

A sound recording of
Hanuman Chalisa
sung at the Kankhal Ashram in May 1981

can be found at this link
1.2 mb

<http://www.anandamayi.org/ashram/Hanuman.wma>

and
7.7mb

<http://www.anandamayi.org/ashram/Hanuman.mp4>

See the following pages for the text and English translation.

SRI HANUMAN CHALISA

Doha

**Sri Guru Charan Saroja-rajā Nija mana Mukura Sudhaar
Sita Ram**

*Purifying my mind by the dust of the lotus feet of Sri Gurudev
Baranow Rahubhara Bimala Yasha Jo Dayaka Phala Char
Sita Ram*

*I describe the glories of Sri Rama, which bestow upon us the four
Purusharthas*

**Budhee Heena Thanu Jannikay Sumirow Pawana Kumaar
Sita Ram**

*Realising the inadequacy of our intellect, we meditate on you,
Bala Budhee Vidya Dehoo Mohee Harahu Kalesha Vikaar
Sita Ram*

*O Hanuman, "Give us strength, intelligence and knowledge, and remove
all the psychological afflictions and aberrations"*

Chopai

Jaya Hanuman Gyana Guna Saagara

Glory! Victory to Hanuman, the ocean of wisdom and virtue!

Jaya Kapish Tinhu Loka Ujaagara **1**

*Glory to Kapisha (Hanuman), the awakener or enlightener of the three
worlds!*

Rama Dhootha Athulitha Bala Dhaama

You are the messenger of Sri Rama and of unequalled strength,

Anjani Putra Pawan Sutha Naama **2**

Son of Anjani, and whose name is Pavanasutta

Mahabeer Bikrama Bajarangi

You are a great hero of exceptional valour, of an unstained body,

Kumati Newaara Sumati Ke Sangi **3**

You remove our wicked thoughts and are the friend of those with pure, holy minds (Sumati)

Kaanchana Barana Biraaja Subhesha

You are of golden colour and pure and possess a huge, well-clothed body

Kaanana Kundhala Kunchita Kesha 4

You wear shining earrings and have beautiful, curly hair

Haatha Bajra Aur Dhuwaje Beerajay

With the thunderbolt in hand you dwell in Sri Rama's chariot

Kandhey Moonja Janehu Saajay 5

and wear the sacred thread across your shoulder (symbols of Brahmacharya)

Shankara Suwana Kesari Nandana

You, who are like Siva and the son of Keshari in appearance

Tej Prataapa Maha Jaga Bandhana 6

are adored by the whole world on account of your radiance and courage

Vidyawaana Guni Ati Chaatur

You are learned, virtuous and extremely dextrous

Raam Kaaj Karibe Ko Aathur 7

You are totally devoted to the service of Sri Rama

Prabhu Charitra Sunibe Ko Rasiya

You delight in listening to the glories of Sri Rama, the Lord,

Raamlakhana Sita Mana Basiya 8

and have enthroned Sri Rama, Lakshmana and Sita in your heart, in your being and in your mind

Sookshma Roop Dhari Siyahi Dikhaawa

You assumed a very minute (or subtle) form when you revealed yourself to Sita

Bikat Roop Dhari Lanka Jaraawa 9

and by assuming an awesome form you even burnt the city of Lanka

Bheema Roop Dhari Asura Sanghaaray

Then you assumed an enormous form and destroyed the demons

Ramachandra Ke Kaaj Sanwaaray 10

accomplishing the mission of Sri Rama thereby

Laayi Sanjeewana Lakhana Jiyayai

Having brought the life-giving medicinal herb, you revived Lakshmana;

Sri Raghubeer Harasha Ur Laayai	11
<i>you joyously carried Sri Rama on your shoulders</i>	
Raghupathy Kinhi Bahutha Badaayi	
<i>You brought great happiness to Sri Rama</i>	
Thum Mam Priye Bharatha Sam Bhaai	12
<i>and He too extolled you greatly, declaring you to be as dear to Him as His brother Bharata, on that account</i>	
Sahasa Badhana Thumharo Yash Gaawai	
<i>He sang your praises in a happy frame of mind</i>	
Asa Kahi Shreepati Kanta Lagaaway	13
<i>and having done so, He, the Lord Himself, embraced you</i>	
Sanakaadik Brahmaadi Muneesha	
<i>Who can describe your glories!</i>	
Naarad Shaarad Sahitha Aheesa	14
<i>Even the sages, gods, Narada, Saraswathi, the thousand-headed Ahisha</i>	
Yama Kuber Dikpaala Jahaanthay	
<i>Yama, Kubera, the guardian Deities</i>	
Kavikovidh Kahi Sakay Kahaathay	15
<i>none can describe adequately your glories</i>	
Thum Upakaar Sugreewahi Keenha	
<i>You rendered an invaluable service to Sugriva (the king of the monkeys)</i>	
Raam Milai Raja Pada Deenha	16
<i>by introducing him to Sri Rama and restoring him to the throne</i>	
Thumharo Mantra Bheebhishana Maana	
<i>Vibhishana, the brother of Ravana, accepted your advice</i>	
Lankeshwar Bhayi Saba Jaga Jaana	17
<i>and became the Lord of Lanka, that the whole world knows</i>	
Yuga Sahasra Yojana Para Baano	
<i>You playfully thought that the mighty sun</i>	
Leelyo Thahi Madhura Phala Jaano	18
<i>was a great big fruit and swallowed it up</i>	
Prabhu Mudrika Meli Mukh Maheem	
<i>Taking the sacred ring of Sri Rama in your mouth</i>	
Jaladhee Laandhigaye Acharaja Naheem	19

