हनुमान चालीसा

Hanuman Chalisa

Swami Satyananda Saraswati



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The manifestation of Consciousness is the highest divinity, the manifestation of Consciousness is the highest purifying austerities. The manifestation of Consciousness is the highest God. Everything always is this manifestation of Consciousness.

हनुमान चालीसा

Hanumāna Cālīsā

The Adventures of Hanumān

दो- श्री गुरुचरन सरोज रज ।
निजमनु मुकुरु सुधारि ॥
बरनउँ रघुवर बिमल जसु ।
जो दायक फल चारि ॥

do- śrī gurucarana saroja raja ।
nijamanu mukuru sudhāri ॥
baranauṁ raghuvara bimala jasu ।
jo dāyaka phala cāri ॥

Cleansing the mirror of my mind by the dust of the respected Guru's lotus feet, I describe the pure welfare of the respected Rāma, the giver of the four rewards: the ideal of perfection, the needs for physical sustenance, the culmination of desire and liberation otherwise known as self-realization.

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बुद्धिहीन तनु जानिकैं ।

सुमिरौं पवनकुमार ॥

बल बुद्धि विद्या देहु मोहिं ।

हरहु कलेस विकार ॥

buddhihīna tanu jānikeṁ ।
sumirauṃ pavana kumāra ॥
bala buddhi vidyā dehu mohiṃ ।
harahu kalesa vikāra ॥

Realizing myself to be of little or no intelligence, I pray to the Son of the Wind (Hanumān), Please give me strength, intelligence, and knowledge, and remove all pains and impurities.

सिया बर रामचन्द्र की जै ॥

siyā bara rāmacandra kī jai ॥

Victory to Sītā and Rāma!

पवन सुत हनुमान की जै ॥

pavana suta hanumāna kī jai ॥

Victory to Hanumān, son of the Wind.

उमापति महादेव की जै ॥

umāpati mahādeva kī jai ॥

Victory to the great Lord Śiva, husband of Umā.

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जय हनुमान ज्ञान गुन सागर ।

जै कपीस तिहूं लोक उजागर ॥

jaya hanumāna jñāna guna sāgara ।
jai kapīsa tihūṃ loka ujāgara ॥

Victory to Hanumān, the ocean of wisdom. Victory to the king of monkeys, who enlightens the three worlds.

राम दूत अतुलित बलधामा ।

अंजनि पुत्र पवन सुत नामा ॥

rāma dūta atulita baladhāmā ।
aṃjani putra pavana suta nāmā ॥

The ambassador of the respected Rāma is the repository of extraordinary powers. The son of the Shining One whose name is Son of the Wind.

महावीर बिक्रम बजरङ्गी ।

कुमति निवार सुमति के सङ्गी ॥

mahāvīra bikrama bajaraṅgī ।
kumati nivāra sumati ke saṅgī ॥

Great hero, most courageous, endowed with a very strong body, destroyer of negativity, the friend of purity.

कंचन बरन विराज सुबेसा ।

कानन कुंडल कुंचित केसा ॥

kaṃcana barana virāja subesā ।
kānana kuṃḍala kuṃcita kesā ॥

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His golden body is beautifully dressed. Large rings adorn his ears and curly locks of hair.

हाथ बज्र औ ध्वजा बिराजै ।

काँधे मूँज जनेऊ साजै ॥

hātha bajra au dhvajā birājai
kāṁdhe mūṁja jane-ū sājai ॥

He holds a thunderbolt and a flag in his hands, and wears a sacred thread of munja grass across his shoulder.

शङ्कर सुवन केशरी नन्दन ।

तेज प्रताप महा जगवन्दन ॥

śaṅkara suvana keśarī nandana ।
teja pratāpa mahā jagavandana ॥

He is an incarnation of the Cause of Peace and son of the King of Monkeys. The radiance of his light is worshipped in the world.

विद्यावान गुनी अति चातुर ।

राम काज करिबे को आतुर ॥

vidyāvāna gunī ati cātura ।
rāma kāja karibe ko ātura ॥

He is full of knowledge, possessing all qualities, and very intelligent. He is always eager to serve the respected Rāma.

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प्रभु चरित सुनिबे को रसिया ।

राम लषन सीता मन बसिया ॥

prabhu carita sunibe ko rasiyā ।
rāma laṣana sītā mana basiyā ॥
He always delights in hearing stories of the Lord. Rāma, Lakṣman, and Sītā dwell in his mind.

सूक्ष्मरूप धरि सियहीं दिकावा ।

बिकट रूप धरि लङ्क जरावा ॥

sūkṣmarūpa dhari siyahīṃ dikāvā ।
bikaṭa rūpa dhari laṅka jarāvā ॥
In a very small form he showed himself to Sītā, and assuming a tremendous form he burned the City of Lanka.

भीमरूप धरि असुर सँहारे ।

रामचन्द्र के काज सँवारे ॥

bhīmarūpa dhari asura saṁhāre ।
rāmacandra ke kāja saṁvāre ॥
With a gigantic form he slayed the demons and made the respected Rāmachandra's mission successful.

