



## **Hanumān Chālīsā**

**40 Verses in Praise of Śrī Hanumān**  
English translation by Ramdas Lamb, Ph.D.

**Śrī Guru charana saroja raja | Nijamanu mukuru sudhāri | |**

**Baranaum Raghuvara bimala jasu | Jo dāyaku phala chāri | |**

**Buddhi hīna tanu jānikem | Sumiraum pavana kumara | |**

**Bala buddhi vidyā dehu mohim | Harahu kalesa vikāra | |**

*With the pollen of the Guru's lotus feet, | I cleanse the mirror of my heart, ||  
and sing the pure virtues of Lord Raghuvir, | the bestower of life's four fruits. ||  
Knowing this body to be lacking in wisdom, | I meditate on the Wind God's son. ||  
Give me strength, wisdom, and intelligence, | remove my faults and afflictions. ||*

**1. Jaya Hanumāna jñāna guna sāgara | Jaya kapīsha tihum loka ujāgara | |**

*Hail Hanuman, ocean of wisdom and virtue, | awakener of the three worlds, Monkey lord Hail to you. ||*

**2. Rāma dūta atulita bala dhāmā | Anjani putra pavana suta nāmā | |**

*Unmatched in power, messenger of Ram, | Anjani's offspring, the Wind God's son. ||*

**3. Mahāvīra bikrama bajarangī | Kumati nivāra sumati ke sangī | |**

*Valiant Mahavir, body like lightning, | dispeller of ignorance, inspires good thinking ||*

**4. Kamchana barana virāja subesā | Kānana kumdala kumchita kesā | |**

*Golden colored body, clothing so fair, | with rings in your ears, and very curly hair. ||*

**5. Hātha bajra au dvajā birājai | Kāmdhe mūnja jane-ū sājai | |**

*Lightning bolt in one hand, banner in the other, | sacred grass thread worn across your shoulder. ||*

**6. Shankara suvana Keśarī nandana | Teja pratāpa mahā jaga vandana | |**

*Avatar of Shiva, Kesari's delighter, | your radiant glory is adored the world over. ||*

**7. Vidyā vāna gunī ati chātura | Rāma kāja karibe ko ātura | |**

*Storehouse of knowledge, virtuous and clever, | absorbed in Ram's work, tiring never. ||*

**8. Prabhu charitra sunibe ko rasiyā | Rāma Lakhshana Sītā mana basiyā | |**

*Ever immersed in the stories of Sri Ram, | you're present in the heart of Sita, Ram, Lakshman. ||*

**9. Sūkshma rūpa dhari Siyahim dikhāvā | Bikata rūpa dhari Lanka jarāvā | |**

*Donning a minute form, you appeared to Sita, | then in giant form you burned down Lanka. ||*

**10. Bhīma rūpa dhari asura samhāre | Rāmachandra ke kāja samvāre | |**

*Mightily destroying demons every one, | ever fulfilling the work of Lord Ram. ||*

**11. Lāya samjivana Lakhshana jiyāye | Śrī Raghuvīra harashi ura lāye | |**

*Bringing sacred herb to revive Lakshman, | you received a joyous embrace from mighty Sri Ram. ||*

**12. Raghupati kīnhī bahuta barā-i | Tuma mama priya Bharatahi sama bhā-I | |**

*Raghupati lovingly extolled your merit, | saying, "You're as dear to me as brother Bharat." ||*

**13. Sahasa badana tumharo yasa gāvaim | Asa kahi Śrī pati kantha lagāvaim | |**

*"It would take a thousand mouths to sing your praises," | saying so Lord Ram held you in his embrace. ||*

**14. Sanakādika Brahmādi munīsā | Nārada Sārada sahita ahīsā | |**

*Sanaka, all sages, and even Lord Brahma, | Narada, Sarada, along with Ahisha. ||*

**15. Yama kubera dikapāla jahānte | Kavi kobida kahi sake kahām te | |**

*Yama, Kubera and others try to praise you. | How can a poet ever hope to describe you? ||*

**16. Tuma upakāra Sugrīvahim kīnhā | Rāma milāya rāja pada dīnhā | |**

*Doing for Sugriva a very great thing, | you brought Ram to him who made him a king. ||*

**17. Tumharo mantra Vibhīshana mānā | Lankeshvara bhaye saba jaga jānā | |**

*Vibhishan listened closely to your word, | became Lord of Lanka, known throughout the world. ||*

**18. Juga sahasra jojana para bhānu | Līlyo tāhi madhura phala jānu | |**

*Traveling many miles you went to the sun, | thinking it a fruit to eat when you were young. ||*

