

## Shree Hanuman Chaleesa

Shree Guru charana saroja raja nija manu mukuru sudhari Baranaun Raghubara bimala jasu jo daayaku phala chaari  
Budhi heena tanu jaanike sumiraun pawana kumaara Bala budhi vidyaa dehu mohin harahu kalesa bikaara  
*Having polished the mirror of my heart with the dust of my Guru's lotus feet. I sing the pure fame of the best of Raghus, which bestows the four fruits of life. I know that this body of mine has no intelligence, so I recall you, Son of the Wind. Grant me strength, wit and wisdom and remove my sorrows and shortcomings.*

Bhajelo Ji Hanuman! Bhajelo Ji Hanuman!  
*Oh Friend! Remember Hanuman!*

1. **Jaya Hanumaan gyaana guna saagara. Jaya Kapeesha tihun loka ujaagara**  
*Hail to Hanuman, the ocean of wisdom and virtue, Hail Monkey Lord, illuminater of the three worlds.*
2. **Raama doota atulita bala dhaamaa Anjani putra Pawanasuta naamaa**  
*You are Ram's emissary, and the abode of matchless power Anjani's son, named the Son of the Wind.*
3. **Mahaabeera bikrama bajarangee kumati niwaara sumati ke sangee**  
*Great hero, you are as mighty as a thunderbolt, you remove evil thoughts and are the companion of the good.*
4. **Kanchana barana biraaja subesaa kaanana kundala kunchita kesaa**  
*Golden hued and splendidly adorned with heavy earrings and curly locks.*
5. **Haata bajra aura dwajaa biraajai kaandhe moonja janeu saajai**  
*In your hands shine mace and a banner and a sacred thread adorns your shoulder.*
6. **Shankara suwana Kesaree nandana teja prataapa mahaa jaga bandana**  
*You are Shiva's son and Kesari's joy and your glory is revered throughout the world.*
7. **Bidyaawaana gunee ati chaatura Raama kaaja karibe ko aatura**  
*You are the wisest of the wise, virtuous and clever and ever intent on doing Ram's work.*
8. **Prabhu charitra sunibe ko rasiyaa Raama Lakhana Seetaa mana basiyaa**  
*You delight in hearing of the Lord's deeds, Ram, Sita and Lakshman dwell in your heart.*
9. **Sookshma roopa dhari Siyahin dikhaawaa bikata roopa dhari Lankaa jaraawaa**  
*Assuming a tiny form you appeared to Sita and in an awesome form you burned Lanka.*
10. **Bheema roopa dhari asura sanghaare Raamachandra ke kaaja sanvaare**  
*Taking a dreadful form you slaughtered the demons and completed Lord Ram's mission.*
11. **Laaya sajeevana Lakhana jiyaaye shree raghubeera harashi ura laaye**  
*Bringing the magic herb you revived Lakshman and Ram embraced you with delight.*
12. **Raghupati keenhee bahuta baraaee tuma mama priya Bharatahi sama bhaae**  
*The Lord of the Raghus praised you greatly: „Brother, you are dear to me as Bharat!“*
13. **Sahasa badana tumharo jasa gaawai asa kahi Shreepati kanta lagaawai**  
*„May the thousand-mouthed serpent sing your fame!“ So saying, Lakshmi's Lord drew you to Himself.*
14. **Sanakaadika Brahmaadi muneesaa naarada Saarada sahita Aheesaa**  
*Sanak and the sages, Brahma, gods and the great saints, Narada, Saraswati and the King of serpents,*
15. **Yama Kubera digapaala jahaante kabi kobida kahi sake kahaante**  
*Yama, Kubera and the guardians of the four quarters, poets and scholars – none can express your glory.*
16. **Tuma upakaara Sugreevahin keenhaa raama milaaya raaja pada deenhaa**  
*You did great service for Sugriva, presenting him to Ram, you gave him the kingship.*
17. **Tumharo mantra Bibheeshana maanaa Lankeshwara bhaye saba jaga jaanaa**  
*Vibhishana heeded your counsel and became the Lord of Lanka, as the whole world knows.*
18. **Yuga sahasra yojana para bhaanu leelyo taahi madhura phala jaanu**  
*Though the sun is thousands of miles away, You swallowed it, thinking it to be a sweet fruit.*
19. **Prabhu mudrikaa meli mukha maaheen jaladhi laanghi gaye acharaja naaheen**  
*Holding the Lord's ring in your mouth it's no surprise that you leapt over the ocean.*
20. **Durgama kaaja jagata ke jete sugama anugraha tumhare tete**  
*Every difficult task in this world becomes easy by your grace.*

