

श्रीमद्रोस्वामी-तुलसीदासजी विरचितं

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॥दोहा॥

श्रीमद्रोस्वामी-तुलसीदासजी विरचितं

## ॥श्रीहनुमान चालीसा॥

पवनतनय सङ्कट हरन मङ्गल मूर्ति रूप ।

राम लखन सीता सहित हृदय बसहु सुर भूप ॥

॥ इति श्रीमद्रोस्वामीतुलसीदासजी अवधी भाषायां विरचितं श्रीहनुमान चालीसा ॥

॥ ಶ್ರೀ ಹನುಮಾನ ಚಾಲೀಸಾ ॥

॥ ದೋಹಾ ॥

ಶ್ರೀ ಗುರು ಚರನ ಸರೋಜ ರಜ, ನಿಜ ಮನ ಮುಕುರ ಸುಧಾರಿ |

ಬರನಊ ರಘುಬರ ಬಿಮಲ ಜಸು, ಜೋ ದಾಯಕು ಫಲ ಚಾರಿ ॥

ಬುದ್ಧಿಹೀನ ತನು ಜಾನಿ ಕೇ, ಸುಮಿರೌ ಪವನ ಕುಮಾರ |

ಬಲ ಬುದ್ಧಿ ವಿದ್ಯಾ ದೇಹು ಮೋಹಿ, ಹರಹು ಕಲ್ಪೇಶ ವಿಕಾರ ॥

॥ ಚೌಪಾಈ ॥

ಜಯ ಹನುಮಾನ ಜ್ಞಾನ ಗುಣ ಸಾಗರ | ಜಯ ಕಪೀಶ ತಿಹು ಲೋಕ ಉಜಾಗರ ॥

ರಾಮ ದೂತ ಅತೋಲಿತ ಬಲ ಧಾಮಾ | ಅಂಜನೀ ಪುತ್ರ ಪವನ ಸುತ ನಾಮಾ ॥

ಮಹಾವೀರ ವಿಕ್ರಮ ಬಜರಂಗೀ | ಕುಮತಿ ನಿವಾರ ಸುಮತಿ ಕೇ ಸಂಗೀ ॥

ಕಂಚನ ಬರನ ಬಿರಾಜ ಸುಬೇಸಾ | ಕಾನನ ಕುಂಡಲ ಕುಂಚಿತ ಕೇಸಾ ॥

ಹಾಥ ಬಜ್ರ ಔ ಗದಾ ಬಿರಾಜೇ | ಕಾಂಧೇ ಮೂಂಜ ಜನೇಊ ಸಾಜೇ ॥

ಸಂಕರ ಸುವನ ಕೇಸರೀ ನಂದನ | ತೇಜ ಪ್ರತಾಪ ಮಹಾ ಜಗ ಬಂದನ ॥

ವಿದ್ಯಾವಾನ ಗುಣೀ ಅತಿ ಚಾತುರ | ರಾಮ ಕಾಜ ಕರಿಬೇ ಕೋ ಆತುರ ॥

ಪ್ರಭು ಚರಿತ್ರ ಸುನಿಬೇ ಕೋ ರಸಿಯಾ | ರಾಮ ಲಖಣ ಸೀತಾ ಮನ ಬಸಿಯಾ ॥

ಸೂಕ್ಷ್ಮಪ ಧರಿ ಸಿಯಹಿ ದಿಖಾವಾ | ಬಿಕಟ ರೂಪ ಧರಿ ಲಂಕ ಜರಾವಾ ॥

## ॥ ಶ್ರೀ ಹನುಮಾನ ಚಾಲೀಸಾ ॥

ಭೀಮ ರೂಪ ಧರಿ ಅಸುರ ಸಂಹಾರೇ | ರಾಮಚಂದ್ರ ಕೇ ಕಾಜ ಸಂವಾರೇ ॥

ಲಾಯ ಸಜಿವನ ಲಖಣ ಜಿಯಾಯೇ | ಶ್ರೀ ರಘುವೀರ ಹರಸಿ ಉರ ಲಾಯೇ ॥

ರಘುಪತಿ ಕೀಂಹೀ ಬಹುತ ಬಡಾಈ | ತುಮ ಮಮ ಪ್ರಿಯ ಭರತಹಿ ಸಮ ಭಾಈ ॥

ಸಹಸ ಬದನ ತುಮ್ಮರೋ ಜಸ ಗಾವೈ | ಅಸ ಕಹಿ ಶ್ರೀಪತಿ ಕಂಠ ಲಗಾವೈ ॥

