

Hanuman Chalisa

Raga: Mohana

Tala: Adi

Composer: Saint Tulsidas

Hanuman Chalisa extols the greatness of the super-hero Sri Hanuman. It is a lovely garland of forty verses strung by Goswami Tulsidas, a 16th-century poet-saint and devotee of Lord Rama, and can be offered daily to the Lord of your heart

The lyrics of "Hanuman Chalisa" describe the various qualities and attributes of Lord Hanuman, including his strength, devotion, and unwavering commitment to serving Lord Rama. The hymn praises Lord Hanuman's selfless devotion and his willingness to go to any length to serve his Lord.

Musically, "Hanuman Chalisa" is a beautiful fusion of melody and rhythm, with a simple yet powerful tune that is easy to sing and remember. Each verse praises Lord Hanuman's qualities, attributes, and accomplishments.

The hymn begins with an invocation to Lord Hanuman and goes on to describe his various qualities, including his strength, courage, and devotion to Lord Rama. The hymn also describes how Lord Hanuman aided Lord Rama in his quest to defeat the demon king Ravana and rescue his wife Sita from captivity.

Overall, "Hanuman Chalisa" is a powerful hymn that inspires devotion and surrender to the divine. By reciting the hymn with faith and devotion, devotees believe that they can gain the blessings of Lord Hanuman and overcome any obstacles in their path. The hymn's

message of devotion, selflessness, and service has inspired countless people over the centuries and continues to be a source of spiritual solace and inspiration for many today.

Regular chanting of the Sri Hanuman Chalisa will bring about a spiritual transformation in this world. Thus, it is a service to humanity to chant it regularly.

Benefits of Hanuman Chalisa:

- It makes us more efficient in our work by removing mental obstacles.
- It fills us with rich values and virtues required in spiritual life.
- It gives all abilities needed for success in spiritual and material endeavour.
- It grants us success in whatever we undertake.
- It bestows peace of mind and happiness.
- It helps us to overcome difficulties in life; problems miraculously disappear.

Lyrics Translation

	Lyrics	Translation	Meaning
Introductory Doha 1 The Grace of the Guru	Shreeguru charana saroja raja nija mana mukura sudhaari baranau raghubara bimala jasu jo daayak phala chaari	"Cleansing the mirror of my mind with the dust from the Lotus-feet of Divine Guru, I describe the unblemished glory of Lord Rama, which bestows four fruits of Righteousness (Dharma), Wealth (Artha), Pleasure (Kama) and Liberation (Moksha) "	Bowing to my Guru's lotus feet I pray that my heart be cleansed, so it may reflect the glories of Rama;
Introductory Doha 2 Remover of All Afflictions	Buddhiheena tanu jaanikai sumirau pavanakumāra Bal buddhi bidyā dehu mohi harahu kalesa bikāra	"Considering this person as intelligence less, I remember Lord Hanuman. Give me strength, intelligence and knowledge, cure my body ailments and mental imperfections"	I Meditate on You, O son of Pavan, Ignorant as I am; Bestow upon me your light strength and knowledge. So all my afflictions may be liberated;

01 – 02: Victory to Hanuman!	Jaya hanumāna Jnaana guna saagara Jaya kapeesha tihu loka ujaagara	"Victory to Hanuman who is the ocean of Wisdom and Virtues, Victory to the king of Monkeys who is illuminating three worlds"	Victory to you dear Hanuman, ocean of mercy and compassion; Victory to you who illuminates all three worlds and is divine amongst monkeys;
	Rāma dūta atulita bala dhāmā Anjani putra pavanasuta nāmā	"You are the messenger of Rama (to Sita), You are the abode of incomparable power. You are also called by the names of 'Anjani Putra' (Son of Anjana) and 'Pavana suta' (son of wind god)"	Messenger of Rama, you possess incomparable power; Son of Anjana and of the wind God;
3-4 His Magnetic Personality	Mahābīra bikrama bajarangī Ikumati nivāra sumati ke sangī	"Oh mighty valorous one, of terrific deeds whose body organs are as strong as Diamond (or the weapon of God Indra). Cure my bad mind oh companion of those with pure (good) mind"	Great hero, stronger than a thunderbolt; Companion of only the pure minded, please rid my mind too of falsehood;
	Kaanchana barana birāja subesā kānana kundala kunchita keshā	"You are golden colored, you are shining in your beautiful attire. You have beautiful ear-rings in your ear and curly hairs"	Your golden body shines bright; Always beautifully dressed you are, adorned with jewels and curly locks;
5-6 Hanuman's Ornaments	Hātha bajra au dhvajā birājai	"Vajrayudha (mace) and flag are shining in your hand. Sacred thread made of Munja grass adorns your shoulder"	Holding a thunderbolt and a flag; your shoulder adorned with the sacred thread;
	kāndhe mūnji janeū sājai		
	Shankara suvana kesarī nandana Teja pratāpa mahā jaga bandana	"O partial incarnation of Lord Shiva, giver of joy to King Kesari. Your great majesty is revered by the whole world"	Manifesting the Great Lord Shiva himself, you are the son of King Kesari; Who in this world doesn't revere the strong and the brave? O embodiment of both;
7, 8 An Ideal Karma Yogi	Vidyāvāna gunī ati chātura The Lord who dwells in your heart along with Lakshman and Sita;	"Oh one learned in all Vidyas, one full of virtues, Very clever. You are always eager to do Rama's tasks"	Highly learned, skilled in all Vidyas & full of virtue; always ready to serve your Lord, Rama;
	Prabhu charitra sunibe ko rasiyā rāma	"You enjoy listening to Lord Rama's story;	You enjoy nothing more than listening to

