

॥ Śrī Hanumate Namaḥ ॥

Śrī Hanumānacālīsā

Śrī Hanumānacālīsā is full of devotion, sacrifice and dedication. To achieve any objective and in times of distress one goes in the shelter of Hanumān—Rāma-Bhakta.

दोहा

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

Dohā

Śrīguru carana saroja raja
 nija manu mukuru sudhāri,

baranañ raghubara bimala jasu
jo dāyaku phala cāri.

Polishing the mirror of my mind with the pollen dust of Śrī Guru's lotus-feet. I hereby proceed to narrate unblemished glory of Śrī Rāma, the bestower of fourfold accomplishments (Dharma, Artha, Kāma and Mokṣa).

बुद्धिहीन तनु जानिके
सुमिरौ पवन-कुमार ।

बल बुधि बिद्या देहु मोहिं
हरहु कलेस बिकार ॥

buddhihīna tanu jānike,
sumiraṅṅ pavana-kumāra,
bala budhi bidyā dehu mohiṅṅ,
harahu kalesa bikāra.

Considering myself devoid of intellectual merits, I invoke Śrī Hanumān, the son of wind-god. O! Bestow on me the strength, intellect and

knowledge. Kindly remove my bodily ailments and mental maladies.

चौपाई

जय हनुमान ज्ञान गुन सागर ।
जय कपीस तिहुँ लोक उजागर ॥

Caupāī

jaya hanumāna jñāna guna sāgara,
jaya kapīsa tihūṅ loka ujāgara.

Hail to Thee, O Hanumān, the repository of

knowledge and merits. Hail to Thee, O lord of monkeys, well-known all over the three worlds.

राम दूत अतुलित बल धामा ।

अंजनि-पुत्र पवनसुत नामा ॥

rāma dūta atulita bala dhāmā,
amjani-putra pavanasuta nāmā.

The emissary of Rāma and abode of might, beyond comparision; also referred to by the name of Añjanīputra and Pavanaputra (the son of Añjanī and Pavana).

महावीर विक्रम बजरंगी ।
कुमति निवार सुमति के संगी ॥
mahābīra bikrama bajaraṅgī,
kumati nivāra sumati ke saṅgī.

You are supremely valorous, extremely brave with your body strong like thunderbolt. You exterminate the evil thoughts and stand by the side of righteously thinking ones.

कंचन बरन बिराज सुबेसा ।
कानन कुंडल कुंचित केसा ॥

kaṁcana barana birāja subesā,
kānana kuṁḍala kuṁcita kesā.

The golden complexion and impressive appearance due to the lovely garments, rings in the ears and hair curly.

हाथ बज्र औ ध्वजा बिराजै ।
काँधे मूँज जनेऊ साजै ॥

hātha bajra au dhvajā birājai,
kāḍhe mūṁja janeū sājai.

Vajra (thunderbolt) and a flag adorn your hands and sacrificial thread of Mūṣa grass beautify your shoulder.

संकर सुवन केसरीनंदन ।
तेज प्रताप महा जग बंदन ॥

samkara suvana kesarīnamdana,
teja pratāpa mahā jaga baṁdana.

The son of Śiva and delighter of Keśarī, commanding the supreme veneration of the entire world for effulgence and great valour.

बिद्यावान् गुनी अति चातुर ।
 राम काज करिबे को आतुर ॥

bidyāvāna gunī ati cātura,
 rāma kāja karibe ko ātura.

Supremely learned, meritorious and extremely clever; always eager to fulfil any mission of Rāma.

प्रभु चरित्र सुनिबे को रसिया ।
 राम लषन सीता मन बसिया ॥

prabhu caritra sunibe ko rasiyā,
rāma laṣana sītā mana basiyā.

Fond of listening to the exploits of the Lord. Your heart is a firm abode of Rāma, Lakṣmaṇa and Sītā.

सूक्ष्म रूप धरि सियहिं दिखावा ।
बिकट रूप धरि लंक जरावा ॥

sūkṣma rūpa dhari siyahī dikhāvā,
bikaṭa rūpa dhari laṅka jarāvā.

In the minutest form you presented yourself before Sītā and burnt Laṅkā appearing in monstrous form.

भीम रूप धरि असुर सँहारे ।
रामचंद्र के काज सँवारे ॥

bhīma rūpa dhari asura saṅhāre,
rāmacandra ke kāja saṅvare.

You assumed a colossal form and annihilated the demons and successfully accomplished the

mission of Rāmacandra.