लाइ सँजीवन लखन जीयाये ।

श्री रघुवीर हरषि उर लाये ॥

lāī saṁjīvana lakhana jīyāye ।
śrī raghuvīra haraṣi ura lāye ॥
He saved Lakṣman's life by bringing the life-giving herb, and the respected Rāma was so happy that he hugged him with delight.

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रघुपति कीन्ही बहुत बडाई ।

तुम मम प्रिय भरतहि सम भाई ॥

raghupati kīnhī bahuta barā-ī ।
tuma mama priya bharatahi sama bhā-ī ॥

The Lord of Raghu praised him highly saying, "You are as beloved to me as my brother Bh

सहस बदन तुम्हरो यस गावैं ।

अस कहि श्रीपति कञ्ठ लगावैं ॥

sahasa badana tumharo yaśa gāvaiṃ ।
asa kahi śrī pati kaṅṭha lagāvaiṃ ॥

"Thousands will sing your glory," said the Lord of Lakṣmi with fond embrace.

सनकादिक ब्रह्मादि मुनीसा ।

नारद सारद सहित अहीसा ॥

sanakādika brahmādi munīsā ।
nārada sārada sahita ahīsā ॥

Sanak and his brothers Sanandan, Sanatan, and Sanatkumar, Brahma and other munis like Narada, Sharada (Saraswati), as well as Śeṣa, the serpent that holds aloft the universe,

जम कुबेर दिकपाल जहाँते ।

कवि कोबिद कहि सके कहाँ ते ॥

jama kubera dikapāla jahāṁte ।
kavi kobida kahi sake kahāṁ te ॥

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Yama (God of Death), Kubera (God of Wealth), and the Gods of all the quarters, wherever they may be, poets, nor even scholars can enumerate your glory.

तुम उपकार सुग्रीवहिं कीन्हा ।

राम मिलाय राजपद् दीन्हा ॥

tuma upakāra sugrīvahiṃ kīnhā ।
rāma milāya rājapada dīnhā ॥

You gave a great benefit to Sugriva by making his association with the respected Rāma, who placed the lost kingdom at his feet.

तुम्हरो मन्त्र विभीषन माना ।

लङ्केस्वर भये सब जग जाना ॥

tumharo mantra vibhīṣana mānā ।
laṅkesvara bhaye saba jaga jānā ॥

You gave the mantra which was accepted by Vibhishana and he became the King of Lanka, as the whole world knows.

जुग सहस्र जोजन पर भानू ।

लील्यो ताहि मधुर फल जानू ॥

juga sahasra jojana para bhānū ।
līlyo tāhi madhura phala jānū ॥

One time in your childhood, believing the sun to be a delicious fruit, which is millions of miles away, you jumped up and swallowed it.

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प्रभु मुद्रिका मेलि मुख माँहीं ।

जलधि लाँघि गये अचरज नाहीं ॥

prabhu mudrikā meli mukha māṁhīṃ ।
jaldhi lāṃghi gaye acaraja nāhīṃ ॥

You leaped over the ocean keeping the ring of the respected Rāma in your mouth, thinkin t was nothing extraordinary.

दुर्गम काज जगत के जेते ।

सुगम अनुग्रह तुम्हरे तेते ॥

durgama kāja jagata ke jete ।
sugama anugraha tumhare tete ॥

All the difficult tasks in the world become easy by your grace.

राम दुआरे तुम रखवारे ।

होत न आज्ञा बिनु पैसारे ॥

rāma duāre tuma rakhavāre ।
hota na ājñā binu paisāre ॥

You are the beloved of the respected Rāma and you protect his entrance. No one may enter without your order.

सब सुख लहैं तुम्हारी सरना ।

तुम रक्षक काहू को डर ना ॥

saba sukha lahaiṁ tumhārī saranā ।
tuma rakṣaka kāhū ko ḍara nā ॥

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All happiness is attained by taking refuge in you. What fear can come when you are the protector.

आपन तेज सँहारो आपै ।

तीनों लोक हाँक ते काँपै ॥

āpana teja saṁhāro āpai ।
tīnoṃ loka hāṁka te kāṁpai ॥

Please control your brilliant light. The three worlds tremble at the sound of your tremendous roar.

भूत पिसाच निकट नहिं आवै ।

महावीर जब नाम सुनावै ॥

bhūta pisāca nikaṭa nahiṃ āvai ।
mahāvīra jaba nāma sunāvai ॥

Ghosts or demons cannot even come close to he who chants the name of the great warrior, Hanumān.

नासै रोग हरै सब पीरा ।

जपत निरन्तर हनुमत बीरा ॥

nāsai roga harai saba pīrā ।
japata nirantara hanumata bīrā ॥

All infirmities will be cured and all difficulties removed by continually chanting the name of the brave Hanumān.

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संकट ते हनुमान छुडावै ।

मन क्रम वचन ध्यान जो लावै ॥

saṃkaṭa te hanumāna chuḍāvai ।
mana krama vacana dhyāna jo lāvai ॥

Hanumān will dispel all difficulties from anyone who remembers him in thought, actic ːch and meditation.

