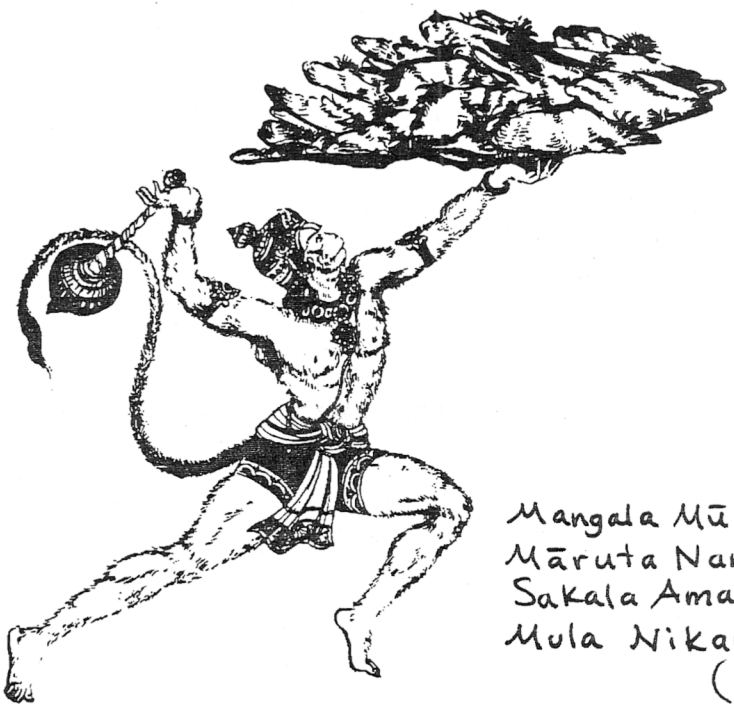


Mangala Mūrati
Māruta Nandana,
Sakala Amangala
Mula Nikandana
(2x)

श्री हनुमान चालीसा

śri hanumāna cālīsā

Forty Verses in Praise of śrī hanumān

श्री गुरु चरण सरोजरज निज मन मुकुरु सुधारि ।

śrī guru caraṇa saroja raja
nija mana mukuru sudhāri,

Having polished the mirror of my heart with the dust of my Guru's lotus feet,

बरनउँ रघुबर बिमल जसु जो दायक फल चारि ॥

baranaũ raghubara bimala jasu
jo dāyaku phala cāri.

I sing the pure fame of the best of the Raghus, which bestows the four fruits of life.

बुद्धिहीन तनु जानिके सुमिरौं पवन कुमार ।

buddhi hīna tanu jānike,
sumirãũ pavana kumāra

Knowing this body to be devoid of intelligence, I recall the Son of the Wind.

बल बुद्धि विद्या देहु मोहिं हरहु कलेस बिकार ॥

bala buddhi vidyā dehu mohī
harahu kaleśa bikāra.

Grant me strength, wit, and wisdom, and remove my sorrows and shortcomings.

siyā vara rāmacandra pada jai śaraṇaṁ

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

1. jaya hanumāna gyāna guṇa sāgara
jaya kapīśa tihũ loka ujāgara.

1. Victory to Hanuman, ocean of wisdom and virtue, Hail Monkey Lord, illuminator of the three worlds.

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

2. rāmadūta atulita bala dhāmā

añjani putra pavanasuta nāmā

2. Ram's emissary, abode of matchless power, Anjani's son, named "Son of the Wind."

३ महाबीर बिक्रम बजरंगी । कुमति निवार सुमति के संगी ॥

3. mahābīra bikrama bajaraṅgī

kumati nivāra sumati ke saṅgī.

3. Great hero, mighty as a thunderbolt, remover of evil thoughts and companion to the good.

४ कंचन बरन बिराज सुबेसा । कानन कुण्डल कुंचित केसा ॥

4. kañcana barana birāja subesā

kānana kuṇḍala kuñcita kesā.

4. Golden-hued and splendidly adorned, with heavy earrings and curly locks.

५ हाथ बज्र और ध्वजा बिराजे । कांधे मूंज जनेऊ साजे ॥

5. hātha bajra aur dhvajā birāje

kā̃dhe mūñja jane-ū sāje.

5. In your hands shine mace and banner, a sacred thread of munja grass adorns your shoulder.

६ शंकर सुवन केसरी नन्दन । तेज प्रताप महाजग वंदन ॥

6. śaṇkara suvana kesarī nandana

teja pratāpa mahā jaga vadana.

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

७ विद्यावान गुणी अति चातुर । राम काज करिबे को आतुर ॥

7. vidyā vāna guṇī ati cātura

rāma kāja karibe ko ātura.

