



[www.aogyayogaschool.com](http://www.aogyayogaschool.com)

## SHRI HANUMAN CHALISA (ENGLISH)

|| DOHA ||

!! SHRI GURU CHARAN SARAJ-RAJ NIJ MANU MUKUR SUDHARE,  
BARNO RAHUBHAR BIMAL YASHA JO DAYAK PHAL CHARE,  
BUDHEE-HEEN TANU JANIKE SUMIRAW PAVAN KUMAR,  
BAL-BUDHI VIDYA DEHU MOHE HARHU KALESH VIKAR !!

|| CHOPAI ||

**!! JAI HANUMAN GYAN GUN SAGAR,  
JAI KAPISE TIHUN LOK UJAGAR,  
RAM DOOT ATULIT BAL DHAMA,  
ANJANI-PUTRA PAVAN SUT NAMA !!**

**!! MAHABIR BIKRAM BAJRANGI,  
KUMATI NIVAS SUMATI KE SANGI,  
KANCHAN VARAN VIRAJ SUBSEA,  
KANAN KUNDAL KUNCHIT KESHA !!**

**!! HATH VAJRA AUR DAHEJ VIRAJE,  
KANDHE MUNJ JANEHU SAJI,  
SANKAR SUVAN KESRI NANDAN,  
TEJ PARTAP MAHA JAG VANDAN !!**

**!! VIDYAVAN GUNE ATI CHATUR,**

RAM KAJ KEBE KO AATUR,  
PRABU CHARIT SUNIBE-KO RASIYA,  
RAM LAKHAN SITA MAN BASIYA !!

RAM LAKSHMAN JANAKI  
!! SUKSHM ROOP DHARI SIYAH DIKHAVAL,  
VIKAT ROOP DHARI LANK JARAVA,  
BHIM ROOP DHARI ASUR SEHRAI,  
RAMACHANDRA KE KAAJ SAVARE !!

!! LAYE SANJIVAN LAKHAN JIYAE,  
SHRI RAGHUVIR HARASHI URE LAYE,  
RAGHUPATI KINHI BAHUT BADAVAL,  
TUM MAM PRIYE BHARAT-HI-SAM BHAI !!

!! SAHRAT BADAN TUMHU YASH GAVE,  
AAAS-KAHI SHRIPATI KANTH LAGAVE,  
SANKADHIK BRAHMADI MUNISA,

**NARAD-SARAD SAHIT AHESA !!**

**!! YAM KUBER DIGPAL JAHAN THI,  
KAVI KOVID KAHİ SAKİ KAHAN THI,  
TUM UPKAR SUGREVAHIN KEHIN,  
RAM MILAYE RAJPAD DEH !!**

**RAM LAKSHMAN JANAKI**

**!! TUMHARO MANTRA VIBHESHAN MANN,  
LANKESHWAR BHAYE SUB JAG JAAN,**

**YUG SAHES JOJAN PAR BHANU,  
LENLO TAHI MADHUR PHAL JANNU !!**

**!! PRABHU MUDRIKA MELI MUKH MAHE,  
JALADHI LADHI GYE ACHRAJ NAHI,  
DURGAM KAJ JAGATH KE JETE,  
SUGAM ANUGREH TUMHRE TETE !!**

**!! RAM DWARE TUM RAKHVARE,  
HOAT NA AAGYA BINU PASRE,  
SUB SUKH LAHE TUMHARE SARAN,  
TUM RACHAK KAHU KO DARNA !!**

**!! AAPAN TEJ SAMHARO AAPE,  
TINO LOK HAKTAD KAPE,  
BHOOT PISACH NIKAT NAHI AAVE,  
MAHAVIR JAB NAAM SUNVE !!**

**!! NASE ROG HARE SAB PERA,  
JAPAT NIRANTAR HANUMANT BERA,  
SANKAT SE HANUMAN CHUDAVE,  
MAAN KAM BACHAN DIYA JO LAVE !!**

**!! SAB PAIR RAM TAPASVI RJA,  
TIN KE KAJ SAKAL TUM SAJA,  
AUR MANORATH JO KOI LAVE,  
TASUE AMIT JEEVAN PHAL PAVE !!**

**!! CHARO YUG PARTAP TUMHAR,  
HAI PERSIDH JAGAT UJIYARA,  
SADHU SANT KE TUM RAKHWARE,  
ASUR NIKANDAN RAM DULARE !!**

**!! ASHT-SIDHI NAV NIDHI KE DATA,**

ASVAR DEEN JANKI MATA,  
RAM RASAYAN TUMHARE PASA,  
SADA RAHO RAGHUPATI KE DASS !!

!! TUMHARE BHAJAN RAM KO BHAVE,  
JANAM-JANAM KE DUKH BISRAVE,  
ANTH-KAAL RAGHUVIR PUR JII,  
JAHAN JANAM HARI-BAGAT KAHAE !!

!! AUR DEVTA CHIT NA DHREHO,  
HANUMATH SEHE SARVE SUKH KAREI,  
SANKAT KATE-MITE SAB PAR,  
JO SUMIRAI HANUMAT BALBIR !!

!! JAI JAI JAI HANUMAN GOSAHIN,  
KRIPA KARHU GURUDEV KI NAHI,  
JO SAT BAR PAT KAR KOI,  
CHUTEHI BANDHI MAHA SUKH HOI !!

**!! JO YAH PADHE HANUMAN CHALISA,  
HOYE SIDHI SA KE GAURESA,  
TULSIDAS SADA HARI CHERA,  
KEJAI NATH HRIDAE MEIN DERA !!**

**|| DOHA ||**

**!! PAVAN NAE SANKAT HARAN,  
MANGAL MURATI ROOP,  
RAM LAKHAN SITA SAHIT,  
HRIDE BASAHU SUR BHUP !!**

\*\*\*\*\*

## **Creation of Shri Hanuman Chalisa**

Tulsidas initially created Shri Hanuman Chalisa. He was a well-known poet and a fervent devotee of the Lord Rama. In these verses, he says remarkable things about Lord Hanuman and explains what the Lord Hanuman was.

The complete Chalisa may take anywhere from ten to fifteen minutes if you're first reading it. If you read it frequently, you'll be able to learn it more quickly and it takes less time to finish.



Everyone, no matter what their age can learn the Hanuman Chalisa regularly. We believe that all of us should read Hanuman Chalisa every day. If you're not able to do it day-to-day, take the time to go through it for at least 108 days in a row. This will help you find the way of salvation, and also shield your soul from the devil.

## Best Time to Read - Shri Hanuman Chalisa

You should read the Hanuman Chalisa after your shower. The ideal time to read it is in the morning. be the best time to read.

Once you start reading the Chalisa regularly, you will see the benefits of studying it.

You should approach it with respect because it's intense. Avoid discussing it in a negative manner.

Anything done with certainty will succeed. However, you must learn the right form of Chalisa. You should also try to understand its meaning. When you have completed the entire Chalisa, repeat the mantra Om for 108 times.