

हनुमान चालीसा

श्रीगुरुचरनसरोजरज

निजमनुमुकुरु सुधारि ।

बरनऊँ

रघुबरबिमलजसु

जो दायकु फल चारि ॥ १

बुद्धिहीन

तनु जानिके

सुमिरौं पवनकुमार ।

बल बुद्धि बिद्या देहु मोहिं

हरहु कलेस बिकार ॥ २

जय हनुमान ज्ञानगुनसागर

जय कपीस तिहुँलोकउजागर ।

रामदूत अतुलितबलधामा

अञ्जनिपुत्र पवनसुत नामा ॥ १

महावीर बिक्रम बजरङ्गी

कुमतिनिवार सुमति के सङ्गी ।

कञ्चनबरन बिराज सुबेसा

काननकुण्डल कुञ्चितकेसा ॥ २

हाथ बज्र औ ध्वजा बिराजै

कान्धे मूँज जनेऊ साजै ।

संकर सुवन केसरीनन्दन

तेजप्रताप महा जगबन्दन ॥ ३

hanumāna cālīsā

Dohā: The dust of lotus-feet of preceptor may sharpen the mirror like mind. [I am] narrating the pristine glory of **Raghuvara (Rāma)**, which bestows all the four fruits — **dharma, artha, kāma,** and **mokṣa** — in life.[1]

Dohā: Knowing yourself as a destitute wisdomless person, pray the Son of **Vāyu** — **Hanumān**. Bestow me with strength, wisdom, and knowledge; absolve away my malice and imperfections.[2]

Be victorious, O **Hanumān**, Who is the ocean of knowledge and qualities, Who is the Leader of the monkeys, Who is resplendent in the three worlds, Who was the messenger of **Rāma**, Who is the abode of immense strength, Who is the son of **Añjanā**, and Who is known as **Pavanasuta** (son of the wind)! [1]

Be victorious, O **Hanumān**, Who is amazingly powerful, Who is brave, Who has tough lightening-bolt-like organs, Who eradicates foolishness, Who accompanies the wise, Who is golden in color, Who is adorned by a beautiful apparel, Who has golden ear-hoops, and Who has curly locks of hair! [2]

You have a **vajra**-weapon and a flag in Your hands; and You are adorned by a girdle or 'jane-u' at the shoulders. You are dear to the Sun, **Śaṅkara (Śiva)**, and **Kesarī** (the father of **Hanumān**), You possess glory, and You are adored by the world. [3]

विद्यावान् गुणी अति चातुर
 राम काज करिबे को आतुर ।
 प्रभु चरित्र सुनिबे को रसिया
 रामलखनसीता मन बसिया ॥ ४
 सूक्ष्मरूप धरि सियहिं दिखावा
 बिकटरूप धरि लङ्क जरावा ।
 भीमरूप धरि असुर सँहारे
 रामचन्द्र के काज सँवारे ॥ ५
 लाय सजीवन लखन जियाये
 श्रीरघुबीर हरषि उर लाये ।
 रघुपति कीन्ही बहुत बडाई
 तुम मम प्रिय भरतहि सम भाई ॥ ६
 सहसबदन तुम्हरो जस गावैं
 अस कहि श्रीपति कण्ठ लगावैं ।
 सनकादिक ब्रह्मादि मुनीसा
 नारद सारद सहित अहीसा ॥ ७
 जम कुबेर दिगपाल जहाँ के
 कबि कोबिद कहि सके कहाँ ते ।
 तुम उपकार सुग्रीवहिं कीन्हा
 राम मिलाय राजपद दीन्हा ॥ ८

[You are] adorned with knowledge and qualities, and You are very prudent. You are always eager to perform various deeds for the purpose of **Rāma**. You like to hear the sportive stories of Lord **Rāma**, and You reside in the hearts of **Rāma**, **Lakṣmaṇa**, and **Sītā**. [4]