you leapt across the ocean, this was nothing incredible or of any wonder to you

Durgam Kaaj Jagat Ke Jethe

The impossible in this world becomes,

Sugam Anugraha Tumhare Tete 20

by your Grace, easily possible, as you are so full of power and Grace

Raama Duwaary Thuma Rakhawaarey

You are the gatekeeper of Sri Rama's kingdom and

Hoth Na Aagya Bina Paisaaray 21

you would not move from that post without his command

Sab Sukh Lahay Thumhaari Sarana

He who takes refuge at your feet gains all joy and happiness,

Thum Rakshaka Kaahoo Ko Darana 22

and if you are one's protector, what is there to be afraid of?

Aapana Tej Samhaaro Aapay

Your very radiance dispels all obstacles;

Theenom Loka Haankte Kaapay 23

the evil forces of the three worlds tremble before it

Booth Pisach Nikat Nahi Aaway

No evil spirits dare approach you or

Mahabeer Jab Naam Sunaaway 24

one who sings your Name

Naashay Rog Harai Sab Peera

All diseases are destroyed and pain and sorrow vanish

Japat Niranthar Hanumath Beera 25

when your great and powerful Name is repeated incessantly

Sankat Se Hanumaan Chudaaway

O Hanumanji, you free us from all our troubles and difficulties,

Mana karama Vachan Dhyaana Jo Laaway 26

if we contemplate upon you in thought, word and deed

Sab Par Raam Tapasvi Raaja

Having successfully accomplished the mission of Sri Rama

Thinake Kaaj Sakalathum Saja 27

you won the Grace of Sri Rama, who placed His hand on your head

Aur Manorath Jo Koi Laaway <i>He (Sri Rama) fulfils the wishes of all and</i>	
Sohi Ameeth Jeewan Phal Paaway <i>bestows upon all the precious fruits of their lives</i>	28
Chaaroo Yug Partaap Thumhaara <i>Your glory will prevail throughout the four ages and</i>	
Hey Parasidha Jagat Ujiyaara <i>your fame will shine throughout the world</i>	29
Sadhu Santh Ke Thum Rakhwaaray <i>You are the protector of the holy saints and sages;</i>	
Asur Nikanddana Raama Dulaaray <i>you the beloved of Sri Rama, annihilate the evil forces.</i>	30
Astha Siddhi Nav Nidhi Ke Dhaataa <i>The bestower of the eight supernatural powers and the nine forms of wealth,</i>	
Asbar Deen Jaanaki Maathaa <i>this boon was given to you by Mother Sita</i>	31
Raam Rasaayan Thumhray Paasaa <i>The alchemy of devotion to Sri Rama is with you,</i>	
Sadhaa Raho Raghupathy Ke Daasaa <i>the eternal servant of the Lord</i>	32
Tumhare Bhajan Raam Ko Paaway <i>By singing your glories</i>	
Janam Janam Ke Dukh Bisraaway <i>we are freed from the sorrow of birth and death</i>	33
Antha Kala Raghubara Pura Jaayi <i>At the end of a life-span of such devotion</i>	
Jahan Janma Hari Bhaktha Kahaayee <i>one achieves the abode of Sri Rama and is there known as the devotee of the Lord</i>	34
Aur Devata Chitha Na Dharayi <i>There is no need to worship any other deity</i>	
Hanumath Seyi Sarva Sukha Karayee <i>for Hanuman himself will remove all troubles and restore peace and</i>	35

harmony

Sankat Katay Mitay Sab Pheeraa

All obstacles are removed if one remembers or contemplates

Jo Sumiray Hanumath Bal Beera 36

on Hanuman, the storehouse of strength

Jaya Jaya Jaya Hanuman Gosai

Victory! Victory! Victory! to Hanuman!

Kripaa Karahu Gurudev Kee Naayi 37

Be merciful as our Gurudev

Jo Shath Baar Paat Kar Joyi

He who recites this a hundred times

Chootehi Bandhee Mahaa Sukha Hoyi 38

is freed from worldly bondage and gains eternal bliss

Jo Yah Padhay Hanuman Chaleesa

He who recites the Hanuman Chalisa

Hoyi Siddhi Saakhi Gauresa 39

becomes a perfected being and beloved of Lord Siva

Tulasidaas Sadaa Hari Chera

Tulsidas prays to the Lord:

Keejay Naath Hridaya Maha Dera 40

“Please make my heart your abode”.

Doha

Pawan Thanay Sankat Harana Mangala Murati Roop Sita Ram

May Hanuman who removes all our obstacles and troubles,

Ram Lakhana Sitha Saheeta Hriday Basahu Soor Bhoop Sita Ram

Dwell in our hearts along with Sri Rama, Lakshmana and Sita