ಸಹಸಾದಿಕ ಬ್ರಹ್ಮಾದಿ ಮುನಿಸಾ | ನಾರದ ಸಾರದ ಸಹಿತ ಅಹೀಸಾ ॥

ಜಮ ಕುಬೇರ ದಿಗಪಾಲ ಜಹಾ ತೇ | ಕಬಿ ಕೋಬಿದ ಕಹಿ ಸಕೇ ಕಹಾ ತೇ ॥

ತುಮ ಉಪಕಾರ ಸುಗ್ರೀವಹಿ ಕೀಂಹಾ | ರಾಮ ಮಿಲಾಯ ರಾಜ ಪದ ದೀಂಹಾ ॥

ತುಮ್ಮರೇ ಮಂತ್ರ ಬಿಭೀಷಣ ಮಾನಾ | ಲಂಕೇಶ್ವರ ಭಯೇ ಸಬ ಜಗ ಜಾನಾ ॥

ಜುಗ ಸಹಸ್ರ ಯೋಜನ ಪರ ಭಾನು | ಲೀಲೈ ತಹಿ ಮಧುರ ಫಲ ಜಾನು ॥

ಪ್ರಭು ಮುದ್ರಿಕಾ ಮೇಲಿ ಮುಖ ಮಾಹೀಂ | ಜಲಧಿಲಾಂಫಿ ಗಯೇ ಅಚರಜ ನಾಹೀಂ ॥

ದುರ್ಗಮ ಕಾಜ ಜಗತ ಕೇ ಜೇತೇ | ಸುಗಮ ಅನುಗ್ರಹ ತುಮ್ಮರೇ ತೇತೇ ॥

ರಾಮ ದುವಾರೇ ತುಮ ರಖವಾರೇ | ಹೋತ ನ ಆಜ್ಞಾ ಬಿನು ಪೈಸಾರೇ ॥

ಸಬ ಸುಖ ಲಹೈ ತುಮ್ಮಾರೀ ಸರನಾ | ತುಮ ರಕ್ಷಕ ಕಾಹೂ ಕೋ ಡರನಾ ॥

ಆಪನ ತೇಜ ಸಮ್ಮಾರೌ ಆಪೈ | ತೀನೋ ಲೋಕ ಹಾಂಕ ತೇ ಕಾಂಪೈ ॥

ಭೂತ ಪಿಸಾಚ ನಿಕಟ ನಹಿ ಆವೈ | ಮಹಾವೀರ ಜಬ ನಾಮ ಸುನಾವೈ ॥

## ॥ ಶ್ರೀ ಹನುಮಾನ ಚಾಲೀಸಾ ॥

ನಾಸೈ ರೋಗ ಹರೈ ಸಬ ಪೀರಾ | ಜಪತ ನಿರಂತರ ಹನುಮತ ಬೀರಾ ||

ಸಂಕಟ ತೇ ಹನುಮಾನ ಛುಡಾವೈ | ಮನ ಕ್ರಮ ಬಚನ ಧ್ಯಾನ ಜೋ ಲಾವೈ ||

ಸಬ ಪರ ರಾಮ ತಪಶ್ಚೀ ರಾಜಾ | ತಿನಕೇ ಕಾಜ ಸಕಲ ತುಮ ಸಾಜಾ ||

ಔರ ಮನೋರಥ ಜೋ ಕೋಈ ಲಾವೈ | ಸೋಈ ಅಮಿತ ಜೀವನ ಫಲ ಪಾವೈ ||

ಚಾರೋ ಜುಗ ಪರತಾಪ ತುಮ್ಮಾರಾ | ಹೈ ಪರಸಿದ್ಧ ಜಗತ ಉಜಿಯಾರಾ ||

ಸಾಧು ಸಂತ ಕೇ ತುಮ ರಖವಾರೇ | ಅಸುರ ನಿಕಂದನ ರಾಮ ದುಲಾರೇ ||

ಅಷ್ಟ ಸಿದ್ಧಿ ನೌ ನಿಧಿ ಕೇ ದಾತಾ | ಅಸ ಬರ ದೀಂಹ ಜಾನಕೇ ಮಾತಾ ||

ರಾಮ ರಸಾಯಣ ತುಮ್ಮರೇ ಪಾಸಾ | ಸದಾ ರಹೋ ರಘುಪತಿ ಕೇ ಪಾಸಾ ||

ತುಮ್ಮರೇ ಭಜನ ರಾಮ ಕೋ ಪಾವೈ | ಜನಮ ಜನಮ ಕೇ ದುಖ ಬಿಸರಾವೈ ||

ಅಂತ ಕಾಲ ರಘುಬರ ಪುರ ಜಾಈ | ಜಹಾ ಜನಮ ಹರಿ ಭಕ್ತ ಕಹಾಈ ||

ಔರ ದೇವತಾ ಚಿತ್ತ ನ ಧರಈ | ಹನುಮತ ಸೇಈ ಸರ್ಬ ಸುಖ ಕರಈ ||

ಸಂಕಟ ಕಟ್ಟಿ ಮಿಟ್ಟಿ ಸಬ ಪೀರಾ | ಜೋ ಸುಮಿರೈ ಹನುಮ್ತ ಬಲಬೀರಾ ||

