

# ŚHRĪ HANUMĀNA CHĀLĪSĀ

with ENGLISH TRANSLATION

40 verses in praise of Hanuman, composed by the C16<sup>th</sup> poet-saint Tulsidas

**DOHA** (Invocation)

**śhrī guru charaṇ saroja raja  
nija mana mukura sudhāri  
baraṇau raghubara bimala jasu  
jo dāyaka phala chāri**

Having taken the dust from my Guru's lotus feet to cleanse the mirror of my heart; I describe the pure glory of Rama<sup>1</sup>, the bestower of the four fruits of life<sup>2</sup>

**buddhihīna tanu jānike  
sumiraū pavana kumāra  
bala buddhi vidyā dehu mohī  
harahu kaleśha bikāra**

Knowing myself to be ignorant, I remember you; Son of the Wind. Give me strength, wisdom and intelligence, and remove my impurities and sorrows

**siyāvāra rāmachandra pada jaya śharanam**

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

**CHAUPAI** (Text)

**1. jaya hanumāna jnāna guṇa sāgara  
jaya kapīsa tihū loka ujāgara**

Glory to Hanuman; ocean of wisdom & noble virtues. Glory to the Lord of the monkeys, illuminator of the 3 worlds<sup>3</sup>

**2. rāma dūta atulita bala dhāmā  
aṅjani putra pavansuta nāmā**

You are Rama's messenger, and the abode of incomparable strength. Anjani's son, known as the "Son of the Wind"

**3. mahābīra bikrama bajarāṅgi  
kumati nivāra sumati ke saṅgi**

Great hero, mighty as a thunderbolt. You are the remover of negative thoughts, and the companion of the noble

**4. kañchana barana birāja subesā  
kānana kuṇḍala kuñchita kesā**

You are golden-hued and splendidly adorned, with heavy earrings and curly locks

**5. hātha vajra au dhvajā birājai  
kaṅdhe muñja jane-ū sājai**

Your hands hold a thunderbolt mace and a banner (a flag of Rama), A sacred thread of munja grass adorns your shoulder

**6. śhaṅkara suvana kesari nandana  
teja pratāpa mahā jaga bandana**

Shiva's incarnation, Kesari's son, Your glory is revered throughout the universe

**7. vidyāvāna guṇī ati chātura  
rāma kāja karibe ko ātura**

You are full of wisdom, virtuous and clever, Always eager to serve Rama

**8. prabhu charitra sunibe ko rasiyā  
rāma lakhana sītā mana basiyā**

You delight in hearing the nectar-like stories of the Lord. Rama, Lakshmana and Sita dwell in your heart

**9. sūkṣma rūpa dhari siyahī dikhāvā  
bikaṭa rūpa dhari laṅka jarāvā**

Assuming a tiny form you appeared to Sita. Assuming a huge, awesome form you burned Lanka

**10. bhīma rūpa dhari asura saṅhāre  
rāmachandra ke kāja saṅvāre**

Assuming a dreadful form you destroyed the demons, thereby fulfilling Rama's mission

**11. lāya sajīvana lakhana jiyāye  
śhrī raghubīra haraṣi ura lāye**

You brought the sacred life-giving Sanjivani herb which revived Lakshmana, So Lord Rama joyfully embraced you

**12. raghupati kīnhī bahuta barā-ī  
tuma mama priya bhāratahi sama bhā-ī**

Rama praised you highly: "You are as dear to me as my brother Bharat,

**13. sahasa badana tumharo jasa gāvāi  
asa kahi śhrīpati kaṅṭha lagāvāi**

The thousand headed serpent sings your praises", Saying this Shri (Lakshmi)'s Lord drew you to himself

**14. sanakādika brahmādi munīsā  
nārada śhārada sahita ahīsā**

Sanaka (the saint), Brahma (the god of creation), and other sages, Narada (the saint), Sharada (the goddess of knowledge, Saraswati), and the King of Serpents,

**15. yama kubera digapāla jahā te  
kabi kobida kahi sakaī kahā te**

Yama (the lord of death, south), Kubera (the lord of wealth, north), & the other Digapala<sup>4</sup>, poets and scholars; none can express your glory

**16. tuma upakāra sugrīvahī kīnhā  
rāma milāya rājapada dīnhā**

You did great service to Sugriva, by introducing him to Rama who helped him to become king again<sup>5</sup>

**17. tumharo mantra vibhīšana mānā  
laṅkeśhvara bha-e saba jaga jānā**

Vibhishana accepted your advice, and became Lord of Lanka<sup>6</sup>, as all the world knows.

**18. yuga sahasra yojana para bhānū  
līlyo tāhi madhura phala jānū**

You leapt thousands of miles to the Sun, and swallowed it thinking it was a sweet fruit.

**19. prabhu mudrikā meli mukha māhī  
jaladhi laṅghi gaye acharaja nāhī**

Holding the Lord's ring in your mouth, it was no surprise that you could leap over the ocean<sup>7</sup>

**20. durgama kāja jagata ke jete  
sugama anugraha tumhare tete**

All difficulties in this world, become easy by your divine grace

**21. rāma duāre tuma rakhavāre  
hota na ājñā binu paisāre**

You are the guardian of Rama's door, no-one can enter without your permission

**22. saba sukha lahai tumhārī saranā  
tuma rakṣhaka kāhū ko ḍara nā**

All happiness comes to those who take refuge in you, with you as a protector one is free from all fears

**23. āpana teja samhārau āpai  
tīnō loka hānka tē kaṅpai**

You alone can withstand your own splendour, the 3worlds<sup>(1)</sup> tremble at your roar.