सब पर राम तपस्वी राजा ।

तिनके काज सकल तुम साजा ॥

saba para rāma tapasvī rājā ।
tinake kāja sakala tuma sājā ॥

Above and beyond all is the King Rāma, performer of purifying austerities. You help him in all his works.

और मनोरथ जो कोइ लावै ।

सोइ अमित जीवन फल पावै ॥

aura manoratha jo ko-i lāvai ।
soi amita jīvana phala pāvai ॥

Any desire with which people come to you, is fulfilled by you with the fruit of the tree of life.

चारों युग परताप तुम्हारा ।

है परसिद्ध जगत उजियारा ॥

cāroṃ yuga paratāpa tumhārā ।
hai parasiddha jagata ujiyārā ॥

In all four ages the greatness of your light is known, and the world is aware of your extraordinary attainment.

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साधु सन्त के तुम रखवारे ।

असुर निकन्दन राम दुलारे ॥

sādhu santa ke tuma rakhavāre ।
asura nikandana rāma dulāre ॥

You protect the performers of purifying austerities and saintly beings. You destroy the evils of duality and you are loved by Rāma.

अष्ट सिद्धि नौनिधि के दाता ।

अस बर दीन जानकी माता ॥

aṣṭa siddhi naunidhi ke dātā ।
asa bara dīna jānakī mātā ॥

You are the bestower of the eight powers of attainment, as well as the nine forms of wealth. This is the boon that Mother Sītā gave you.

राम रसायन तुम्हरे पासा ।

सदा रहौ रघुपति के दासा ॥

rāma rasāyana tumhare pāsā ।
sadā rahau raghupati ke dāsā ॥

You have the nectar of Rāma's love. You always remain the servant of the Respected Rāma.

तुम्हरे भजन राम को पावै ।

जनम जनम के दुःख बिसरावै ॥

tumhare bhajana rāma ko pāvai ।
janama janama ke duḥkha bisarāvai ॥

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By singing your praises one can get Rāma, and be freed from the pains of many births.

अन्तकाल रघुपतिपुर जाई ।

जहाँ जन्म हरिभक्त कहाई ॥

antakāla raghupatipura jā-ī ।
jahāṁ janma haribhakta kaha-ī ॥

Ultimately such devotees will go to the City of Rāma, and always take birth with devotion to God.

और देवता चित्त न धरहि ।

हनुमत सेइ सर्व सुख करई ॥

aura devatā citta na dharahi ।
hanumata se-i sarva sukha kara-ī ॥

There is no need to contemplate other gods. By worshiping Hanumān all happiness is attained.

संकट कटै मिटै सब पीरा ।

जो सुमिरै हनुमत बलबीरा ॥

saṃkaṭa kaṭai mitai saba pīrā ।
jo sumirai hanumata balabīrā ॥

All difficulties may be removed, and all pains destroyed for one who remembers the brave Hanumān.

जै जै जै हनुमान गुसाई ।

कृपा करहु गुरुदेव की नाई ॥

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jai jai jai hanumāna gusā-ī ।
kṛpā karahu gurudeva kī nā-ī ॥
Victory, victory, victory to Hanumān. Give us your mercy, Oh beloved Guru!

जो सतबार पाठ कर कोई ।

छूटहि बंदि महासुख होई ॥

jo satabāra pāṭha kara ko-ī ।
chūṭahi baṃdi mahāsukha ho-ī ॥
Whoever recites these verses one hundred times will be released from all bondage and attain supreme happiness.

जो यह पढै हनुमान चालीसा ।

होइ सिद्धि साखी गौरीसा ॥

jo yaha paḍhai hanumāna cālīsā ।
ho-i siddhi sākhī gaurīsā ॥
Whoever recites these verses about Hanumān will attain perfection, and will become the friend of Lord Śiva.

तुलसीदास सदा हरि चेरा ।

कीजै नाथ हृदय महँ डेरा ॥

tulasīdāsa sadā hari cerā ।
kījai nātha hṛdaya mahaṁ ḍerā ॥
Tulasidas, who is always at the feet of Rāma prays, Oh Lord, please always dwell in my heart.

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दो- पवन तनय संकट हरन ।

मङ्गल मूरति रूप ॥

राम लषन सीता सहित ।

हृदय बसहु सुर भूप ॥

do- pavana tanaya saṅkaṭa a ।
maṅgala mūrati rūpa ॥
rāma laṣana sītā sahita ।
hṛdaya basahu sura bhūpa ॥

Oh Son of the Wind, who removes all difficulties, in the form of the image of welfare; always dwell in my heart together with Lakṣman, Sītā, and Rāma, the king of all gods.

सिया बर रामचन्द्र की जै ॥

siyā bara rāmacandra kī jai ॥

Victory to Sītā and Rāma!

पवन सुत हनुमान की जै ॥

pavana suta hanumāna kī jai ॥

Victory to Hanumān, son of the Wind.

उमापति महादेव की जै ॥

umāpati mahādeva kī jai ॥

Victory to the great Lord Śiva, husband of Umā.

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