ಜೈ ಜೈ ಜೈ ಹನುಮಾನ ಗೋಸಾಈ | ಕೃಪಾ ಕರೌ ಗುರೂದೇವ ಕೀ ನಾಈ ||

ಜೋ ಸತ ಬಾರ ಪಾರ ಕರ ಕೋಈ | ಛೂಟಹಿ ಬಂದಿ ಮಹಾ ಸುಖ ಹೋಈ ||

ಜೋ ಯಹ ಪಢೈ ಹನುಮಾನ ಚಲೀಸಾ | ಹೋಯ ಸಿದ್ಧ ಸಾವೀ ಗೌರೀಸಾ ||

॥ ಶ್ರೀ ಹನುಮಾನ ಚಾಲೀಸಾ ॥

ತುಲಸೀದಾಸ ಸದಾ ಹರಿ ಚೇರಾ | ಕೀಜೈ ನಾಥ ಹೃದಯ ಮಂಹ ಡೇರಾ ॥

॥ ದೋಹಾ ॥

ಪವನ ತನಯ ಸಂಕಟ ಹರನ, ಮಂಗಲ ಮೂರತ ರೂಪ |

ರಾಮ ಲಖನ ಸೀತಾ ಸಹಿತ, ಹೃದಯ ಬಸಹು ಸುರ ಭೂಪ ॥

॥ ಸಿಯಾವರ ರಾಮಚಂದ್ರ ಕೀ ಜಯ ॥

## Shree Hanuman Chalisa



**Shri Guru Charan Saroj Raj Nij mane mukure sudhar  
Varnao Raghuvar Vimal Jasu Jo dayaku phal char  
Budhi Hin Tanu Janike Sumirau Pavan Kumar  
Bal budhi Vidya dehu mohe Harahu Kalesa Vikar**

**Explanation (Opening Invocation Hymn):** At the Lotus feet of my Guru, I first cleanse the mirror of my heart and consciousness, and then proceed to profess [to declare in words] the holy, purest glory of the Great Lord Shri Rama Chandra, the Supreme amongst the Raghu dynasty, He who bestows [puts to use] on us the four-fold attainments of Life: that is Kama (pleasure), Artha (wealth), Dharma (religious merit) and Moksha (salvation).

You know that I am ignorant, and I beseech [to request earnestly] you (Lord Hanuman), O son of the God of Wind Pavana! Please bless me with Strength, Wisdom, and Knowledge, and take away all my blemishes [impurity] and imperfections which cause me much pain.

