FOR FAMILIES · 11 DAYS

Learn the Hanuman Chalisa, four lines a day

Read the day's lines aloud together, slowly, twice. Then say them again before bed. Tick the box when everyone can say them without looking. By day 11 you will know all 43.

How to read the English letters: ā as in father, ī as in machine, ū as in rule, ṁ and ṅ hum through the nose, ñ as in canyon, ṭ and ḍ with the tongue curled back. The short a at the end of a word is dropped, as when the Chalisa is sung: जय reads jay, not jaya.

Day 1

☐ We said these together

DOHA 1

śrīguru caran saroj raj nij manu mukuru sudhāri
baranauṁ raghubar bimal jasu jo dāyaku phal cāri

With the dust of my guru's lotus feet I polish the mirror of my mind. Then I sing the spotless glory of Rama, best of the Raghus, which gives all four fruits of life: dharma, wealth, fulfilment and freedom.

DOHA 2

buddhihīn tanu jānike sumiraum̐ pavan-kumār
bal budhi bidyā dehu mohiṁ harahu kales bikār

Knowing myself to be short of understanding, I call to mind Hanuman, son of the Wind. Give me strength, understanding and knowledge, and take away my troubles and my faults.

CHAUPAI 1

jay hanumān jñān gun sāgar
jay kapīs tihuṁ lok ujāgar

Victory to Hanuman, ocean of wisdom and virtue. Victory to the lord of the vanaras, whose glory lights up the three worlds.

CHAUPAI 2

rām dūt atulit bal dhāmā
añjani-putra pavansut nāmā

You are Rama's messenger, the home of strength beyond measure. You are known as Anjani's son and as the son of the Wind.

Day 2

We said these together

CHAUPAI 3

mahābīr bikram bajraṅgī
kumati nivār sumati ke saṅgī

Great hero, valiant, with a body as strong as the thunderbolt, you clear away bad thinking and stay beside good sense.

CHAUPAI 4

kañcan baran birāj subesā
kānan kuṇḍal kuñcit kesā

Your colour is gold and your dress is fine. Rings shine in your ears and your hair is curled.

CHAUPAI 5

hāth bajra au dhvajā birājai
kāṁdhe mūṁj janeū sājai

In your hands shine the thunderbolt and the flag. A sacred thread of munja grass sits on your shoulder.

CHAUPAI 6

saṅkar suvan kesarīnandan
tej pratāp mahā jag bandan

You come from Shiva and are the son of Kesari. Your radiance and might are vast, and the whole world bows to you.

Day 3

We said these together

CHAUPAI 7

bidyāvān gunī ati cātur
rām kāj karibe ko ātur

Learned, full of virtue and very wise, you are always eager to do Rama's work.

CHAUPAI 8

prabhu caritra sunibe ko rasiyā
rām lakhan sītā man basiyā

You love to hear the Lord's story. Rama, Lakshmana and Sita live in your heart.

CHAUPAI 9

sūkṣma rūp dhari siyahiṁ dikhāvā
bikaṭ rūp dhari laṅk jarāvā

Taking a tiny form, you showed yourself to Sita. Taking a fearsome form, you set Lanka on fire.

CHAUPAI 10

bhīm rūp dhari asur saṁhāre
rāmcandra ke kāj saṁvāre

Taking a terrible form, you destroyed the asuras and carried Rama's work through.

Day 4

We said these together

CHAUPAI 11

lāy sajīvan lakhan jiyāye
śrī raghubīr harṣi ur lāye

You brought the sanjivani herb and revived Lakshmana. Rama, hero of the Raghus, held you to his heart with joy.

CHAUPAI 12

raghupati kīnhī bahut baṛāī
tum mam priya bharatahi sam bhāī

Rama, lord of the Raghus, praised you greatly: "You are as dear to me as my brother Bharata."

CHAUPAI 13

sahas badan tumharo jas gāvaiṁ
as kahi śrīpati kaṇṭh lagāvaiṁ

"May the thousand-mouthed Shesha sing your glory," said Rama, lord of Shri, and he held you close.

CHAUPAI 14

sanakādik brahmādi munīsā
nārad sārad sahit ahīsā

Sanaka and his brothers, Brahma and the gods, the great sages, Narada and Saraswati, with Shesha, lord of serpents,

Day 5

We said these together

CHAUPAI 15

jam kuber digpāl jahāṁ te
kabi kobid kahi sake kahāṁ te

Yama, Kubera and the guardians of the directions cannot tell your glory in full. How could poets and scholars?

CHAUPAI 16

tum upkār sugrīvahiṁ kīnhā
rām milāy rāj pad dīnhā

You did Sugriva a great kindness. You brought him to Rama and gave him back his kingdom.

