

HANUMAN CHALISA

Shree Gu-ru cha-ra-na sa-ro-ja ra-ja
Ni-ja ma-nu mu-ku-ru sud-haa-ri
Ba-ra-naun Rag-hu-ba-ra bi-ma-la ja-su
Jo daa-ya-ku pha-la chaa-ri
Bud-hi hee-na ta-nu jaa-ni-ke
Su-mi-raun pa-va-na ku-maa-ra
Ba-la bud-hi vid-yaa de-hu mo-hin
Ha-ra-hu ka-le-sa bi-kaa-ra
Si-yaa va-ra Raa-ma-chan-dra pa-da jai sha-ra-nam

1. Ja-ya Ha-nu-maa-na gyaa-na gu-na saa-ga-ra
Ja-ya Ka-pee-sha ti-hun lo-ka u-jaa-ga-ra
2. Raa-ma doo-ta a-tu-li-ta ba-la dhaa-maa
An-ja-ni pu-tra Pa-va-na-su-ta naa-maa
3. Ma-haa-bee-ra bi-kra-ma ba-ja-ran-gee
Ku-ma-ti ni-vaa-ra su-ma-ti ke san-gee
4. Kan-cha-na ba-ra-na bi-raa-ja su-be-saa
Kaa-na-na kun-da-la kun-chi-ta ke-saa
5. Haa-tha baj-ra au-ra dva-jaa bi-raa-jai
Kaan-dhe moon-ja ja-neu saa-jai
6. Shan-ka-ra su-va-na Ke-sa-ree nan-da-na
Te-ja pra-taa-pa ma-haa ja-ga ban-da-na
7. Vi-dyaa vaa-na gun-ee at-i chaa-tu-ra
Raa-ma kaa-ja ka-ri-be ko aa-tu-ra
8. Prab-hu cha-ri-tra su-ni-be ko ra-si-yaa
Raa-ma Lak-ha-na See-taa ma-na ba-si-yaa
9. Sooksh-ma roo-pa dha-ri Si-ya-hin di-khaa-vaa
Bi-ka-ta roo-pa dha-ri Lan-ka ja-raa-waa
10. Bhee-ma roo-pa dha-ri a-su-ra san-ghaa-re
Raa-ma-chan-dra ke kaa-ja san-vaa-re
11. Laa-ya sa-jee-va-na Lak-ha-na ji-yaa-ye
Shree Rag-hu-bee-ra ha-ra-shi u-ra laa-ye
12. Rag-hu-pa-ti keen-hee ba-hu-ta ba-raa-i
Tu-ma ma-ma pri-ya Bha-ra-ta-hi sa-ma bhaa-i
13. Sa-ha-sa ba-da-na tum-ha-ro ja-sa gaa-vai
A-sa ka-hi Shree-pa-ti kan-tha la-gaa-vai
14. Sa-na-kaa-di-ka Brah-maa-di mu-nee-saa
Naa-ra-da Saa-ra-da sa-hi-ta A-hee-saa
15. Ya-ma Ku-be-ra di-ga-paa-la ja-haan-te
Ka-bi ko-bi-da ka-hi sa-ke ka-haan-te
16. Tu-ma u-pa-kaa-ra Su-gree-va-hin keen-haa
Raa-ma mi-laa-ya raa-ja pa-da deen-haa
17. Tum-ha-ro man-tra Vi-bhee-sha-na maa-naa
Lan-ke-sh-va-ra bha-ye sa-ba ja-ga jaa-naa
18. Yu-ga sa-ha-sra yo-ja-na pa-ra bhaa-nu
Leel-yo taa-hi ma-dhu-ra pha-la jaa-nu
19. Prab-hu mu-dri-kaa me-li muk-ha maa-heen
Ja-lad-hi laan-ghi ga-ye a-cha-ra-ja naa-heen
20. Dur-ga-ma kaa-ja ja-ga-ta ke je-te
Su-ga-ma a-nu-gra-ha tum-ha-re te-te
21. Raa-ma du-aa-re tu-ma rak-ha-vaa-re
Ho-ta na aa-gyaa bi-nu pai-saa-re
22. Sa-ba suk-ha la-hai tum-haa-ree sha-ra-naa
Tu-ma rak-sha-ka kaa-hu ko da-ra-naa
23. Aa-pa-na te-ja sam-haa-rau aa-pai
Tee-non lo-ka haan-ka ten kaan-pai