**Phala Stuti:** Chanting the Opening Invocation Hymns will mitigate **the doshas** arising out of having insulted knowingly/ unknowingly one's preceptor/ a Rama Bhakta. **The hardships** in your life will be relieved and you will be blessed with strength and wisdom.

## ***Shree Hanuman Chalisa***

### **1. Jai Hanuman gyan gun sagar**

#### **Jai Kapis tihun lok uजार**

**Explanation (1):** I sing Thy praise and Victory to thee, O Lord Hanuman, ocean of knowledge and sublime [supreme] qualities. Praise and Victory to you, O Great God and Lord of the Monkeys who is so well known and venerated [to regard or treat with reverence] in all the three worlds!

**Phala Stuti:** Chanting the First Hymn of the Chalisa will bestow Divine knowledge.

### **2. Ram doot atulit bal dhama**

#### **Anjani-putra Pavan sut nama**

**Explanation (2):** Hail, great messenger of Lord Raamachandra, repository of immeasurable power, strength, and valor [personal bravery], Hail to you, O son of Anjali, also known as Pavan-sut (Son of the wind God Pavana)!

### **3. Mahavir Vikram Bajrangi**

#### **Kumati nivar sumati Ke sangi**

**Explanation (3):** O bravest of the brave, O powerful Lord! With you rest good sense and wisdom. You are the true dispeller [to drive away] of the darkness of evil thoughts!

**Phala Stuti:** Chanting the Third Hymn of Chalisa will remove the bad company of friends or relatives or get rid of your bad habits. It will guide you in your right path.

### **4. Kanchan varan viraj subsea**

#### **Kanan Kundal Kunchit Kesa**

**Explanation (4):** Your clothes are golden-hued [color], and your physique is powerful and strong! Your ear studs and your curly hair are ever so pleasing to behold [hold]!

### **5. Hath Vajra Aur Dhuvaje Viraje**

#### **Kandhe moonj janehu sajai**

**Explanation (5):** In your hands you hold the Vajra (the powerful mace of the God Indra), and also a flag of victory! Around your shoulder, draped beautifully, is the sacred thread of Hinduism, the jan-ay-oo or janiwara!

## **Shree Hanuman Chalisa**

### **6. Sankar suvan kesri Nandan**

#### **Tej pratap maha jag vandan**

**Explanation (6):** A reincarnation of Lord Shankara (the 12th reincarnation) and son of the great Shri Kesari, your glory and luster [brightness] are propitiated [to gain or regain the favor or goodwill of] by the whole universe!

### **7. Vidyavan guni ati chatur**

#### **Ram kaj karibe ko aatur**

**Explanation (7):** You are supremely learned, talented and clever, O Lord Hanuman, and are ever ready to devoutly do Lord Ram Chandraji's bidding [request]!

### **8. Prabu charitra sunibe ko rasiya**

#### **Ram Lakhan Sita man Basiya**

**Explanation (8):** You are always keen and eager to listen – with supreme devotion – to the engrossing [absorbing] and inspiring stories of Life of Shree Ram, and this is why in your heart dwell Shree Ram, Mother Seetha and Lakshmanji (and you dwell in their hearts)

**Phala Stuti:** Chanting the Seventh and Eighth Hymns will channel a devotee into **Rama Bhakti** and he will become dear to Shri Rama.

### **9. Sukshma roop dhari Siyahi dikhava**

#### **Vikat roop dhari lanka jarava**

**Explanation (9):** When you revealed your presence to the distraught Mother Seetha (who had been kidnapped by the Ravana), you presented your meekest avatar (of a devoted humble servant), but when you accosted [challenged] the enemy, you assumed gigantic, demonic proportions and burnt down all Ravana's Lanka!

### **10. Bhima roop dhari asur sanghare**

#### **Ramachandra ke kaj sanvare**

**Explanation (10):** With overwhelming and all-crushing might you destroyed every demon (asura), thus fulfilling your Lord Ram Chandraji's mission.