7. Supremely wise, virtuous, and clever, you are ever intent on Ram's work.

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

8. prabhu caritra sunibe ko rasiyā

rāma lakhana sītā mana basiyā.

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

९ सूक्ष्म रूप धरि सियहिं दिखावा । बिकट रूप धरि लंक जरावा ॥

9. sūkṣma rūpa dhari siyahī dikhāvā

bikaṭa rūpa dhari laṅka jarāvā.

9. Assuming tiny form you appeared to Sita, and in awesome guise you burned Lanka.

१० भीम रूप धरि असुर संहारे । रामचंद्रजी के काज संवारे ॥

10. bhīma rūpa dhari asura saṁhāre

rāmacandrajī ke kāja sā̃vāre.

10. Taking dreadful form you slaughtered demons and completed Lord Ram's mission.

११ लाय सजीवन लखन जियाये । श्री रघुवीर हरषि उर लाये ॥

11. lāya sajīvana lakhana jiyāye

śrī raghubīra haraṣi ura lāye.

11. Bringing the magic herb, you revived Laxman, and Ram embraced you with delight.

१२ रघुपति कीन्हीं बहुत बड़ाई । तुम मम प्रिय भरतहि सम भाई ॥

12. raghupati kīnhī bahuta baRā-ī
tuma mama priya bharatahi sama bhā-ī.

12. Greatly did the Raghu Lord praise you - "Brother, you're as dear to me as Bharat!"

१३ सहस बदन तुम्हरो जश गावै। अस कहि श्रीपति कण्ठ लगावै ॥

13. sahasa badana tumharo jaśa gāvai
asa kahi śrīpati kaṇṭha lagāvai.

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

१४ सनकादिक ब्रह्मादि मुनीसा। नारद शारद सहित अहीसा ॥

14. sanakādika brahmādi munīsā
nārada śārada sahita ahīsā.

14. Sanak and the sages, Brahma, gods, and great saints, Narada, Sarasvati, and the king of serpents,

१५ यम कुबेर दिगपाल जहाँ ते। कबि कोबिद कहि सकहिं कहाँ ते ॥

15. yama kubera digapāla jahā̃ te
kavi kobida kahi sakahī kahā̃ te.

15. Yama, Kubera, and the guardians of the quadrants, poets and scholars - none can express your glory.

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

16. tuma upakāra sugrīvahī kīnhā
rāma milāya rāja pada dīnhā.

16. You rendered great service to Sugriva, presenting him to Ram, you gave him kingship.

१७ तुम्हरो मन्त्र बिभीषन माना। लंकेश्वर भये सब जग जाना ॥

17. tumharo mantra bibhīṣana mānā
laṅkeśvara bhaye saba jaga jānā.

17. Vibhishana heeded your counsel and became Lord of Lanka, as all the world knows.

१८ युग सहस्र योजन पर भानू। लील्यो ताहि मधुर फल जानू ॥

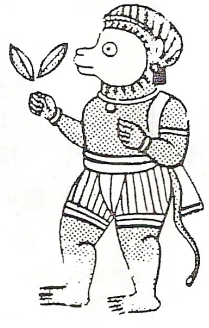
18. yuga sahasra yojana para bhānū
līlyo tāhi madhura phala jānū.

18. Though the sun is thousands of miles away, you swallowed it, thinking it a sweet fruit.

१९ प्रभु मुद्रिका मेलि मुख माहीं। जलधि लांघि गये अचरज नाहीं ॥

19. prabhu mudrikā meli mukha māhī̃
jaladhi lāṅghi gaye acharaja nāhī̃

19. Holding the Lord's ring in your mouth, it's no surprise you leapt the ocean.



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

20. durgama kāja jagata ke jete
sugama anugraha tumhare tete

20. Every arduous task in this world becomes easy by your grace.

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

21. rāma duāre tuma rakhavāre
hota na āgyā binu paisāre

21. You are the guardian of Ram's door, none enters without your leave.

२२ सब सुख लहै तुम्हारी शरना । तुम रक्षक काहु को डरना ॥

22. saba sukha lahai tumhārī śaranā
tuma rakṣaka kāhu ko ḍaranā

22. Taking refuge in you one finds all delight, those you protect know no fear.

२३ आपन तेज सम्हारौ आपै । तीनहुँ लोक हाँक तें काँपै ॥

23. āpana teja samhārau āpai
tīnahũ loka hãka tẽ kãpai.

23. You alone can withstand your own splendor, the three worlds tremble at your roar.

२४ भूत पिशाच निकट नहिं आवै । महाबीर जब नाम सुनावै ।

24. bhūta piśāca nikaṭa nahī āvai
mahābīra jaba nāma sunāvai.

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

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

25. nāsai roga hare saba pīrā
japata nirantara Hanumata bīrā.