You showed a small form to **Sītā** (to avoid causing fear) and You took a giant form to burn away the country of **Laṅkā**. You took a mighty form to destroy away the demons, and thus, You accomplished various beautiful deeds for Lord **Rāmacandra**. [5]

[During the **Rāma-Rāvaṇa** war] You brought the herb called **Sañjīvanī** for curing **Lakṣmaṇa** and gave Him a new life; on the account of this event, Lord **Raghupati** held You close to His heart. **Raghupati** also adored Your efforts and held that You are dear to Him as much as **Bharata**¹. [6]

“**Nārāyaṇa**, Who has thousand heads, will adore Your glories,” said the consort of **Śrī** or **Lakṣmī** (**Rāma**), and embraced You, “along with **Sanakādika**, **Brahmādika**, other best among sages, **Narada**, **Śārada**, and **Śeṣanāga**.” [7]

Your glories are beyond the narration of **Yama**, **Kubera**, and other **Digapāla** (direction keepers) and it cannot be narrated by poets and story-tellers [like me]. You did a huge favor to **Sugrīva** by availing his union with **Rāma**, which resulted in his kingship [after victory over **Vālin**]. [8]

तुम्हरो मन्त्र बिभीषन माना
 लङ्केस्वर भए सब जग जाना ।
 जुगसहस्रजोजन पर भानू
 लील्यो ताहि मधुर फल जानू ॥ ९
 प्रभु मुद्रिका मेलि मुख माहीं
 जलधि लाँघि गये अचरज नाहीं ।
 दुर्गम काज जगत के जेते
 सुगम अनुग्रह तुम्हरे तेते ॥ १०
 रामदुआरे तुम रखवारे
 होत न आजा बिनु पैसारे ।
 सब सुख लहै तुम्हारी सरना
 तुम रच्छक काहू को डर ना ॥ ११
 आपन तेज सम्हारो आपै
 तीनों लोक हाँक तें काँपै ।
 भूतपिसाच निकट नहिं आवै
 महाबीर जब नाम सुनावै ॥ १२
 नासै रोग हरै सब पीरा
 जपत निरन्तर हनुमत बीरा ।
 सङ्कट तें हनुमान छुडावै
 मनक्रमबचनध्यान जो लावै ॥ १३

Vibhīṣaṇa listened to Your advice (mantra) and became the Lord of **Laṅkā** as known to the world. The Sun is at an immense distance of a thousand **Yuga-Yojana**, but it was Your sportive play that You thought the Sun as a fruit². [9]

You took the ring of **Rāma** [as an identification] and crossed the huge ocean in one leap; however, that is not a surprizing feat for You. All the deeds which are unachievable for the world are easy once they are undertaken by You. [10]

You are the guard at the door of **Rāma** and no one can approach Him without Your approval. Those who are in Your shelter achieve all the happiness. If You are the protector, then there is nothing to be feared of. [11]

Only You can control Your speed and resplendence, no one else can. All the three worlds are scared of taking You as their enemy in a battleground. The ghosts and the omen dont even come close to a person, when they hear Him reciting the name '**Mahāvīra**.' [12]

Continuously sing the name of **Hanumān**, Who is brave, Who rescues from diseases, and Who absolves all the pains. **Hanumān** relieves those persons from trouble who bring Him in context by thoughts, deeds (prayers, temples, etc.), voice or speech, and meditation. [13]

सब पर राम तपस्वी राजा
 तिन के काज सकल तुम साजा ।
 और मनोरथ जो कोई लावै
 सोई अमित जीवन फल पावै ॥ १४
 चारों जुग परताप तुम्हारा
 है परसिद्ध जगत उजियारा ।
 साधुसन्त के तुम रखवारे
 असुर निकन्दन राम दुलारे ॥ १५
 अष्टसिद्धि नौ निधि के दाता
 अस बर दीन्ह जानकी माता ।
 राम रसायन तुम्हरे पासा
 सदा रहो रघुपति के दासा ॥ १६
 तुम्हरे भजन राम को पावै
 जनम जनम के दुख बिसरावै ।
 अन्तकाल रघुबरपुर जाई
 जहाँ जन्म हरिभक्त कहाई ॥ १७
 और देवता चित्त न धरई
 हनुमत सेई सर्व सुख करई ।
 सङ्कट कटै मिटै सब पीरा
 जो सुमिरै हनुमत बलबीरा ॥ १८

