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
7.7 mb
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-raja 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
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
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
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**
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**
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**
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**
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**
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**
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**
accomplishing the mission of Sri Rama thereby

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

**Naashay Rog Harai Sab Peera**
All diseases are destroyed and pain and sorrow vanish

**Japat Niranthar Hanumath Beera**
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**
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 Sakalatham Saja**
you won the Grace of Sri Rama, who placed His hand on your head
Aur Manorath Jo Koi Laaway
*He (Sri Rama) fulfils the wishes of all and*

Sohi Ameeth Jeewan Phal Paaway 28
*bestows upon all the precious fruits of their lives*

Chaaro Yug Partaap Thumhaaray
*Your glory will prevail throughout the four ages and*

Hey Parasidha Jagat Ujiyaara 29
*your fame will shine throughout the world*

Sadhoo Santh Ke Thum Rakhaaray
*You are the protector of the holy saints and sages;*

Asur Nikanddana Raama Dulaaray 30
*you the beloved of Sri Rama, annihilate the evil forces.*

Asthoo Siddhi Nav Nidhi Ke Dhaataaa
*The bestower of the eight supernatural powers and the nine forms of wealth,*

Asbar Deen Jaanaki Maathaa 31
*this boon was given to you by Mother Sita*

Raam Rasaayan Thumhray Paasaa
*The alchemy of devotion to Sri Rama is with you,*

Sadhoo Raho Raghupathy Ke Daasaa 32
*the eternal servant of the Lord*

Tumhare Bhajan Raam Ko Paaway
*By singing your glories*

Janam Janam Ke Dukh Bisraaway 33
*we are freed from the sorrow of birth and death*

Antha Kala Raghubara Pura Jaayi
*At the end of a life-span of such devotion*

Jahan Janma Hari Bhaktha Kahaayee 34
*one achieves the abode of Sri Rama and is there known as the devotee of the Lord*

Aur Devata Chitha Na Dharayi
*There is no need to worship any other deity*

Hanumath Seyi Sarva Sukha Karayee 35
*for Hanuman himself will remove all troubles and restore peace and
harmony
Sankat Katay Mitay Sab Pheerar
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 Gosarai
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 Gaureesa 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