

Hanuman Chalisa

DOHA



Shree Guru Charana Saroja Raja Nija Manu Mukuru Sudhari
Baranaun Raghubara Bimala Jasu Jo Daayaku Phala Chaari

*Having polished the mirror of my heart with the dust of my Guru's
lotus feet. I sing the pure fame of the best of Raghus, which bestows
the four fruits of life.*

Budhi Heena Tanu Jaanike Sumiraun Pawana Kumaara
Bala Budhi Vidyaa Dehu Mohin Harahu Kalesa Bikaara

*I know that this body of mine has no intelligence, so I recall you, Son
of the Wind. Grant me strength, wit and wisdom and remove my
sorrows and shortcomings*

CHAUPAIS

Jaya Hanumaan Gyaana Guna Saagara
Jaya Kapeesha Tihun Loka Ujaagara

*Hail to Hanuman, the ocean of wisdom and virtue,
Hail Monkey Lord, illuminater of the three worlds.*

Raama Doota Atulita Bala Dhaamaa
Anjani Putra Pawanasuta Naamaa

*You are Ram's emissary, and the abode of matchless power Anjani's son, named the "Son of the
Wind."*

Mahaabeera Bikrama Bajarangee
Kumati Niwaara Sumati Ke Sangee

*Great hero, you are as mighty as a thunderbolt,
You remove evil thoughts and are the companion of the good.*

Kanchana Barana Biraaja Subesaa
Kaanana Kundala Kunchita Kesaa

*Golden hued and splendidly adorned
With heavy earrings and curly locks.*

Haata Bajra Aura Dwajaa Biraajai
Kaandhe Moonja Janeu Saajai

*In your hands shine mace and a banner
And a sacred thread adorns your shoulder.*

Shankara Suwana Kesaree Nandana

Teja Prataapa Mahaa Jaga Bandana

*You are Shiva's son and Kesari's joy
And your glory is revered throughout the world.*

**Bidyaawaana Gunee Ati Chaatura
Raama Kaaja Karibe Ko Aatura**

*You are the wisest of the wise, virtuous and clever
And ever intent on doing Ram's work.*

**Prabhu Charitra Sunibe Ko Rasiyaa
Raama Lakhana Seetaa Mana Basiyaa**

*You delight in hearing of the Lord's deeds,
Ram, Sita and Lakshman dwell in your heart.*

**Sookshma Roopa Dhari Siyahin Dikhaawaa
Bikata Roopa Dhari Lankaa Jaraawaa**

*Assuming a tiny form you appeared to Sita
And in an awesome form you burned Lanka.*

**Bheema Roopa Dhari Asura Sanghaare
Raamachandra Ke Kaaja Sanvaare**

*Taking a dreadful form you slaughtered the demons
And completed Lord Ram's mission.*

**Laaya Sajeevana Lakhana Jiyaaye
Shree Raghubeera Harashi Ura Laaye**

*Bringing the magic herb you revived Lakshman
And Ram embraced you with delight.*

**Raghupati Keenhee Bahuta Baraaee
Tuma Mama Priya Bharatahi Sama Bhaaee**

*The Lord of the Raghus praised you greatly-
"Brother, you are dear to me as Bharat!"*

**Sahasa Badana Tumharo Jasa Gaawai
Asa Kahi Shreepati Kanta Lagaawai**

*May the thousand-mouthed serpent sing your fame!"
So saying, Laksmi's Lord drew you to Himself.*

**Sanakaadika Brahmaadi Muneesaa
Naarada Saarada Sahita Aheesaa**

*Sanak and the sages, Brahma, gods and the great saints,
Narada, Saraswati and the King of serpents,*

**Yama Kubera Digapaala Jahaante
Kabi Kobida Kahi Sake Kahaante**

*Yama, Kubera and the guardians of the four quarters
poets and scholars-none can express your glory.*

**Tuma Upakaara Sugreevahin Keenhaa
Raama Milaaya Raaja Pada Deenhaa**

*You did great service for Sugriva,
Presenting him to Ram, you gave him the kingship.*

**Tumharo Mantra Bibheeshana Maanaa
Lankeshwara Bhaye Saba Jaga Jaanaa**

*Vibhishana heeded your counsel.
And became the Lord of Lanka, as the whole world knows.*

**Yuga Sahasra Yojana Para Bhaanu
Leelyo Taahi Madhura Phala Jaanu**

*Though the sun is thousands of miles away,
You swallowed it, thinking it to be a sweet fruit.*