Rāma, is beyond everyone, a dispassionate ruler, and the best king ever; and You adorned all the requirements or deeds of Him. And if others bring any heartfelt wish-requests to You, they get those wishes fulfilled, in an uncomparable way, by You.[14]

Your glory is present in all the four epochs — **Satayuga**, **Tretāyuga**, **Dvāparayuga**, and **Kaliyuga** — and its resplendence is known throughout the world. You are the protector of hermits and sages, You slay demons, and You are dear to **Rāma**. [15]

“You will have the prowess to provide the eight complete accomplishment [**siddhi**] and the nine reservoir of treasures [**nidhi**]” — this was the boon given by Mother **Jānakī (Sītā)** to You. You have the nectar of the devotion of **Rāma** with Yourself. May You always remain in the shelter of **Rāma**. [16]

Your eulogies help devotees to attain **Rāma** and thereby absolve the fear of the ocean of metempsychosis. In the end, those devotees go to the **Sāketa** (abode of **Rāma**) and they are known as **Haribhakta** — devotee of **Hari** — thenceforth. [17]

There is no need to meditate or keep any other demi-god in the heart, once You are there. If all the work is done after serving You, then happiness immediately follows. Troubles end and all the anguishes are eradicated after chanting the name of **Hanumān**, Who is mighty and strong. [18]

जय जय जय हनुमान गोसाईं
 कृपा करहु गुरु देव की नाई ।
 जो सत बार पाठ कर कोई
 छूटहि बन्दि महासुख होई ॥ १९
 जो यह पढै हनुमान चलीसा
 होय सिद्धि साखी गौरीसा ।
 तुलसीदास सदा हरि चेरा
 कीजै नाथ हृदय मँह डेरा ॥ २०
 पवनतनय सङ्कटहरन
 मङ्गलमूरतिरूप ।
 रामलखनसीतासहित
 हृदय बसहु सुरभूप ॥ १

O **Hanumān**, Who is the protector of cows! Be victorious again and again. Be benevolent on me like a preceptor. Those who sing this **Cālīsā** hundred times are liberated from the troubles of metempsychosis, they become eternally blissful.[19]

Those who read this **Hanumān-Cālīsā** attain perfection (**siddhi**) and become the friend of **Śiva** (**Gaurīśa**). The poet **Tulasīdāsa** is forever a devotee of **Hari**. O Lord **Hanumān**! Please reside inside my heart.[20]

Dohā: O **Hanumān**, Who is the son of **Pavana**, Who is absolves the obstacles, Who is the house of auspicion, Who is the Lord of demi-gods! Reside in my heart along with **Rāma**, **Lakṣmaṇa**, and **Sītā**. [1]

Notes:

¹ **Bharata** was very dear to Lord **Rāma**. Since **Hanumān** is an ardent devotee of **Rāma**, therefore, these lines glorify the exploits **Hanumān** achieved as a devotee (serving to the purpose of Lord Himself).

² The measure **Yuga-Yojana** is unclear to the translator. According to a story, when **Hanumān** was a baby, He thought the Morning Sun as a fruit. Still in His childhood, He leapt in the skies and went through the cosmos. The Sun didn't burn **Hanumān** regarding Him as the child of **Vayu**. According to one more story, **Hanumān** swallowed the Sun in His throat.

Poet: Gosvāmī Tulasīdāsa

Source: Vinayapatrikā

Translator: Animesh Kumar

© Stutimandal 2006, Oct 25.