	lakhana sītā mana basiyā	Lord Rama, Lakshman and Sita reside in your heart"	stories about Rama; The Lord who dwells in your heart along with Lakshman and Sita;
9-10 Tiniest and Largest	Sūkshma rūpa dhari siyahi dikhāvā bikata rūpa dhari lanka jarāvā	"Assuming the smallest form you saw (visited) Sita. Assuming the gigantic form you burnt down the Lanka"	With equal ease you transform from the tiniest to massive forms; In front of Sita you appeared minute & humble, later becoming a fearsome giant you burnt Lanka to ash;
	Bhīma rūpa dhari asura samhāre rāmachandra ke kāja samvāre	"Assuming a terrible form you slayed demons. You made Lord Rama's works easier"	As a fearsome giant you slayed demons; removing them from your Lord Rama's way
11,12 The Sanjivani Rescue Operation	lāya sanjivani lakhana jiyāe shrī raghubīra harashi ura lāye	"You brought Sanjeevini mountain to save Lakshmana's Life. Lord Rama embraced you in joy"	You saved Lakshman, bringing the rare Sanjeevani from far away mountains; Overflowing with Joy, Sri Rama embraced you to his own heart;
	Raghupati kīnhī bahut badāi tum mama priya bharata hi sama bhāi	"Lord Rama praised you very much saying 'You are dear to me like my brother Bharata'"	Rama sings praises of you; embracing you he says; 'You are as dear to me as my own brother Bharat';
13,14,15 More Praises Heaped on Hanuman	sahasa badana tumharo jasa gāvai,asa kahi shrīpati kantha lagāvai	"May the thousand headed serpent Adishesha sing of your glory' saying this Lord Rama embraced you"	Even the Thousand Headed Seshnag Sings Your Glory; Said Rama, taking you in his Embrace;
	Sanakādika brahmādi munīsā nārada sārada sahita ahīsā	"Sanaka, Brahma and other Royal sages, Narad, Saraswati and Adishesha"	Sanak, Brahma and other sages; Narada, and Devi Saraswati along with the lord of serpents;
	Yama kubera dikpāla jahā te kavi kobida kahi sakai kahā te	"Yama, Kubera, Dikpaalakas, poets and singers; they can not describe your greatness properly"	Yama, Kubera and all other guardians of the directions; Poets as well as scholars find not the words to sing your praise;
16,17 How Hanuman Helped Others	Tuma upakāra sugrīvahi kīnhā,rām milāya rājapada dīnhā	"You helped Sugreeva. You made him friends with Rama which gave him his Kingship back"	Eternally grateful to you is Sugriva;You introduced him to Ram who got him back his kingdom, making him King again;
	Tumharo mantra vibhīshana mānā	"Vibheeshana accepted your	Vibishana surrendered himself

	lankeshvara bhae saba jaga jānā	Suggestion. He became the king of Lanka because of your advice, whole world knows it"	to you; And you made him Lord of Lanka while the world looked on.
18,19,20 His Superhuman Deeds	Yuga sahasra yojana para bhānū līlyo tāhi madhura phala jānū	"You flew towards the sun who is thousands of years of Yojanas away, thinking of him as a sweet fruit"	Flying towards the Sun, thousands of miles away; You almost swallowed it whole, thinking it to be a Sweet Fruit;
	Prabhu mudrikā meli mukha māhī jaladhi lānghi gaye acharaja nāhī	"Putting the ring of Rama in your mouth, you jumped and flew over Ocean to Lanka, there is no surprise in that"	Carrying Lord Sri Rama's Ring in your Mouth; You Leapt across the Ocean. Full of wonder are you;
	Durgama kāja jagata ke jete sugama anugraha tumhare tete	"All the difficult tasks in the world, become easy if there is your grace"	All things difficult in samsara Are Rendered Easy by your Grace
21,22 The Lord's Gatekeeper	Rāma duāre tuma rakhavāre hota na āgyā binu paisāre	"Your the doorkeeper of Rama's court. Without your permission nobody can enter Rama's abode"	Guardian of Rama's kingdom; Who can enter without your blessings?;
	Saba sukha lahai tumhārī saranā tuma rakshaka kāhū ko daranā	"All happiness stay with those who take refuge in you. You are the protector, why be afraid? "	All joys are mine, in your protection; With you as guardian what is there to fear?;
23-24 Fear of Evil Spirits	āpan tej samhāro āpai tino lok hānka te kāpai	"Only you can cancel your powers. All three worlds tremble in fear"	Who but you, can contain your glory?; Which makes all three worlds tremble as you roar;
	bhūta pishācha nikata nahi āvai mahābīra jaba nāma sunāvai	"Evil Spirits and Ghosts don't come near when your name is heard O great Courageous one"	No ghosts nor evil comes near; Hearing your name o great hero;
25-26 Diseases and Ailments	Nāsai roga harai saba pīrā japata nirantara hanumata bīrā	"Diseases will be ended, all pains will be gone, when a devotee continuously repeats Hanuman the brave's name"	What pain, what disease can remain?; When I continuously utter your name?;
	Sankata te hanumāna chhudāvai mana krama vachana dhyāna jo lāvai	"Hanuman will release those from troubles who meditate upon him in their mind, actions and words"	With my mind, heart and speech fixed on Hanuman; what problems could I ever have?;
Hanumanji's Grace 27-28	Saba para rāma tapasvī rājā tina ke kāja sakala tuma sājā	"Rama is the king of all, he is the king of yogis. You managed all his tasks"or in	When my mind is engrossed in Rama, King of yogis; What

