

SHREE HANUMAN CHALEESA

Shree gurū charana saroja raja nija manu mukuru sudhāri

Taking the pollen-like dust of my Guru's lotus feet to polish the mirror of my heart

baranon raghubara bimala jasu jo dāyaku phala chāri

I can now sing the pure splendor of Sri Ram, the best of Raghus which bestows the four fruits of life

buddhi heena tanu jāniké sumiron pavana kumāra

I don't know anything, so I remember you, Son of the Wind

bala buddhi vidyā déhu mohin harahu kalésa bikāra

Grant me strength, intelligence, and wisdom, and remove my impurities and sorrows.

(Siyā vāra rāmachandra pāda jai shāranam)

I take refuge at the feet of Sita's husband, Ram

1. jaya hanumāna gyāna guna sāgara

Hail Hanuman, ocean of wisdom

jaya kapeesa tihun loka ujāgara

Hail Monkey Lord! You light up the three worlds

2. rāmadūta atulita bala dhāmā

You are Ram's messenger, the abode of immeasurable power

anjani putra pawanasūta nāmā

Anjani's son, named "Son of the Wind."

3. mahābeera bikrama bajarangee

Great hero, you are a mighty thunderbolt

kumati nivāra sumati ke sangee

Remover of evil thoughts and companion of the good

4. kanchanan barana birāja subesā

Golden-hued and splendidly adorned

kānana kundala kunchita kēsā

with heavy earrings and curly locks

5. hātha baja ora dhvajā birājai

In your hands shine mace and a banner

kandhé munja janéū sājai

a sacred thread adorns your shoulder

6. shankara suvana késaree nandana

You are an incarnation of Shiva and Kesari's son

téja pratāpa mahā jaga bandana

Your glory is revered throughout the world.

7. vidyāvāna gunee ati chātura

You are the wisest of the wise, virtuous and very clever

rāma kāja karibé ko ātura

eager to do Ram's work

8. prabhu charita sunibé ko rasiyā

You delight in hearing of the Lord's deeds;

rāma lakhana seetā mana basiyā

Ram, Lakshman, and Sita dwell in your heart.

9. sūkshma rūpa dhari siyahin dikhāvā

assuming a tiny form, you appeared to Sita;

bikata rūpa dhari lanka jarāvā

in an awesome form, you burned Lanka.

10. bheema rūpa dhari asura sanghāré

Taking a dreadful form, you slaughtered the demons,

rāmachandra ké kāja sanvaré

completing Lord Ram's work.

11. lāya sajeevana lakhana jiyāyé

Bringing the magic herb, you revived Lakshman;

shree raghubera harashi ura lāyé

Sri Ram embraced you with delight.

12. raghupati keenhee bahuta barāee

The Lord of the Raghus praised you greatly:

tuma mama priya bharatahi sama bhāee

"You are as dear to me as my brother Bharat!"

**13. sahasa badana tumharo yasa
gāvain**

“Thousands of mouths will sing your fame!”

asa kahi shreepati kantha lagāvain

So saying, Lakshmi’s Lord drew you to Himself.

14. sanakādika brahmādi muneesā

Sanak and the sages, Brahma and the munis,

nārada shārada sahita aheesā

Narada, Saraswati, and the King of serpents,

15. yama kubéra digapāla jahān té

Yama, Kubera, the guardians of the four
quarters,

kabi kobida kahi saké kahānté

poets and scholars- none can express your
glory.

**16. tuma upakāra sugreevahin
keenhā**

You did great service for Sugriva;

rāma milāya rāja pada deenhā

bringing him to Ram, you gave him kingship.

**17. tumharo mantra vibheeshana
mānā**

Vibhishana heeded your counsel;

lankéshvara bhayé saba jaga jānā

He became the Lord of Lanka, as the whole
world knows.

18. juga sahasra jojana para bhānū

Though the sun is millions of miles away,

leelyo tāhi madhura phala jānū

you swallowed it, thinking it to be a sweet fruit.

**19. prabhu mudrikā méli mukha
māheen**

Holding the Lord’s ring in your mouth,

jaladhi lānghi gaye acharaja nāheen

It’s no surprise that you leapt over the ocean.