**24. bhuta pisācha nikaṭa nahī āvai  
mahābīra jaba nāma sunāvai**

Evil spirits cannot come near to those who utter your name; great brave one

**25. nāsai roga harai saba pīrā  
japata nirantara hanumata bīrā**

All disease and suffering is eliminated, by the constant repetition of your name, brave Hanuman

**26. saṅkaṭa se hanumāna chhuṛāvai  
māna krama bachana dhyāna jo lāvai**

Hanuman, you remove all troubles of he whose heart is immersed in meditation on you via thought, word and deed

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

Rama, the aesthetic king, reigns over all. You carry out all his work.

**28. aura manoratha jo ko-i lāvai  
so-i amita jīvana phala pāvai**

One who comes to you with yearning; has their desires fulfilled, and obtains the fruits of abundant life

**29. chārō yuga paratāpa tumhārā  
hai parasiddha jagata ujiyārā**

Your splendour permeates the four ages<sup>8</sup>, your radiance lights up the world.

**30. sādhu santa ke tuma rakhavāre  
asura nikandana rāma dulāre**

You are the protector of the saints and sages<sup>9</sup>, the destroyer of demons, the beloved of rama

**31. aṣṭa siddhi nau nidhi ke dātā  
asā bara dīna jānakī mātā**

You grant the 8 spiritual powers, and the 9 treasures, by the boon you received from Mother Janaki<sup>10</sup>

**32. rāma rasāyana tumhare pāsā  
sadā raho raghupati ke dāsā**

You hold the true essence/the nectar of Rama, and are eternally his servant

**33. tumhare bhajana rāmaji ko pāvai  
janma janma ke duḥkha bisarāvai**

Through devotional singing to you one finds Rama, the suffering of many lifetimes is left behind

**34. antākāla raghubara pura jā-i  
jahā janma hari-bhakta kahā-i**

At the time of death you will go to Rama's abode, and you will be born again as God's devotee

**35. aura devatā chitta na dhara-i  
hanumata se-i sarva sukha kara-i**

There is no need to worship other deities, through Hanuman you gain all happiness.

**36. sankata kaṭai miṭai saba pīrā  
jo sumirai hanumata bala bīrā**

All difficulties and pain vanish, when one remembers you, brave Hanuman

**37. jai jai jai hanumāna gosā-i  
krpa karahu gurudeva kī nā-i**

Glory, glory, glory to you Lord Hanuman, bestow your grace on me as my supreme teacher

**38. jo śhata bāra pāṭha kara ko-i  
chhūṭahi bandi mahā sukha ho-i**

Whoever recites this 100 times is freed from bondage and attains supreme bliss

**39. jo yaha parhe hanumāna chālīsā  
hoya siddhi sākhi gaurisā**

Whoever reads this Hanuman Chalisa, gains spiritual powers, as Gauri's Lord (Shiva) bears witness

**40. tulasīdāsa sadā hari cherā  
kijai nātha hṛdaya mahā ḍerā**

Tulsidas, the eternal servant of God prays; "please make your home, forever, in my heart"

**śhri rāma jaya rāma jaya jaya rāma  
śhri rāma jaya rāma jaya jaya rāma**

**sītā rāma sītā rāma sītā rāma sītā rāma  
sītā rāma sītā rāma sītā rāma rāma rāma**

**DOHA** (Invocation)

**pavana tanaya saṅkaṭa harana  
maṅgala mūrati rūpa  
rāma lakhana sītā sahita  
hṛdaya basahu sura bhūpa**

Son of the wind, banisher of sorrow, embodiment of blessings; may you, together with Rama, Lakshmana and Sita dwell in my heart, king of gods

**siyāvāra rāmachandra pada jaya śharanam**

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

**maṅgala mūrati māruta nandana  
sakala amangala mula nikandana**

Embodiment of blessings, son of the wind; you destroy the root of all that is harmful and inauspicious

<sup>1</sup> Raghubara is Rama – Best of the Raghus, Lord of the Raghu dynasty

<sup>2</sup> The 4 fruits of life are: Kama – fulfilment of desires, Artha – noble wealth, Dharma – living on the spiritual path, Moksha – Liberation

<sup>3</sup> the 3 worlds/planes of existence or lokhas – the 1<sup>st</sup> three are Bhū-Lokha: earth plane, Bhuva-Lokha: atmospheric region, & Swaha-Lokha: solar region, there are 4 more non-physical lokhas

<sup>4</sup> Digapala - the guardians of the eight directions: Indra E, Agni SE, Yama S, Surya SW, Varuna W, Vayu NW, Kubera N, Soma NE

<sup>5</sup> Bali had taken over Sugriva the monkey's kingdom, Kishkindha, and he too had been exiled to the forest

<sup>6</sup> after the death of King Ravana, Vibhshana became the King of Lanka

<sup>7</sup> Hanuman leapt across the ocean to Lanka in search of Sita

<sup>8</sup> The yugas are spiritual seasons: sata-yuga (summer), treta-yuga (spring), dwāpara-yuga (autumn) and kali-yuga (winter)

<sup>9</sup> Protector of those on the spiritual path

<sup>10</sup> Siddhis are spiritual powers, Nidhis are treasures aka prosperities. Janaki is another name for Sita

*This translation is a work in progress, any suggestions are welcomed*

