

Hanuman Prayer

सर्वारिष्ट निवारकम् शुभकरम् पिनकाक्षम् अक्षापहम्।
सीतान् वेषन तत्परम् कपिवरम् कोटिन्दु सूर्य प्रभम्।
लंका द्विपभयंकरं सकलदम् सुग्रीव सम्मानितम्।
देवेन्द्रादि समस्त देव विनुतम् काकुस्त दूतं भजे॥
काकुस्त दूतं भजे॥

Sarvārīṣṭa nivārakam, shubhakaram, pinkāksham akshāpaham
Sitān veshan tatparam, kapivaram, kotindu surya prabham.

Lankā dwipbhankaram, sakaldam, sugreev sanmānitam

Devendrādi samasta dev vinutam, kākusta dutam bhaje. Kākusta dutam bhaje.

My salutations to Hanuman, who is yellow eyed and best among Kapis, who always brings auspiciousness and removes even traces of evil thoughts from His devotees, making them pure in words, thoughts and deeds. He is as bright as millions of Suns and Moons. He went in search of Sita and was a threat to the island of Lanka. For His devotees however, He is a benefactor, bestowing happiness. He was greatly revered by Sugreeva being a messenger of Rama (the descendent of Kakustha dynasty). He is also revered by all the devas including Indra.

हनुमानचालीसा Hanumān Chālisā

श्रीगुरु चरण सरोज रज। निज मनु मुकुरु सुधारी॥

वरानऊ रघुवर बिमल जसु। जो दायकु फल चारि॥

Shree guru charan saroj raj, Nij man mukur sudhāri.

Varnaun raghubar bimal jasu, Jo dāyaku phal chāri.

Having cleared the mirror of my mind with the dust of the lotus feet of Sri Gurudev, I will now describe the unparalleled glory of Sri Rama, the unsurpassed among the Raghus, which bestows the four fruits (Dharma, Artha, Kama and Moksha).

बुद्धिहीन तनु जानिके। सुमिरौं पवन कुमार॥

बल बुधि विद्या देहु मोहि। हरहु कलेश विकार॥

Buddhi heen tanu jāni ke, Sumiraun pavan-kumār.

Bal budhi vidyā dehu mohi, Harahu kalesh bikār.

O, Hanuman, son of wind-god; knowing that I am inadequate, I meditate on thee, please grant me strength, intelligence and true knowledge and remove my afflictions and blemishes.

जय हनुमान ज्ञान गुन सागर। जय कपीस तिहुँ लोक उजागर ॥१॥

Jai Hanumān gyan gun sāgar, Jai kapees tihun lok ujāgar.

Victory to you, O Hanuman, the ocean of wisdom and virtue. Victory to you, O Lord of the monkeys.
Victory to the One who enlightens the three worlds.

राम दूत अतुलित बल धामा। अंजनि पुत्र पवनसुत नामा ॥२॥

Rāmdoot atulit bal dhāma, Anjaniputra pavansut nāmā.

You, who are the messenger of Sri Rama, are the storehouse of immeasurable strength. O Son of Anjana, you are also known as Pavanasuta, son of the wind-god.

महाबीर बिक्रम बजरंगी। कुमति निवार सुमति के संगी ॥३॥

Mahābeer bikram bajrangi, Kumati nivār sumati ke sangi.

With a body as strong as the thunderbolt, You are a great hero with exceptional valour. You are the remover of evil thoughts and the companion of good thoughts.

कंचन बरन बिराज सुबेसा। कानन कुंडल कुंचित केसा ॥४॥

Kanchan baran birāj subesā, Kānan kundal kunchit kesā.

Your colour is like gold and you wear beautiful clothes. You wear earrings and have beautiful curly hair.

हाथ बज्र औ ध्वजा बिराजै। काँधे मूँज जनेऊ साजे ॥५॥

Hāth bajra aur dhvajā birāje, Kāndhe moonj janeu sāje.

You have the thunderbolt and flag in your hand and the sacred thread that adorns your shoulder is made of sacred grass.

शंकर सुवन केसरी नंदन। तेज प्रताप महा जग वंदन ॥६॥

Sankar suvan kesari nandan, Tej pratāp mahā jag vandan.

You are an incarnation of Shiva and the Son of Kesari. You possess brilliant radiance and courage and the whole world adores You.

विद्यावान गुनी अति चातुर राम काज करिबे को आतुर ॥७॥

Vidyavān guni ati chātur, Rām kāj karibe ko ātur.

You are learned, virtuous and extremely clever and You are ever eager to do the work of Sri Rama.

प्रभु चरित्र सुनिबे को रसिया। राम लखन सीता मन बसिया ॥८॥

Prabhu charitra sunibe ko rasiyā, Rām Lakhan Sitā man basiyā.

You are always delighted to listen to the glories of the Lord. Rama, Lakshmana and Sita dwell in your heart.