## ***Shree Hanuman Chalisa***

### **11. Laye Sanjivan Lakhan Jiyaye**

#### **Shri Raghuvir Harashi ur laye**

**Explanation (11):** When Lakshmana lay dying, you brought the life-saving herb Sanjivini (a nectarine herb said to revive the dead) and revived him! Overcome with happiness, Shree Ram clasped you in a happy embrace...!

**Phala Stuti:** Chanting the eleventh Hymn will mitigate the **effects** of poisonous bites and remove fear of snakes.

### **12. Raghupati Kinhi bahut badai**

#### **Tum mam priye Bharat-hi sam bhai**

**Explanation (12):** ... and He showered fulsome [abundant] praise on you, saying "You are dear to me exactly like my younger Brother Bharata!"

**Phala Stuti:** Chanting the Twelfth Hymn will remove misunderstanding between your sons and daughters and will bring unity and affection among them.

### **13. Sahas badan tumharo yash gave**

#### **Us kahi Shripati kanth lagaave**

**Explanation (13):** "Thousands of grateful people / living creatures are singing your fulsome praise!" and so saying, the Lord of Lakshmi -- Shree Ram -- embraced Lord Hanuman. (Another interpretation of these two lines" "Even the thousand hooded divine serpent, the mighty Sheshnaag, who carries the weight of the earth on His numerous hoods, is singing praises of you, O hanuman!" said Lord ram, the Lord of Lakshmi, and so saying, he embraced Hanumanji.)

### **14. Sankadik Brahmadi Muneesa**

#### **Narad Sarad sahit Aheesa**

**Explanation (14):** And apart from Sheshnaag, the great saint Sanaka, and Gods like the Lord of Creation Brahma, and the great sage Narada and the Goddess of Knowledge, Saraswati (Sharada) and He of immense dimensions, Ashisha, and several other sages perpetually sing your praise!

## **Shree Hanuman Chalisa**

### **15. Yam Kuber Dignpal Jahan te**

#### **Kavi kovid kahi sake kahan te**

**Explanation (15):** When the Lord of Death, Yama, the Lord of Wealth, Kubera, and the Dignpals, that is the deputies guarding the four corners of the Universe, are vying [competing] with one another to outdo one another in singing your praise, how can a humble poet like me (Tulsidas) do justice to singing about Your greatness?

**Phala Stuti:** Chanting the Thirteenth, fourteenth, and fifteenth Hymn will help you to reach name and fame.

### **16. Tum upkar Sugreevahin keenha**

#### **Ram milaye rajpad deenha**

**Explanation (16):** To Sugreeva, the brother of Bali (Vali), you rendered a great service by bringing him into Shree Ram's fold. Thanks to Shree Ram's blessings and help, Sugreeva managed to regain his throne and the glory that came with it.

### **17. Tumharo mantra Vibheeshan mana**

#### **Lankeshwar Bhaye Sub jag jana**

**Explanation (17):** And as a result of paying heed to your advice, Vibhishana, the brother of raven, became the King of Lanka (after Ravana's death at the hands of Shree ram), as is known throughout the world.

**Phala Stuti:** Chanting the Sixteenth and Seventeenth Hymn will restore lost status or help in getting desired career improvements or promotions.

### **18. Yug sahastra jojan par Bhanu**

#### **Leelyo tahi madhur phal janu**

**Explanation (18):** When You were a child (O Lord Hanuman) You had thought that the mighty Sun, burning fiercely millions of miles away, was a little fruit, and You had reached out, plucked it from the Heavens and out it in your mouth swallowed it!

## **Shree Hanuman Chalisa**

### **19. Prabhu mudrika meli mukh mahee**

**Jaladhi langhi gaye achraj nahee**

**Explanation (19):** Keeping Lord Ram's ring in your mouth, You conquered the mighty Ocean (separating India and Lanka) with ultimate ease when You went in search of Mother Sita.

### **20. Durgaam kaj jagat ke jete**

**Sugam anugraha tumhre tete**

**Explanation (20):** Every difficult and seemingly insurmountable [incapable of being overcome] obstacle and impediment in life can be easily overcome with your grace and benevolence [act of kindness].