25. All disease and pain is eradicated, brave Hanuman, by constant repetition of your name.

२६ संकट तें हनुमान छुड़ावैं । मन क्रम बचन ध्यान जो लावैं ॥

26. sankaṭa tẽ Hanumāna chuRāvāī
mana krama bacana dhyāna jo lāvāī

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

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

27. saba para rāma tapasvī rājā
tina ke kāja sakala tuma sājā

27. Ram the renunciant reigns over all - you carry out his every task.

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

28. aura manoratha jo koī lāvai
soī amita jīvana phala pāvai.

28. One who brings any yearning to you obtains the fruit of abundant life.

२९ चारों युग परताप तुम्हारा । है परसिद्ध जगत उजियारा ॥

29. cārõ yuga paratāpa tumhārā
hai parasiddha jagata ujiyārā.

29. Your splendor fills the four ages, Your glory is famed throughout the world.

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

30. sādhu santa ke tuma rakhavāre
asura nikandana rāma dulāre.

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

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

31. aṣṭa siddhi nau nidhi ke dātā

asa bara dīnha jānakī mātā.

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

३२. राम रसायन तुम्हरे पासा। सदा रहो रघुपति के दासा॥

32. rāma rasāyana tūmhare pāsā

sadā raho raghupati ke dāsā

32. You hold the elixir of Ram's name and remain eternally His servant.

३३. तुम्हरे भजन रामजी को पावैं। जन्म जन्म के दुःख बिसरावैं॥

33. tumhare bhajana rāmajī ko pāvaiṇ

janma janma ke dukha bisarāvaiṇ.

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

३४. अन्त काल रघुबर पुर जाई। जहाँ जन्म हरि-भक्त कहाई॥

34. anta kāla raghubara pura jā-ī

jahāṇ janma hari bhakta kahā-ī.

34. At death, one goes to Ram's own city or is born on earth as God's devotee.

३५. और देवता चित्त न धरई। हनुमत सेइ सर्व सुख करई॥

35. aura devatā citta na dhara-ī

hanumata se-i sarva sukha kara-ī.

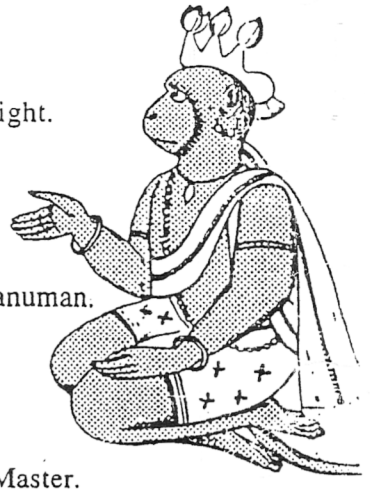
35. Give no thought to any other deity - worshipping Hanuman, one gains all delight.

३६. संकट कटै मिटै सब पीरा। जो सुमिरै हनुमत बल बीरा॥

36. sankaṭa kaṭai miṭai saba pīrā

jo sumirai hanumata bala bīrā

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



३७. जै जै जै हनुमान गोसाई। कृपा करौ गुरुदेव की नाई॥

37. jai jai jai hanumāna gosā-īṇ

kṛipā karau gurudeva kī nā-īṇ.

37. Victory, victory, victory to Lord Hanuman! Be merciful even as is the Divine Master.

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

38. jo sata bāra pāṭha kara ko-ī

chūṭahi baṇdi mahā sukha ho-ī

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

३९. जो यह पढ़ै हनुमान चालीसा। होय सिद्धि साखी गौरीसा॥

39. jo yaha paṚe hanumāna cālīsā

hoya siddhi sākhī gaurīsā

39. One who reads this Hanuman Chalisa gains success - Gauri's Lord bears witness.

४०. तुलसीदास सदा हरि चेरा। कीजै नाथ हृदय महं डेरा॥

४० tulasīdāsa sadā hari cerā

Ki jai nātha hṛidaya mahaṇ ḍerā.

40. Says Tulsidas, Hari's constant servant, "Lord, make your encampment in my heart."

(दोहा) पवन तनय संकट हरण मंगल मूरति रूप ।

pavana tanaya saṅkaṭa haraṇa,
maṅgala mūrati rūpa,

Son of the Wind, banisher of sorrow and embodiment of blessing,

राम लखन सीता सहित हृदय बसहु सुर भूप ॥

rāma lakhana sītā sahita,
hṛdaya basahu sura bhūpa.

Dwell in my heart, King of Gods, together with Ram, Laxman, and Sita.

siyā vara rāmacandra pada jai śaraṇaṁ

Hail the refuge of the feet of Sita's bridegroom, Ramachandra.

(Many thanks to Prof. Philip Lutgendorf-ji for the English Translation.)