सूक्ष्म रूप धरि सियहि दिखावा। विकट रूप धरि लंक जरावा ॥९॥

Sukshma roop dhari Siyahi dikhāwā, Bikat roop dhari lank jarāwā.

Assuming a subtle form you revealed yourself to Sita and assuming a ferocious form you burnt Lanka.

भीम रूप धरि असुर सँहारे। रामचंद्र के काज सवारे ॥१०॥

Bhim roop dhari asur sanhāre, Rāmchandra ke kāj sanvāre.

Assuming a gigantic form You annihilated the demons and thus accomplished the mission of Ramachandra (Sri Rama).

लाय संजीवनी लखन जियाये। श्री रघुबीर हरषि उर लाए ॥११॥

Lāye sajivan Lakhan jiyāye, Shri Raghubir harashi ur lāye.

You revived Lakshmana by bringing the life-giving medicinal herb (Sanjivini). Rama embraced You with great ecstasy.

रघुपति कीन्ही बहुत बड़ाई। कहा भरत सम तुम प्रिय भाई ॥१२॥

Raghupati kinhi bahut badāi, Kahā Bharat sam tum priya bhāi.

Sri Rama praised You greatly and declared that You were as dear to Him as His brother Bharata.

सहस्र बदन तुम्हरो जस गावै। अस कहि श्रीपति कंठ लगावै ॥१३॥

Sahas badan tumharo jas gāven, As kahi Shripati kanth lāgaven.

Embracing You dearly, Sri Rama mentioned that even the thousand headed serpent Sheshnag sings your glory.

सनकादिक ब्रह्मादि मुनीसा। नारद सारद सहित अहीसा ॥१४॥

Sankādik Brahmādi muneesā, Nārad sārād sahit aheesā.

The sages, Sanaka, Sanatana, Sanandana and Sanat Kumara, Brahma and the other Gods, Siva, Narada, Saraswati and Sheshnag

जम कुबेर दिगपाल जहाँ ते। कवि कोविद कहि सके कहाँ ते ॥१५॥

Jam kuber digpāl jahān te, Kabi kabid kahi sake kahān te.

Yama, the God of death, Kubera, the God of wealth, Digpalas, the guardian dieties, poets and scholars have all failed to describe Your glory adequately.

तुम उपकार सुग्रीवहि कीन्हा। राम मिलाय राज पद दीन्हा ॥१६॥

Tum upkār sugreevahin keenhā, Rām milāy rāj pad deenhā.

You rendered the greatest service to Sugriva by introducing him to Sri Rama and by restoring his throne.

तुम्हरो मंत्र बिभीषण माना। लंकेश्वर भये सब जग जाना ॥१७॥

Tumhro mantra bibhishan mānā, Lankeswar bhae sab jag jānā.

The whole world knows that by heeding Your advice, Vibishana became the Lord of Lanka.

जुग सहस्त्र जोजन पर भानू। लिल्यो ताहि मधुर फ़ल जानू ॥१८॥

Jug sahastra jojan par bhānu, Leelyo tāhi madhur phal jānu.

From a distance of thousands of miles You swallowed the sun, thinking it to be a sweet fruit.

प्रभु मुद्रिका मेलि मुख माही। जलधि लाँघि गए अचरज नाही ॥१९॥

Prabhu mudrikā meli mukha māheen, Jaladhi lāngghi gaye acharaj nāheen.

No wonder (knowing from your previous deeds) You could cross the ocean, carrying the ring of Sri Rama in Your mouth.

दुर्गम काज जगत के जेते। सुगम अनुग्रह तुम्हरे तेते ॥२०॥

Durgam kāj jagat ke jete, Sugam anugrah tumhre tete.

All the difficult tasks of the world are easily accomplished by Your grace.

राम दुआरे तुम रखवारे। होत न आज्ञा बिनु पैसारे ॥२१॥

Rām duāre tum rakhvāre, Hot na āgya binu paisāre.

You are the gatekeeper of Sri Rama's Kingdom, where none may enter without Your permission.

सब सुख लहैं तुम्हारी सरना। तुम रक्षक काहु को डरना ॥२२॥

Sab sukh lahai tumhāri sarnā, Tum rachchak kāhu ko darnā.

He enjoys every happiness who seeks refuge in You. What is there to fear when You are the protector?

आपन तेज सम्हारो आपै। तीनों लोक हाँक तै कापै ॥२३॥

Āpan tej samhāro āpai, Teenon lok hānk te kāpai.

You alone can control Your energies. The three worlds tremble before Your power.

भूत पिशाच निकट नहि आवै। महावीर जब नाम सुनावै ॥२४॥

Bhoot pisāch nikat nahin āvai, Mahābir jab nām sunāvai.

No evil spirits dare to come near the one who utters Your name as Mahavir (the great warrior).

नासै रोग हरे सब पीरा। जपत निरंतर हनुमत बीरा ॥२५॥

Nasai rog harai sab peerā, Japat nirantar Hanumat beerā.