**Phala Stuti:** Chanting the Twentieth Hymn will remove obstacles and help in reaching your goals.

### **21. Ram dware tum rakhvare**

**Hoat na agya binu paisare**

**Explanation (21):** You are the sentinel [guard] of Lord Ram, and no one can ever dare enter Lord Ram's abode without your permission.

### **22. Sub sukh lahai tumhari sarna**

**Tum rakshak kahu ko dar na**

**Explanation (21):** When one is under your graceful benevolence [act of kindness], one attains every comfort and happiness! With you as my protector, O Lord Hanuman, what have I to fear? Nothing?

**Phala Stuti:** Chanting the Twenty-second Hymn will provide due protection from adverse planetary effects.

### **23. Aapan tej samharo aapai**

**Teenhon lok hank te kanpai**

**Explanation (23):** Only you can control Your own might O Lord Hanuman! When you emit a roar, all three worlds tremble (with its reverberance and their own fear).

## ***Shree Hanuman Chalisa***

### **24. Bhoot pisach Nikat nahin aavai**

#### **Mahavir jab naam sunavai**

**Explanation (24):** No evil spirits can ever trouble your devotees who chant your name, O Mahavir (Bravest of the brave)! All the ghosts and evil spirits shy away in terror at the sheer mention of your name, O Mahavir!

**Phala Stuti:** Chanting the Twenty-fourth Hymn will drive away all negative energies and evil spirits including black magical deities.

### **25. Nase rog harai sab peera**

#### **Japat nirantar Hanumant beera**

**Explanation (25):** All disease and misery vanish from his life who constantly chants your holy Name, O Lord Hanuman!

**Phala Stuti:** Chanting the Twenty-fifth Hymn will restore exuberant health and spirits. The recitation will also give you the ability to withstand physical agony and pain when you are injured or in ailment.

### **26. Sankat se Hanuman chudavai**

#### **Man Karam Vachan dyan jo lavai**

**Explanation (26):** Lord Hanuman rescues from all troubles and danger, those who sincerely, devoutly and with faith, remember and chant His holy Name.

**Phala Stuti:** Chanting the Twenty-sixth Hymn will protect you from general hardships and difficulties.

### **27. Sub par Ram tapasvee raja**

#### **Tin ke kaj sakal Tum saja**

**Explanation (27):** You make easy, each and every difficult task of all those who worship and hail Lord Ram as the Supreme God (who underwent the most rigorous penance). You remove all obstacles from the lives of the devoted worshippers of Lord Ram.

## **Shree Hanuman Chalisa**

### **28. Aur manorath jo koi lavai**

#### **Sohi amit jeevan phal pavai**

**Explanation (28):** Whoever comes to you for fruition [enjoyment] of any desires, will secure the imperishable fruit of human life.

**Phala Stuti:** Chanting the Twenty-seventh and Twenty-eighth Hymn will bring fulfillment of desires by Divine Blessings.

### **29. Charon Yug partap tumhara**

#### **Hai persidh jagat ujjara**

**Explanation (29):** O Lord Hanuman, Your glory is spread across all four Yugas, and Your radiance is acclaimed and praised across the entire cosmos! (The four yugas are: Sat Yuga, Dwapar Yug, Treta Yug and Kal Yug, in that order.)

**Phala Stuti:** Chanting the Twenty-ninth Hymn will take to the pinnacle of name and fame.

### **30. Sadhu Sant ke tum Rakware**

#### **Asur nikandan Ram dulhare**

**Explanation (30):** O Lord Hanuman, You are the protector of all holy people and saints. You are the fierce destroyer and slayer of demons. You are the darling of Shree Ram, who loves you with utmost indulgence, with all His heart!

**Phala Stuti:** Chanting the Thirtieth Hymn will help you to conquer evil forces.

### **31. Ashta sidhi nav nidhi ke dhata**

#### **Us var deen Janki mata**

**Explanation (31):** Mother Janaki has blessed you with the power to bestow on your devotees eight Siddhis (power to become light and heavy at will) and Nine Nidhis (comfort, wealth, prestige, power, happy relationships, fame, etc.)