		other translation "He whoever takes refuge in Rama you will manage all their tasks"	problems can I not solve?;
	Aura manoratha jo koī lāvai Soi amita jīvana phala pāvai	"Whoever brings many of their wishes to you, they will get unlimited fruits"	As I bring my chariot mind to the Lords feet; The immortal fruit of life, I obtain;
29-30 His Glory & Fame	chāro juga pratāpa tumhārā hai parasiddha jagata ujjyārā	"Your glory is for all the four yugas, Your greatness is very famous throughout the world, and illumines the world"	The 4 yugas are full of your glory; Your greatness illumines the world;
	Sādhu santa ke tuma rakhavāre asura nikandana rāma dulāre	"You are the guardian of Saints and Good people. You killed demons and you are dear to Rama"	Beloved of Sri Rams, o destroyer of demons; All sages and saints take refuge in you;
31-32 Bestower of Supernatural Powers	Ashta siddhi nava nidhi ke dātā asa bara dīnha jānakī mātā	"Mother Sita granted you a boon to become the bestower of 8 Siddhis (supernatural powers) and 9 Nidhis (divine treasures)"	Mother Sita's boon grants upon you; The title of bestower of all eight powers, and all nine treasures;
	Rāma rasāyana tumhare pāsā sadā raho raghupati ke dāsā	"You have the sweet devotion to Rama. May you always be a devotee of Lord Rama"	Knower of Rama's sweet gentleness; You remain always his loving servant;
33-34 The Abode of Lord Rama	Tumhare bhajana rāma ko pāvai Janama janama ke dukha bisarāvai	"Singing your name gets us Rama himself and Removes the sufferings of many lives"	Remembering you one attains Rama; And sorrows of all lifetimes, not just this one, are liberated;
	Anta kāla raghupati pura jāī jahā janma hari bhakta kahāī	"He who sings of you, at the end of the life he attains to Lord Rama's abode. Where he will be born as a Devotee of Lord Rama"	With this devoted heart of mine, known as his servant; I enter Sri Ramas kingdom;
35-36 Hanuman is Sufficient	Aura devatā chitta na dharaī hanumata sei sarva sukha karaī	"Not contemplating on other gods, gets his all happiness from Hanuman by serving him"	Just through this one sadhana of your remembrance; All delights and happiness come my way;
	Sankata katai mitai saba pīrā jo sumirai hanumata balabīrā	"Pains will be removed, all afflictions will be gone of who remembers Hanuman the mighty brave one"	What are pains, and what are sorrows to him?; Whose heart is immersed in you?;

37-38 The Fruit	Jaya jaya jaya hanumāna gosāickripā karahu gurudeva kī nāī	"Victory to you O master of the senses. Show mercy on us like a Guru does"	Victory to Hanuman, master of the senses; Bestow your kindness as supreme Guru;
	Jo shata bāra pāthakar koī chhūtaḥ bandi mahāsukha hoī	"He whoever recits this hundred times, his chains of Bondage will be cut, Great happiness will be his"	With unbroken remembrance of you in my heart; What can bind me? All is liberation;
39-40 Thus Prays Tulasidas	Jo yaha padhai hanumāna chālīsā hoya siddhi sākḥī gaurīsā	"He whoever reads these verses on Hanuman, he will get spiritual attainments, Lord Shiva is the witness to this statement"	Gauri's husband himself, the great Shiva is witness to my devotion unto you;Which bestows only liberation;
	Tulasidāsa sadā hari cherā kījai nātha hridaya mama dherā	"Tulasidas is always a disciple of Lord Rama. O lord make my heart your abode"	The author Tulsidas, your eternal disciple; Prays that you live forever in his own heart;
Conclusive Doha Closing Prayer to Hanuman	pavanatanaya sankata harana mangala mūrati rūpa rāma lakhana sītā sahita hridaya basahu sura bhūpa	"O Son of wind god, remover of difficulties, oh one of auspicious form. With Ram, Lakshman and Sita reside in our hearts of King of Gods"	Please dwell eternally in my heart too, son of Pavan and destroyer of difficulties; Along with Sri Rama Lakshman and Sita.