21. Raama duaare tuma rakhawaare hota na aagya binu paisaare  
*You are the guardian at Ram's door, no one enters without your leave.*
22. Saba sukha lahai tumhaaree sharanaa tuma rakshaka kaahu ko daranaa  
*Those who take refuge in you find all happiness and those who you protect know no fear.*
23. Aapana teja samhaaro aapai teenon loka haanka ten kaanpai  
*You alone can withstand your own splendor, the three worlds tremble at your roar.*
24. Bhoota pisaacha nikata nahin aawai mahaabeera jaba naama sunaawai  
*Ghosts and goblins cannot come near, Great Hero, when your name is uttered.*
25. Naasai roga hare saba peeraa japata nirantara Hanumata beeraa  
*All disease and pain is eradicated, brave Hanuman, by constant repetition of your name.*
26. Sankata ten Hanumaana churaawai mana krama bachana dhyaana jo laawai  
*Hanuman releases from affliction those who remember him in thought word and deed.*
27. Saba para Raama tapaswee raajaa tina ke kaaja sakala tuma saajaa  
*Ram, the ascetic, reigns over all, but you carry out all his work.*
28. Aura manorata jo koe laawai soee amita jeewana phala paawai  
*One who comes to you with any yearning obtains the abundance of the Four Fruits of Life.*
29. Chaaron juga parataapa tumhaaraa hai parasidha jagata ujiyaaraa  
*Your splendor fills the four ages your glory is renowned throughout the world.*
30. Saadhu santa ke tuma rakhawaare asura nikandana Raama dulaare  
*You are the guardian of saints and sages, the destroyer of demons and the darling of Ram.*
31. Ashta siddhi nau nidhi ke daataa asa bara deena Jaanakee Maataa  
*You grant the eight powers and the nine treasures by the boon you received from Mother Janaki.*
32. Raama rasaayana toomhare paasaa sadaa raho Raghupati ke daasaa  
*You hold the elixir of Ram's name and remain eternally his servant.*
33. Tumhare bhajana Raama ko paawai janama janama ke dukha bisaraawai  
*Singing your praise, one finds Ram and escapes the sorrows of countless lives.*
34. Anta kaala Raghubara pura jaaee jahaan janama Hari bhakta kahaanee  
*At death one goes to Ram's own city or is born on the earth as God's devotee.*
35. Aura devataa chitta na dharaaee Hanumata se-ee sarva sukha karaee  
*Give no thought to any other deity, worshipping Hanuman, one gains all delight.*
36. Sankata katai mite saba peeraa jo sumire Hanumata bala beeraa  
*All affliction ceases and all pain is removed by remembering the mighty hero, Hanuman.*
37. Jai jai jai Hanumaana Gosaaee Kripaa karahu gurudeva kee naaee  
*Victory, Victory, Victory to Lord Hanuman! Bestow your grace on me, as my Guru!*
38. Jo sata baara paata kara koe chootahi bandi mahaa sukha hoee  
*Whoever recites this a hundred times is released from bondage and gains bliss.*
39. Jo yaha parai Hanumaana chaleesaa hoya siddhi saakhee Gauresaa  
*One who reads this Hanuman Chaleesa gains success, as Gauri's Lord (Shiva) is witness.*
40. Tulasee Daasa sadaa Hari cheraa keejai naata hridaya mahan deraa  
*Says Tulsi Das, who always remains Hari's servant: „Lord, make your home in my heart.“*

Pawanatanaya sankata harana angala moorati roopa Raama Lakhana Seetaa sahita hridaya basahu sura bhoopa  
*Son of the Wind, destroyer of sorrow, embodiment of blessing, Live in my heart, King of Gods, together with Ram, Lakshman and Sita.*

- Chante die Hanuman Chalisa am Samstag oder Dienstag.
- Chante die Hanuman Chalisa 1 Mal für Schutz und Anregung der Selbstheilungskräfte.
- Chante die Hanuman Chalisa 7 Mal für großen Schutz gegen Negativität und Anregung der Heilung bei Krankheit.
- Chante die Hanuman Chalisa 108 Mal für tiefe spirituelle Erlebnisse, Transformation von Negativität, Loslösung von Karma und stärkste Heilungsenergie.