**19. Prabhu mudrikā meli mukha māmhīm | Jaldhi lāmghi gaye acharaja nāhīm | |**

*Holding in your mouth Lord Ram's precious ring, | you sailed across the sea which is not at all surprising. ||*

**20. Durgama kāja jagata ke jete | Sugama anugraha tumhare tete | |**

*Difficult work wherever it may be, | by your kind blessings is done so easily. ||*

**21. Rāma dulāre tuma rakhavāre | Hota na ājñā binu paisāre | |**

*At the door of Ram you are the guardsman, | no one can enter without your permission. ||*

**22. Saba sukha lahaim tumhārī sharanā | Tuma rakshaka kāhū ko dara nā | |**

*All joy is gained by those in your shelter. | What is there to fear when you are protector? ||*

**23. Āpana teja samhāro āpai | Tīnom loka hānka te kāmpai | |**

*Such is your power only you can handle, | hearing your roar the three worlds tremble. ||*

**24. Bhūta pisācha nikata nahim āvai | Mahāvīra japa nāma sunāvai | |**

*Ghosts and evil spirits can never come near, | to one who repeats the name of Mahavir. ||*

**25. Nāsai roga Hare saba pīrā | Japata nirantara Hanumata bīrā | |**

*All illness is dispelled and suffering gone, | by constant repetition of thy name, Hanuman. ||*

**26. Samkata te Hanumāna chudāvai | Mana krama vachana dhyāna jo lāvai | |**

*By Hanuman's grace from all troubles freed, | for those who remember you in thought, word, and deed. ||*

**27. Saba para Rāma tapasvī rājā | Tinake kāja sakala tuma sājā | |**

*Greatest of all is Ascetic King Ram. | All of whose works you have easily done. ||*

**28. Aura manoratha jo ko-i lāvai | So-i amita jīvana phala pāvai | |**

*Whoever comes to you with any desire, | receives the highest fruit of eternal nectar. ||*

**29. Chārom yuga paratāpa tumhārā | Hai parasidha jagata ujjārā | |**

*In all four ages your glory is sung. | Your fame enlightens the whole of creation. ||*

**30. Sādhu santa ke tuma rakhavāre | Asura nikandana Rāma dulāre | |**

*For Saints and Sages you are protector, | beloved of Ram, demon's destroyer. ||*

**31. Ashta siddhi naunidhi ke dātā | Asa bara dīna Jānakī Mātā | |**

*You can bestow all perfections and power, | the boon was given you by Janaki Mother. ||*

**32. Rāma rasāyana tūmhare pāsā | Sadā rahau Raghupati ke dāsā | |**

*You know the essence of devotion to Ram, | in his service you will ever remain. ||*

**33. Tumhare bhajana Rāma ko pāvai | Janama janama ke dukha bisaravai | |**

*By devotion to you the Lord is attained, | freedom from lifetimes of suffering is gained. ||*

**34. Antakāla Raghupatipura jā-i | Jahām janma Haribhakta kahā-I | |**

*At the time of death the Lord's abode is won, | any rebirth will be of pure devotion. ||*

**35. Aura devatā chita na dharahi | Hanumata se-i sarva sukha kara-I | |**

*Remembering any other deity is needless, | devotion to Hanuman brings all joy and bliss. ||*

**36. Samkata katai mitai saba pīrā | Jo sumirai Hanumata balabīrā | |**

*Sufferings are dispelled, rebirth cycle cut, | for those who remember almighty Hanumat. ||*

**37. Jai Jai Jai Hanumāna Gusā-i | Kripā karahu gurudeva kī nā-I | |**

*Lord of my senses, Hanuman, Hail to you, | bestow thy grace as does the Guru. ||*

**38. Jo sata bāra pāta kara ko-i | Chūtahi bamdi mahā sukha ho-I | |**

*For those who sing this one hundred times, | all bonds are broken, the highest joy they find. ||*

**39. Jo yaha padhai Hanumāna chālīsā | Ho-i siddhi sākhi Gaurīsā | |**

*For those who read the Hanuman Chalisa, | perfection is attained, the witness is Shiva. ||*

**40. Tulasīdāsa sadā Hari cherā | Kījai nāta hridaya maham derā | |**

*Tulsidas, eternal servant of the Lord, | prays, "Make my heart, Lord, thy abode." ||*

**Pavana tanaya sankata harana | Mangala mūrati rūpa | |**

**Rāma Lakhshana Sītā sahita | Hridaya basahu sura bhūpa | |**

*Son of the Wind God, dispeller of distress, | extremely auspicious in form, ||  
Along with Sita, Ram, and Lakshman, | please make my heart into your home. ||*

**Siyā bara Rāmachandra pada jai sharanam |**

*Hail the refuge of the feet of Sita and Ram*