24. Bhoo-ta pis-haa-cha ni-ka-ta na-hin aa-vai
Ma-haa-bee-ra ja-ba naa-ma su-naa-vai
25. Naa-sai ro-ga ha-re sa-ba pee-raa
Ja-pa-ta ni-ran-ta-ra Ha-nu-mat-a bee-raa
26. San-ka-ta ten Ha-nu-maa-na chu-raa-vai
Ma-na kra-ma ba-cha-na dhyaa-na jo laa-vai
27. Sab pa-ra Raa-ma ta-pas-vee raa-jaa
Ti-na ke kaa-ja sa-ka-la tu-ma saa-jaa
28. Au-ra ma-no-ra-tha jo ko-ee laa-ve
So-ee a-mi-ta jee-va-na pha-la paa-ve
29. Chaa-ron yu-ga pa-ra-taa-pa tum-haa-raa
Hai pa-ra-sid-ha ja-ga-ta u-ji-yaa-raa
30. Saa-dhu san-ta ke tu-ma rak-ha-vaa-re
A-su-ra ni-kan-da-na Raa-ma du-laa-re
31. Ash-ta sid-hi nau nid-hi ke daa-taa
As-a ba-ra dee-na Jaa-na-kee Maa-taa
32. Raa-ma ra-saa-ya-na toom-ha-re paa-saa
Sa-daa ra-ho Ra-ghu-pa-ti ke daa-saa
33. Tum-ha-re bha-ja-na Raa-ma ko paa-vai
Ja-na-ma ja-na-ma ke duk-ha bi-sa-ra-vai
34. An-ta kaa-la Rag-hu-ba-ra pu-ra jaa-ee
Ja-haan jan-ma Ha-ri bhak-ta ka-haa-ee
35. Au-ra de-va-taa chi-ta na dha-ra-ee
Ha-nu-ma-ta se-ee sar-va suk-ha ka-ra-ee
36. San-ka-ta ka-tai mi-te sa-ba pee-raa
Jo su-mi-re Ha-nu-ma-ta ba-la bee-raa
37. Jai Jai Jai Ha-nu-maa-na Go-saa-ee
Kri-paa ka-ra-hu gu-ru-de-va kee naa-ee
38. Jo sa-ta baa-ra paa-ta ka-ra ko-ee
Choo ta-hi ban-di ma-haa suk-ha ho-ee
39. Jo ya-ha pa-rai Ha-nu-maa-na chaa-lee-saa
Ho ya sid-hi saa-khee Gau-ree-saa
40. Tu-la-see-daa-sa sa-daa Ha-ri che-raa
Kee je naa -ta hri-da-ya ma-han de-raa

Pa-va-na ta-na-ya san-ka-ta ha-ra-na
Man-ga-la moo-ra-ti roo-pa
Raa-ma Lak-kha-na See-taa sa-hi-ta
Hri-da-ya ba-sa-hu su-ra bhoo-pa
Si-yaa va-ra Raa-ma-chan-dra pa-da jai sha-ra-nam

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 the Raghus,
which bestows the four fruits of life.
Knowing this body to be devoid of intelligence,
I recall the Son of the Wind.
Grant me strength, wit, and wisdom,
and remove my sorrows and shortcomings.

1. Victory to Hanuman, ocean of wisdom and virtue,
Hail Monkey Lord, illuminator of the three worlds.
2. Ram's emissary, abode of matchless power,
Anjani's son, named "Son of the Wind."
3. Great hero, mighty as a thunderbolt,
remover of evil thoughts and companion to the good.
4. Golden-hued and splendidly adorned,
with heavy earrings and curly locks.
5. In your hands shine mace and banner,
a sacred thread of munja grass adorns your shoulder.
6. You are Shiva's son and Kesari's joy,
your glory is revered throughout the world.
7. Supremely wise, virtuous, and clever,
you are ever intent on Ram's work.
8. You delight in hearing of the Lord's deeds,
Ram, Lakshman, and Sita dwell in your heart.
9. Assuming tiny form you appeared to Sita,
and in awesome guise you burned Lanka.
10. Taking dreadful form you slaughtered demons
and completed Lord Ram's mission.
11. Bringing the magic herb, you revived Lakshman,
and Ram embraced you with delight.
12. Greatly did the Raghu Lord praise you -
"Brother, you're as dear to me as Bharat!"
13. "May the thousand-mouthed serpent sing your
fame!"
So saying, Shri's Lord drew you to Himself.
14. Sanak and the sages, Brahma, gods, and great
saints, Narada, Sarasvati, and the king of serpents,
15. Yama, Kubera, and the guardians of the
quadrants, poets and scholars - none can express
your glory.
16. You rendered great service to Sugriva,
presenting him to Ram, you gave him kingship.
17. Vibhishana heeded your counsel
and became Lord of Lanka, as all the world knows.
18. Though the sun is thousands of miles away,
you swallowed it, thinking it a sweet fruit.
19. Holding the Lord's ring in your mouth
it's no surprise you leapt the ocean.
20. Every arduous task in this world
becomes easy by your grace.
21. You are the guardian of Ram's door,
none enters without your leave.
22. Taking refuge in you one finds all delight,
those you protect know no fear.
23. You alone can withstand your own splendor,
the three worlds tremble at your roar.

24. Ghosts and goblins cannot come near,
Great Hero, when your name is uttered.
25. All disease and pain is eradicated,
brave Hanuman, by constant repetition of your name.
26. Hanuman releases from affliction
those who remember him in thought, word, and deed.
27. Ram the renunciant reigns over all -
you carry out his every task.
28. One who brings any yearning to you
obtains the fruit of abundant life.
29. Your splendor fills the four ages,
Your glory is famed throughout the world.
30. You are the guardian of saints and sages,
the destroyer of demons, the darling of Ram
31. You grant the eight powers and nine treasures
by the boon you received from Mother Janaki.
32. You hold the elixir of Ram's name
and remain eternally His servant.
33. Singing your praise, one finds Ram
and escapes the sorrows of countless lives.
34. At death, one goes to Ram's own city
or is born on earth as God's devotee.
35. Give no thought to any other deity -
worshipping Hanuman, one gains all delight.
36. All affliction ceases, all pain is removed,
by remembering the mighty hero, Hanuman.
37. Victory, victory, victory to Lord Hanuman!
Be merciful even as is the Divine Master.
38. Whoever recites this a hundred times
is released from bondage and gains bliss.
39. One who reads this Hanuman Chalisa
gains success - Gauri's Lord bears witness.
40. Says Tulsidas, Hari's constant servant,
"Lord, make your encampment in my heart."

Son of the Wing,
banisher of sorrow and embodiment of blessing,
Dwell in my heart,
King of Gods, together with Ram, Lakshman, and Sita