**Phala Stuti:** Chanting the Thirty-first Hymn will help you to master occult powers and great wealth.

## ***Shree Hanuman Chalisa***

### **32. Ram rasayan tumhare pasa**

**Sada raho Raghupati ke dasa**

**Explanation (32):** The worship of Lord Rama is divine ambrosia [something extremely pleasing to taste or smell] that You have, and for ever and ever will You remain the humble and devoted servant of Raghupati, (another name for Lord Rama).

### **33. Tumhare bhajan Ram ko pavai**

**Janam janam ke dukh bisravai**

**Explanation (33):** By chanting your name, one can reach Lord Rama and find relief from the pain of several rebirths.

### **34. Anth kaal Raghuvir pur jayee**

**Jahan janam Hari-Bakht Kahayee**

**Explanation (34):** Ultimately, such a devotee reaches the abode of Lord Rama Himself, where he remains a devout worshipper of Lord Rama, and thereafter, in every birth, he is reborn as a true devotee of Lord Rama.

### **35. Aur Devta Chit na dharehi**

**Hanumanth se hi sarve sukh karehi**

**Explanation (35):** There is no need to remember any other deity for propitiation, as the name of Lord Hanuman alone can give all happiness. (Another meaning: The other deities may not really care about their devotees, but the name of Lord Hanuman gives all happiness)

**Phala Stuti:** Chanting the Thirty-second, Thirty-third, Thirty-fourth, and Thirty-fifth Hymns will certainly make you enjoy a self-contented life without any bothers / frustrations. You are assured that at the end of such a self-contented life, you will attain the Lotus feet of Shri Rama.

### **36. Sankat kate mite sab peera**

**Jo sumirai Hanumat Balbeera**

**Explanation (36):** Every danger is overcome; every pain is alleviated [relieved] and removed from him who worships Lord Hanuman devoutly.

**Phala Stuti:** Chanting the Thirty-sixth Hymn will mitigate **you from all difficulties** and pains.

## ***Shree Hanuman Chalisa***

### **37. Jai Jai Jai Hanuman Gosahin**

#### **Kripa Karahu Gurudev ki nyahin**

**Explanation (37):** Hail, Lord Hanuman, may your victory over evil be total and final. I beg you to be compassionate and indulgent towards me in the form of my Supreme Teacher and Guide.

**Phala Stuti:** Chanting the Thirty-seventh Hymn will secure the Grace of Shri Hanuman.

### **38. Jo sat bar path kare kohi**

#### **Chutehi bandhi maha sukh hohi**

**Explanation (38):** He who devoutly reads this prayer a hundred times will find freedom from the bondage of Life and Death, and will ultimately enjoy the highest form of bliss!

### **39. Jo yah padhe Hanuman Chalisa**

#### **Hoye sidhi sa ke goresa**

**Explanation (39):** He who recites the Hanuman Chalisa (all Fourty Chaupais) is certain to overcome all troubles and attain happiness. This is witnessed by as great a God as Lord Shankara Himself.

### **40. Tulsidas sada hari chera**

#### **Keejai Das Hrdaye mein dera**

**Explanation (40):** Tulsidas (the writer of these verses) is an eternal devotee of Lord Hari, and prays to Lord Hanuman to kindly live in his heart for ever and ever.

#### **Pavantnai sankat haran**

#### **Mangal murti roop**

#### **Ram Lakhan Sita sahit**

#### **Hrdaye basahu sur bhoop**

**Explanation:** O embodiment of the Wind God Pavana, O great deliverer and savior, you are the embodiment of blessings and plenty! I beg you, O Lord Hanuman, to reside for ever and ever in my heart along with Lord Rama, Lakshmana and Seetha!

***Shree Hanuman Chalisa***

**Ramaya Ramabhadraya Ramachandraya Vedhase**

**Raghunathaya Nathaya Sitayah Pataye namah**

**Sri Raja Ramachandraji ki Jai**

**Sri Maha Veera Hanumanji ki Jai**

**Sri Hanuman Chalisa Sampurn**

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