लाय सजीवन लखन जिघाये ।
श्रीरघुबीर हरषि उर लाये ॥

lāya saḥjīvana lakhana jiyāye,
śrīraghubīra haraṣi ura lāye.

Bringing the life saving drug (Mṛta-Sañjīvanī), you revived Lakṣmaṇa (to life). For that Śrī Rāma was very happy and took you to his bosom.

रघुपति कीन्ही बहुत बड़ाई ।
तुम मम प्रिय भरतहि सम भाई ॥

raghupati kīnhī bahuta baRāī,
tuma mama priya bharatahi sama bhāī.

The Lord of Raghus paid loftiest encomiums
(and said) you are as dear to me as my brother
Bharata.

सहस्र बदन तुम्हरो जस गावैं ।
अस कहि श्रीपति कंठ लगावैं ॥

sahasa badana tumharo jasa gāvai,
asa kahi śrīpati kaṁṭha lagāvai.

The thousand-hooded serpent-god sings
your glory—so saying the lord of Lakṣmī
embraces you again and again.

सनकादिक ब्रह्मादि मुनीसा ।
नारद सारद सहित अहीसा ॥

sanakādika brahmādi munīsā,
nārada sārada sahita ahīsā.

Sage as Sanaka, gods like Brahmā, the other munis like Nārada besides Sarasvatī and Śeṣa.

जम कुबेर दिगपाल जहाँ ते ।

कबि कोबिद कहि सके कहाँ ते ॥

jama kubera digapāla jahāṅ te,

kabi kobida kahi sake kahāṅ te.

Yama (the judge of Dharma), Kubera (the lord of riches) the presiding deities and protectors of all quarters (whosoever are there), fail to

praise your glory. Then now can the ordinary poets and scholars narrate it.

तुम उपकार सुग्रीवहिं कीन्हा ।
राम मिलाय राज पद दीन्हा ॥

tuma upakāra sugrīvahī kīnhā,
rāma milāya rāja pada dīnhā.

You were quite obliging to Sugrīva by arranging his meeting with Rāma and consequently getting the Kingship (of Kiṣkindhā)

conferred on him.

तुम्हरो मंत्र बिभीषन माना ।
लंकेस्वर भए सब जग जाना ॥

tumharo maṁtra bibhīṣana mānā,
laṁkesvara bhae saba jaga jānā.

Vibhīṣaṇa paid heed to your advice with the result, he became the king of Laṅkā—the entire world knows it.

जुग सहस्र जोजन पर भानू ।
लील्यो ताहि मधुर फल जानू ॥

juga sahasra jojana para bhānū,
līlyo tāhi madhura phala jānū.

The sun is located at a distance of thousands and thousands of miles, yet you swallowed him taking to be a sweet fruit.

प्रभु मुद्रिका मेलि मुख माहीं ।
जलधि लाँघि गये अचरज नाहीं ॥

prabhu mudrikā meli mukha māhī,
jaladhi lāghi gaye acaraja nāhī.

(Then) what is wonder if you kept the signet ring of the Lord in your mouth and jumped across the sea.

दुर्गम काज जगत के जेते ।
सुगम अनुग्रह तुम्हरे तेते ॥

durgama kāja jagata ke jete,
sugama anugraha tumhare tete.

Whatever difficult tasks are there in the world, they all 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 door-keeper to Śrī Rāma and without your permission nobody can have an entry therein.

सब सुख लहै तुम्हारी सरना ।
तुम रच्छक काहू को डर ना ॥

saba sukha lahai tumhārī saranā,
tuma racchaka kāhū ko ḍara nā.

Under your refuge one gets all comforts and happiness. There is no cause of fear if you are the protector.

आपन तेज सम्हारो आपै ।
तीनों लोक हाँक ते काँपै ॥

āpana teja samhāro āpai,
tinō loka hāka tē kāpai.

It is only you who can manage and control your power. All the three worlds tremble when you roar.

भूत पिशाच निकट नहिं आवै ।
महावीर जब नाम सुनावै ॥

bhūta pisāca nikāṭa nahī āvai,
mahābīra jaba nāma sunāvai.

Evil spirits like ghosts and goblins cannot come near a person while one recites the name

of Hanumān, the supreme warrior.

नासै रोग हरै सब पीरा ।
जपत निरंतर हनुमत बीरा ॥

nāsai roga harai saba pīrā,
japata niramāntara hanumata bīrā.