20. durgama kāja jagata ké jété

Every difficult task in this world

sugama anugraha tumharé tété

becomes easy by your grace.

21. rāma duāré tuma rakhavāré

You are the guardian at Ram’s door;

hota na āgyā binu paisāré

no one enters without your permission.

**22. saba sukha lahai tumhāree
sharanā**

Those who take refuge in you find all happiness;

tuma rachchaka kāhū ko dara nā

those who you protect know no fear.

23. āpana téja samhāro āpai

You alone can withstand your own splendor;

teenon loka hānka tén kānpai

the three worlds tremble at your roar.

24. bhūta pisācha nikata nahin āvai

Ghosts and goblins cannot come near,

mahābeera jaba nāma sunāvai

Great Hero, when your name is uttered.

25. nāsai roga haré saba peerā

All disease and pain is eradicated

japata nirantara hanumata beerā

by constantly repeating your name, brave
Hanuman.

26. sankata tén hanumāna churāvai

Hanuman, you release from affliction all those

mana krama bachana dhyāna jo lāvai

who remember you in thought, word, and deed.

27. saba para rāma tapasvee rājā

Ram, the ascetic king, reigns over all,

tinaké kāja sakala tuma sājā

but you carry out all His work.

28. ora manoratha jo ko-i lāvai

One who comes to you with any yearning

so-i amita jeevana phala pāvai

obtains the abundance of the four fruits of life.

29. chāron yuga paratāpa tumhārā

Your splendor fills the four ages;

hai parasiddha jagata ujjārā

your glory is renowned throughout the world.

30. sādhu santa ké tuma rakhavāré

You are the guardian of saints and sages,
asura nikandana rāma dulāré
the destroyer of demons, and the darling of
Ram.

31. ashta siddhi no nidhi ké dātā

You grant the eight powers and nine treasures
asa bara deenha jānakee mātā
by the boon you received from Mother Janaki.

32. rāma rasāyana tūmharé pāsā

You hold the elixir of Ram's name
sadā raho raghupati ké dāsā
and remain eternally His servant.

33. tumhare bhajana rāma ko pāvai

Singing your praise, one finds Ram
janama janama ké dukha bisarāvai
and the sorrows of countless lives are
destroyed.

34. anta kāla raghubara pura jā-ee

At death one goes to Ram's own abode,
jahān janama hari bhakta kahā-ee
born there as God's devotee.

35. aura devatā chitta na dhara-ee

Why worship any other deities?
hanumata sé-i sarva sukha kara-ee
From Hanuman you'll get all happiness.

36. sankata katai mitai saba peerā

All affliction ceases and all pain is removed
jo sumirai hanumata bala beerā
for those who remember the mighty hero,
Hanuman.

37. jai jai jai hanumāna gosā-ee

Victory, Victory, Victory, Lord Hanuman;
kripā karahu gurudēva kee nā-ee
bestow your grace on me, as my Guru!

38. jo sata bāra pātha kara ko-ee

Whoever recites this a hundred times
chūtahi bandi mahā sukha ho-ee
is released from bondage and gains bliss.

39. jo yaha padai hanumāna chāleesā

One who reads this Hanuman Chalisa
hoya siddhi sākhee gauresā
gains success, as Gauri's Lord (Shiva) is
witness.

40. tulasee dāsa sadā hari chérā

Says Tulsi Das, who always remains Hari's
servant,
keejai nātha hridya mahan dérā
"Lord, make your home in my heart."

pavana tanaya sankata harana mangala mūrati rūpa

Son of the Wind, embodiment of all blessings,
rāma lakhana seetā sahita hridaya basahu sura bhūpa
with Ram, Lakshman, and Sita live in my heart, King of Gods.

(Siyā vāra rāmachandra pāda jai shāranam)

I take refuge at the feet of Sita's husband, Ram

mangala mūrati māruta nandana

You are the embodiment of all blessings, Son of the Wind.

sakala amangala mūla nikandana

You destroy the root of everything that is inauspicious and harmful.