**Prabhu Mudrikaa Meli Mukha Maaheen
Jaladhi Laanghi Gaye Acharaja Naaheen**

*Holding the Lord's ring in your mouth
It's no surprise that you leapt over the ocean.*

**Durgama Kaaja Jagata Ke Jete
Sugama Anugraha Tumhare Tete**

*Every difficult task in this world
Becomes easy by your grace.*

**Raama Duaare Tuma Rakhawaare
Hota Na Aagyaa Binu Paisaare**

*You are the guardian at Ram's door,
No one enters without your leave.*

**Saba Sukha Lahai Tumhaaree Sharanaa
Tuma Rakshaka Kaahu Ko Daranaa**

*Those who take refuge in you find all happiness
and those who you protect know no fear*

**Aapana Teja Samhaaro Aapai
Teenon Loka Haanka Ten Kaanpai**

*You alone can withstand your own splendor,
The three worlds tremble at your roar.*

**Bhoota Pisaacha Nikata Nahin Aawai
Mahaabeera Jaba Naama Sunaawai**

*Ghosts and goblins cannot come near
Great Hero, when your name, is uttered.*

**Naasai Roga Hare Saba Peeraa
Japata Nirantara Hanumata Beeraa**

*All disease and pain is eradicated, Brave Hanuman,
by constant repetition of your name.*

**Sankata Ten Hanumaana Churaawai
Mana Krama Bachana Dhyaana Jo Laawai**

Hanuman releases from affliction those who remember him in thought, word and deed.

**Saba Para Raama Tapaswee Raajaa
Tina Ke Kaaja Sakala Tuma Saajaa**

*Ram, the ascetic, reigns over all
but you carry out all his work.*

**Aura Manorata Jo Koe Laawai
Soee Amita Jeewana Phala Paawai**

*One who comes to you with any yearning
obtains the abundance of the Four Fruits of Life.*

**Chaaron Juga Parataapa Tumhaaraa
Hai Parasidha Jagata Ujiyaaraa**

*Your splendor fills the four ages
your glory is reknowned throughout the world.*

**Saadhu Santa Ke Tuma Rakhawaare
Asura Nikandana Raama Dulaare**

*You are the guardian of saints and sages,
the destroyer of demons and the darling of Ram.*

**Ashta Siddhi Nau Nidhi Ke Daataa
Asa Bara Deena Jaanakee Maataa**

*You grant the eight powers and the nine treasures
by the boon you received from Mother Janaki.*

**Raama Rasaayana Toomhare Paasaa
Sadaa Raho Raghupati Ke Daasaa**

*You hold the elixir of Ram's name
and remain eternally his servant.*

**Tumhare Bhajana Raama Ko Paawai
Janama Janama Ke Dukha Bisaraawai**

*Singing your praise, one finds Ram
and escapes the sorrows of countless lives.*

**Anta Kaala Raghubara Pura Jaee
Jahaan Janama Hari Bhakta Kahaaee**

*At death one goes to Ram's own dity
or is born on the earth as God's devotee.*

**Aura Devataa Chitta Na Dharaaee
Hanumata Se-Ee Sarva Sukha Karaee**

*Give no thought to any other deity,
worshipping Hanuman, one gains all delight.*

**Sankata Katai Mite Saba Peeraa
Jo Sumire Hanumata Bala Beeraa**

*All affliction ceases and all pain is removed
by remembering the mighty hero, Hanuman.*

Jai Jai Jai Hanumaana Gosaaee

Kripaa Karahu Gurudeva Kee Naeee

*Victory, Victory, Victory to Lord Hanuman!
Bestow your grace on me, as my Guru!*

**Jo Sata Baara Paata Kara Koee
Chootahi Bandi Mahaa Sukha Hoee**

*Whoever recites this a hundred times
is released from bondage and gains great bliss.*

**Jo Yaha Parai Hanumaana Chaleesaa
Hoya Siddhi Saakhee Gauresaa**

*One who reads this Hanuman Chaleesa
gains success, as Gauri's Lord(Shiva) is witness.*

**Tulasee Daasa Sadaa Hari Cheraa
Keejai Naata Hridaya Mahan Deraa**

*Says Tulsi Das, who always remains Hari's servant,
"Lord, make your home in my heart."*

DOHA

**Pawanatanaya Sankata Harana
Mangala Moorati Roopa
Raama Lakhana Seetaa Sahita
Hridaya Basahu Sura Bhoopa**

*Son of the Wind, destroyer of
sorrow, embodiment of blessings,
Live in my heart, King of Gods,
together with Ram, Lakshman and
Sita.*