All diseases are destroyed and all pains vanish, when Your powerful name is uttered constantly (with love and devotion)

संकट तै हनुमान छुड़ावै। मन क्रम वचन ध्यान जो लावै ॥२६॥

Sankat te Hanumān chhudāvai, Man kram bachan dhyān jo lāvai.

Hanuman frees from all difficulties one who contemplates upon Him in thought, word and deed.

सब पर राम तपस्वी राजा। तिनके काज सकल तुम साजा ॥२७॥

Sub par Rām tapasvee rājā, Tin ke kāj sakal tum sājā.

All the missions of Sri Rama, who fulfills the desires of devotees who perform penance, have been fulfilled by You.

और मनोरथ जो कोई लावै। सोई अमित जीवन फल पावै ॥२८॥

Aur manorath jo koi lāvai, Soi amit jivan phal pāvai.

Devotees may come to You with other desires, but (by Your grace) they will obtain the imperishable fruit of realization.

चारों जुग परताप तुम्हारा। है परसिद्ध जगत उजियारा ॥२९॥

Chāron jug partāp tumharā, Hai parsiddha jagat ujiyarā.

Your glory prevails in all four Yugas (Satya yuga, Treta yuga, Dvapara yuga and Kali yuga); and your fame radiates throughout the world.

साधु संत के तुम रखवारे। असुर निकंदन राम दुलारे ॥३०॥

Sādhu sant ke tum rakhvāre, Asur nikandan Rām dulāre.

You are the protector of saints and sages. O Beloved of Rama, You are a destroyer of demons (evil force).

अष्ट सिद्धि नौ निधि के दाता। अस बर दीन जानकी माता ॥३१॥

Asht siddhi nau nidhi ke dātā, Asa bar din jānki mātā.

You will be the bestower of the eight-fold powers and the nine-fold wealth. Thus did Mother Sita confer a boon to You.

राम रसायन तुम्हारे पासा। सदा रहो रघुपति के दासा ॥३२॥

Rām rasāyan tumhare pāsā, Sadā raho raghupati ke dāsā.

You possess the essence of devotion to Sri Rama. May You always be His servant.

तुम्हरो भजन राम को भावै। जनम जनम के दुख बिसरावै ॥३३॥

Tumharo bhajan Rām ko bhāvai, Janam-janam ke dukh bisrāvai.

One can obtain the grace of Sri Rama by devotion unto You. And the sorrows of life after life are swept away by devotion unto You.

अंत काल रघुवर पुर जाई। जहाँ जन्म हरिभक्त कहाई ॥३४॥

Anat kāl raghubar pur jāi, Jahān janm hari bhakta kahāi.

At the end of the life span, such devotion will lead one to the abode of Sri Rama and will be known as the devotee of God till the end.

और देवता चित्त ना धरई। हनुमत सेई सर्व सुख करई ॥३५॥

Aur devtā chitt nā dharai, Hanumat sei sarb sukh karai.

To that devotee, who worships no other deity but Hanuman, all happiness is granted forever.

संकट कटै मिटै सब पीरा। जो सुमिरै हनुमत बलबीरा ॥३६॥

Sankat kate mite sab peerā, Jo sumirai Hanumat balbeerā.

He who contemplates on all-powerful Hanuman is freed from all pain and difficulties.

जै जै जै हनुमान गोसाईं। कृपा करहु गुरु देव की नाई ॥३७॥

Jai jai jai Hanumān gosāin, Krapā karahu guru dev ki nāi.

Victory, Victory, Victory to You, O Hanuman; as our supreme guru, give us thy grace.

जो सत बार पाठ कर कोई। छूटहि बंदि महा सुख होई ॥३८॥

Jo sat bār pāth kar koi, Chhutahi bandi mahā sukh hoi.

He who recites this chalisa a hundred times, will be freed from worldly bondage and enjoy great happiness.

जो यह पढ़े हनुमान चालीसा। होय सिद्ध साखी गौरीसा ॥३९॥

Jo yah padhe Hanumān chāleesā, Hoy siddhi sākhi gaurisā.

He who reads the Hanuman Chalisa (and follows its precepts) will become perfect, as Siva is the witness.

तुलसीदास सदा हरि चरा कीजै नाथ हृदय मह डेरा ॥४०॥

Tulsidās sadā hari cherā, Keeje nāth hriday mahn derā.

Thus prayed Tulsidas, who is always the servant of the Lord, that He ever reside in his heart.

पवन तनय संकट हरन। मंगल मूर्ति रूप॥

राम लखन सीता सहित। हृदय बसहु सुर भूप॥

Pavan tanay sankat haran, Mangal moorati roop.

Rām Lakhan Sitā sahit, Hriday basahu sur bhoop.

May Hanuman, who removes difficulties, Who has an auspicious form, and

Who is the king of the Gods, Dwell in my heart along with Sri Rama, Lakshmana and Sita.