All the bodily diseases are expelled and all pains removed if somebody makes constant Japa of your name, O Brave Hanumān!

संकट ते हनुमान छुड़ावै ।
मन क्रम बचन ध्यान जो लावै ॥

**samkṛta tē hanumāna chuRāvai,
mana krama bacana dhyāna jo lāvai.**

Hanumān releases him from all crises if a person meditates upon him with the mind, deeds and speech.

**सब पर राम तपस्वी राजा ।
तिन के काज सकल तुम साजा ॥**

**saba para rāma tapasvī rājā,
tina ke kāja sakala tuma sājā.**

There is the ascetic King Rāma ruling over

all and sundry. And you fulfilled all his missions.

और मनोरथ जो कोइ लावै ।
सोइ अमित जीवन फल पावै ॥

aura manoratha jo koi lāvai,
soi amita jivana phala pāvai.

(If anybody and everybody worships you) and entertains any desire he is sure to achieve the fruits of life unlimitedly.

चारों जुग परताप तुम्हारा ।
है परसिद्ध जगत उजियारा ॥

**carō juga paratāpa tumhārā,
hai parasiddha jagata ujiyārā.**

Your might and glory were supreme all over the four ages (Satyayuga, Tretā, Dwāpara, and Kaliyuga) well-known and shining throughout the world.

**साधु संत के तुम रखवारे ।
असुर निकंदन राम दुलारे ॥**

**sādhu samta ke tuma rakhawāre,
asura nikamdana rāma dulāre.**

You are the protector of sages and saints,
annihilater of demons and darling of Rāma.

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

aṣṭa siddhi nau nidhi ke dātā,
asa bara dīna jānakī mātā.

The mother Sītā granted you boon of
becoming capable of bestowing eight Siddhis
and nine Nidhis.

राम रसायन तुम्हरे पास ।
सदा रहो रघुपति के दासा ॥

rāma rasāyana tumhare pāsā,
sadā raho raghupati ke dāsā.

You possess the elixir of Rāma-Bhakti with you and you always remain a true servant of Rāma.

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

tumhare bhajana rāma ko pāvai,
janama janama ke dukha bisarāvai.

One attains to Śrī Rāma through adoring and worshipping you and happens to forget if he had any miseries in past so many births.

अंत काल रघुबर पुर जाई ।
जहाँ जन्म हरि-भक्त कहाई ॥

am̐ta kāla raghubara pura jāī,
jahāṅṅ janma hari-bhakta kahāī.

At the time of final departure such a person goes the abode of Śrī Rāma and after that wherever he happens to take birth, he will be known as a confirmed devotee of Lord Rāma.

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

aura devatā citta na dharai,
hanumata sei sarba sukha karai.

A person even though he may not pay any attention to any other god, enjoys all pleasures by serving Śrī Hanumān.

संकट कटै मिटै सब पीरा ।
जो सुमिरै हनुमत बलबीरा ॥

samkṛṭa kṛṭai miṭai saba pīrā,
jo sumirai hanumata balabīrā.

All the crises vanish and all pains are removed if somebody remembers the mighty Hanumān.

जै जै जै हनुमान गोसाईं ।
कृपा करहु गुरु देव की नाई ॥

jai jai jai hanumāna gosāī,
krpā karahu guru deva kī nāī.

Hail, Hail, Hail, to thee O Hanumān, my
master, be as graceful to me as my godly preceptor.

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

jo sata bāra pāṭha kara koī,
chūṭahi baṁdi mahā sukha hoī.

One who recites this (Hanumānacālīsā) one hundred times, he is released from bondage and experiences the Supreme Bliss.

जो यह पढ़ै हनुमान चलीसा ।
होय सिद्धि साखी गौरीसा ॥

jo yaha paRhai hanumāna calīsā,
hoya siddhi sākhī gaurīsā.

One who reads this Hanumānacālīsā, he gets accomplishments—Lord Śiva textifies it.

तुलसीदास सदा हरि चेरा ।
कीजै नाथ हृदय महँ डेरा ॥

tulasīdāsa sadā hari cerā,
kījai nātha hṛdaya mahāṅ ḍerā.

Tulasīdāsa is a servant of Lord Rāma forever.
O Lord, Keep your abode in my heart.

दोहा

पवनतनय संकट हरन,
 मंगल मूर्ति रूप ।
 राम लखन सीता सहित,
 हृदय बसहु सुर भूप ॥

Dohā

pavanatanaya saṁkaṭa harana
 maṅgala mūrati rūpa,