

HANUMAN CHAALISA

(English Translation)

I bow down to the invisible divine Guru. The dust of His feet will clean the mirror of my mind.

Now I begin to describe the pure glory of Lord Shri Raam who is the bestower of all the FOUR GIFTS of dharma - virtuousness, artha—wealth, kaam—fulfillment of desire and moksha—Liberation.

I remember the son of the wind and realizing the limitations of the mind, I pray to Him to grant me strength, wisdom, knowledge and relieve all my sufferings and impurities.

Glory be to Hanumaan, the King of monkeys, who enlightens the three words.

He, the messenger of Lord Raam, is full of valor. His name is Anjani Putra, the son of mother Anjani and Pawan Suta, the son of Lord Air.

He is the bravest. He is valor incarnate. He is known as Bajrangeei. He is the one who destroys the evil nature of the mind, and reinstates pure intelligence.

His body is of golden color. He is beautifully dressed. He wears earrings and has beautiful locks of hair.

He holds Vajra—the rock and a flag on His hands and wears Janeu, the sacred thread of Brahmins, on His shoulder.

He is the incarnation of Lord Shiva. He is the son of Keshari (father's name). He is full of strength and light and is worshipped enormously by the people of the world.

He is full of knowledge. He is virtuous and extremely intelligent. He is always eager to serve His Lord Raam.

He eagerly waits to listen to the life stories of His Lord. He is dearly loved by Laxman and Seetaa.

He appeared before Seetaa in a tiny form. He acquired a colossal form when He burnt the city of Lanka.

He acquired a huge form to destroy the demons and thus He served the cause of His Lord Raamachandra.

He brought the immortal herb to bring Laxman back to life. It made Ragubir, His Lord, indescribably happy– who then embraced Hanumaan in joy.

Raghupati praised you greatly. He said that you were as dear to Him as His won brother named Bharat.

“The thousand-headed cobra, Shesh Nag, sings praised of Your glory,” says Lord Vishnu often, and He embraces You with extreme joy.

The four divine brothers, Sanak, Sanandan, Sanat and Sanaatana, and deities like Brahma, Saraswate, Shesh Nag and all the sages like Narad etc. . .

Even Yam (Lord of Death), Kuber (Lord of Heaven and wealth), Kikpal (the Lords of the directions) and poets and scholars have all failed to sing Your glories completely.

You obliged Sugriva, the King of monkeys by bringing him to Lord Raam and by helping him to get his kingdom back.

Vibheeshan, the brother of Raavan listened to Your valuable advice. The world knows that he became the heir of Raavan, the Kind of Lanka.

Once in your childhood, the sun, which was at a distance of two thousand yojan miles, seemed attractive to You. You believed it to be a sweet fruit. You flew in the sky and swallowed it.

You are the one who flew across the ocean by keeping a ring of Lord Raam in Your mouth. This miracle did not seem extraordinary to You.

With Thy grace all the insurmountable tasks of the world are easily done.

You are always at the doorstep of Lord Raam. No one may enter into the temple of the Lord without Your permission and grace.

All happiness lies in seeking refuge at Thy feet. If you are the protector, why should one fear?

You alone can govern the tremendous power You possess. The three worlds tremble at Your voice.

The dead and the evil spirits do not dare to come near one who recites Thy name.

Ceaseless repetition of the name of the brave Hanumaan destroys disease and pain.

Hanumaan delivers people from untold misery, if they remember Him with heart, mind and soul.

Raam is the Lord of the Universe and also of Lord of Hanumaan. Hanumaan is ever ready to accomplish the task assigned to Him by His Lord.

If people come with wishes, they are all fulfilled by the blessings of Hanumaan.

The glory and glamour of Hanumaan travels in all directions and ages. The world is aware of His benign powers.

You are the protector of the noble and the saintly. You are the destroyer of evil, and therefore You are dearly loved by Lord Raam.

You can bestow grace and grant the eight types of siddhis or powers and nine types of wealth. This power was given to You by the divine Mother Janaki the wife of Lord Raam.

You possess the divine medicine of the Lord's name. You are the eternal and immortal devotee of Lord Raam.

By remembering You, one reaches Lord Raam. People can be freed from the sorrows of many lives just by listening to Your glories.

Such people will go to the city of Raam, the plane of God's consciousness after death, and shall always be incarnated on earth as devotees of God.

There is no necessity to remember any other God if you serve Lord Hanumaan. Your happiness is secured.

One who remember Hanumaan the brave, is always delivered from difficulties and pain.

Glory, glory glory be to Hanumaan. Bestow Thy grace on me like a divine Guru.

One who repeats this seven or one hundred times will be delivered from difficulty and will become happy again.

One who reads these forty couplets sung in praise of Lord Hanumaan will become an adept and will receive the grace of Mother Parvati and Lord Shiva.

Tulsidas is at the feet of the Lord and prays eternally, "O Lord, may You always reside in my heart.

O son of the Lord of the Air, deliver of meseries, most auspicious, the King of Devas, please reside in my heart with Raam, Laxman and Mother Seetaa.

Yogashakti bows down to Lord Hanumaan, who is the reliever of worldly sorrow and is dearest to heart.

May Lord Hanumaan bestow His blessings upon lives in need and melt away all ignorance and sins as sunlight melts the snow.

Glory be to Lord Shree Raam, mother Seetaa and glory be to Hanumaan.

May God who is a treasure house of happiness and reliever of pains and sorrows, bestow his kindness upon me.

Speech is a waste if not devoted to the love of God. This wisdom dawns when ego and attachments are dropped off and thoughtfulness is entertained.