkness of evil thoughts.

*Kanchan varan viraj subesa  
Kanan Kundal Kunchit Kesa*

Your physique is beautiful golden coloured and your dress is pretty. You wear ear rings and have long curly hair.

*Hath Vajra Aur Dhuvaje Viraje  
Kandhe moonj janehu sajai*

You carry in your hand a lightening bolt along with a victory (kesari) flag and wear the sacred thread on your shoulder.

*Sankar suvan kesri Nandan  
Tej pratap maha jag vandan*

As a descendant of Lord Sankar, you are a comfort and pride of Shri Kesari. With the lustre of your Vast Sway, you are propitiated all over the universe.

*Vidyavan guni ati chatur  
Ram kaj karibe ko aatur*

You are the repository of learning, virtuous and fully accomplished, always keen to carry out the behest's of Shri Ram.

*Prabu charitra sunibe ko rasiya  
Ram Lakhn Sita man Basiya*

You are an ardent listener, always so keen to listen to the narration of Shri Ram's Life Stories. Your heart is filled with

	what Shri Ram stood for. You therefore always dwell in the hearts of Shri Ram, Lakshman and Sita.
<b><i>Sukshma roop dhari Siyahi dikhava Vikat roop dhari lanka jarava</i></b>	You appeared before Sita in a Diminutive form and spoke to her in humility. You assumed an awesome form and struck terror by setting Lanka on fire.
<b><i>Bhima roop dhari asur sanghare Ramachandra ke kaj sanvare</i></b>	With over-whelming might you destroyed the Asuras (demons) and performed all tasks assigned to you by Shri Ram with great skill.
<b><i>Laye Sanjivan Lakhan Jiyaye Shri Raghuvir Harashi ur laye</i></b>	You brought Sanjivan (A herb that revives life) and restored Lakshman back to life, Shri Raghuvir (Shri Ram) cheerfully embraced you with his heart full of joy.
<b><i>Raghupati Kinhi bahut badai Tum mam priye Bharat-hi sam bhai</i></b>	Shri Raghupati (Shri Ram) lustily extolled your excellence and said: "You are as dear to me as my own brother Bharat."
<b><i>Sahas badan tumharo yash gaave Us kahi Shripati kanth lagaave</i></b>	Thousands of living beings are chanting hymns of your glories; saying thus, Shri Ram warmly hugged him (Shri Hanuman).
<b><i>Sankadik Brahmadi Muneesa Narad Sarad sahit Aheesa</i></b>	When prophets like Sanka, even the Sage like Lord Brahma, the great hermit Narad himself, Goddess Saraswati and Ahisha (one of immeasurable dimensions).
<b><i>Yam Kuber Digpal Jahan te Kavi kovid kahi sake kahan te</i></b>	Even Yamraj (God of Death) Kuber (God of Wealth) and the Digpals (deputies guarding the four corners of the Universe) have been vying with one another in offering homage to your glories. How then, can a mere poet give adequate expression of your super excellence.
<b><i>Tum upkar Sugreevahin keenha Ram milaye rajpad deenha Tumharo mantra Vibheeshan mana Lankeshwar Bhaye Sub jag jana</i></b>	You rendered a great service to Sugriv. You united him with Shri Ram and he installed him on the Royal Throne. By heeding your advice, Vibhishan became Lord of Lanka. This is known all over the Universe.
<b><i>Yug sahastra jojan par Bhanu Leelyo tahi madhur phal janu</i></b>	On your own you dashed upon the Sun, which is at a fabulous distance of thousands of miles, thinking it to be a sweet luscious fruit.
<b><i>Prabhu mudrika meli mukh mahee</i></b>	Carrying the Lord's Signet Ring in your mouth, there is

<i>Jaladhi langhi gaye achraj nahee</i>	hardly any wonder that you easily leapt across the ocean.
<i>Durgaam kaj jagat ke jete Sugam anugraha tumhre tete</i>	The burden of all difficult tasks of the world become light with your kind grace.
<i>Ram dware tum rakhvare, Hoat na agya binu paisare</i>	You are the sentry at the door of Shri Ram's Divine Abode. No one can enter it without your permission,
<i>Sub sukh lahai tumhari sarna Tum rakshak kahu ko dar na</i>	All comforts of the world lie at your feet. The devotees enjoy all divine pleasures and feel fearless under your benign Protection.
<i>Aapan tej samharo aapai Teenhon lok hank te kanpai</i>	You alone are befitted to carry your own splendid valour. All the three worlds (entire universe) tremor at your thunderous call.
<i>Bhoot pisach Nikat nahin aavai Mahavir jab naam sunavai</i>	All the ghosts, demons and evil forces keep away, with the sheer mention of your great name, O'Mahaveer!!
<i>Nase rog harai sab peera Japat nirantar Hanumant beera</i>	All diseases, pain and suffering disappear on reciting regularly Shri Hanuman's holy name.
<i>Sankat se Hanuman chudavai Man Karam Vachan dyan jo lavai</i>	Those who remember Shri Hanuman in thought, words and deeds with Sincerity and Faith, are rescued from all crises in life.
<i>Sub par Ram tapasvee raja Tin ke kaj sakal Tum saja</i>	All who hail, worship and have faith in Shri Ram as the Supreme Lord and the king of penance. You make all their difficult tasks very easy.
<i>Aur manorath jo koi lavai Sohi amit jeevan phal pavai</i>	Whosoever comes to you for fulfillment of any desire with faith and sincerity, Will he alone secure the imperishable fruit of human life.
<i>Charon Yug partap tumhara Hai persidh jagat ujjara</i>	All through the four ages your magnificent glory is acclaimed far and wide. Your fame is Radiantly acclaimed all over the Cosmos.
<i>Sadhu Sant ke tum Rakhware Asur nikandan Ram dulhare</i>	You are Saviour and the guardian angel of Saints and Sages and destroy all Demons. You are the angelic darling of Shri Ram.
<i>Ashta sidhi nav nidhi ke dhata Us var deen Janki mata</i>	You can grant to any one, any yogic power of Eight Siddhis (power to become light and heavy at will) and Nine Nidhis (Riches,comfort,power,prestige,fame,sweet relationship etc.) This boon has been conferred upon you by Mother Janki.

***Ram rasayan tumhare pasa  
Sada raho Raghupati ke dasa***

You possess the power of devotion to Shri Ram. In all rebirths you will always remain Shri Raghupati's most dedicated disciple.

***Tumhare bhajan Ram ko pavai  
Janam janam ke dukh bisravai***

Through hymns sung in devotion to you, one can find Shri Ram and become free from sufferings of several births.

***Anth kaal Raghuvir pur jayee  
Jahan janam Hari-Bakht Kahayee***

If at the time of death one enters the Divine Abode of Shri Ram, thereafter in all future births he is born as the Lord's devotee.

***Aur Devta Chit na dharehi  
Hanumanth se hi sarve sukh karehi***

One need not entertain any other deity for Propitiation, as devotion of Shri Hanuman alone can give all happiness.

***Sankat kate mite sab peera  
Jo sumirai Hanumat Balbeera***

One is freed from all the sufferings and ill fated contingencies of rebirths in the world. One who adores and remembers Shri Hanuman.

***Jai Jai Jai Hanuman Gosahin  
Kripa Karahu Gurudev ki nyahin***

Hail, Hail, Hail, Shri Hanuman, Lord of senses. Let your victory over the evil be firm and final. Bless me in the capacity as my supreme guru (teacher).

***Jo sat bar path kare kohi  
Chutehi bandhi maha sukh hohi***

One who recites Chalisa one hundred times, becomes free from the bondage of life and death and enjoys the highest bliss at last.

***Jo yah padhe Hanuman Chalisa  
Hoye siddhi sakhi Gaureesa***

All those who recite Hanuman Chalisa (The forty Chaupais) regularly are sure to be benedicted. Such is the evidence of no less a witness as Bhagwan Sankar.

***Tulsidas sada hari chera  
Keejai Das Hrdaye mein dera***

Tulsidas as a bonded slave of the Divine Master, stays perpetually at his feet, he prays "Oh Lord! You enshrine within my heart & soul."

***Pavantnai sankat haran,  
Mangal murti roop.  
Ram Lakhan Sita sahit,  
Hrdaye basahu sur bhoop.***

Oh! conqueror of the Wind, Destroyer of all miseries, you are a symbol of Auspiciousness.  
Along with Shri Ram, Lakshman and Sita, reside in my heart.  
Oh! King of Gods.