CHAUPAI 17

tumharo mantra bibhīṣan mānā
laṅkesvar bhae sab jag jānā

Vibhishana took your counsel and became king of Lanka, as the whole world knows.

CHAUPAI 18

jug sahasra jojan par bhānū
līlyo tāhi madhur phal jānū

The sun stood thousands upon thousands of yojanas away, and you swallowed it, taking it for a sweet fruit.

Day 6

We said these together

CHAUPAI 19

prabhu mudrikā meli mukh māhīṁ
jaladhi lāṁghi gaye acaraj nāhīṁ

With the Lord's ring in your mouth you leapt over the ocean. That is no wonder.

CHAUPAI 20

durgam kāj jagat ke jete
sugam anugrah tumhare tete

However many hard tasks there are in the world, your grace makes every one of them easy.

CHAUPAI 21

rām duāre tum rakhvāre
hot na ājñā binu paisāre

You guard Rama's door. No one enters without your leave.

CHAUPAI 22

sab sukh lahai tumhārī sarnā
tum racchak kāhū ko ḍar nā

Whoever takes refuge in you finds every happiness. With you as protector, there is nothing to fear.

Day 7

We said these together

CHAUPAI 23

āpan tej samhāro āpai
tīnoṁ lok hāṁk teṁ kāṁpai

Only you can hold your own power. At your roar the three worlds tremble.

CHAUPAI 24

bhūt pisāc nikaṭ nahiṁ āvai
mahābīr jab nām sunāvai

Ghosts and evil spirits do not come near when someone speaks the name of the great hero.

CHAUPAI 25

nāsai rog harai sab pīrā
japat nirantar hanumat bīrā

Illness is destroyed and every pain taken away for one who repeats the name of brave Hanuman without a break.

CHAUPAI 26

saṅkaṭ teṁ hanumān chuṛāvai
man kram bacan dhyān jo lāvai

Hanuman frees from trouble whoever keeps him in mind, in thought, in deed and in word.

Day 8

We said these together

CHAUPAI 27

sab par rām tapasvī rājā
tin ke kāj sakal tum sājā

Rama, the ascetic king, is above all, and you carried out every one of his tasks.

CHAUPAI 28

aur manorath jo koi lāvai
soi amit jīvan phal pāvai

Whoever brings you any other wish receives it, and with it the boundless fruit of life.

CHAUPAI 29

cāroṁ jug partāp tumhārā
hai parsiddh jagat ujiyārā

Your glory runs through all four ages, and its fame lights up the world.

CHAUPAI 30

sādhu sant ke tum rakhvāre
asur nikandan rām dulāre

You protect the good and the saints. You destroy the asuras, and Rama holds you dear.

Day 9

We said these together

CHAUPAI 31

aṣṭ siddhi nau nidhi ke dātā
as bar dīn jānakī mātā

You can give the eight siddhis and the nine treasures. Mother Janaki gave you this boon.

CHAUPAI 32

rām rasāyan tumhare pāsā
sadā raho raghupati ke dāsā

You hold the elixir of devotion to Rama, and you remain forever the servant of the lord of the Raghus.

CHAUPAI 33

tumhare bhajan rām ko pāvai
janam janam ke dukh bisarāvai

By singing of you a person reaches Rama and leaves behind the sorrows of birth after birth.

CHAUPAI 34

ant kāl raghubar pur jāī
jahāṁ janma hari-bhakt kahāī

At the end that person goes to Rama's abode, and wherever they are born again they are known as a devotee of Hari.

Day 10

We said these together

CHAUPAI 35

aur devtā citt na dharaī
hanumat sei sarb sukh karaī

Even one who keeps no other deity in mind finds every happiness by serving Hanuman.

CHAUPAI 36

saṅkaṭ kaṭai miṭai sab pīrā
jo sumirai hanumat balbīrā

Troubles are cut away and all pain ends for whoever remembers Hanuman, the strong hero.

CHAUPAI 37

jai jai jai hanumān gosāīṁ
kṛpā karahu guru dev kī nāīṁ

Victory, victory, victory to you, Hanuman, my master. Be kind to me as a guru is kind.

CHAUPAI 38

jo sat bār pāṭh kar koī
chūṭahi bandi mahā sukh hoī

Whoever recites this a hundred times is freed from bondage and finds great joy.

Day 11

We said these together

CHAUPAI 39

jo yah paṛhai hanumān calīsā
hoy siddhi sākhī gaurīsā

Whoever reads this Hanuman Chalisa gains fulfilment. Shiva, lord of Gauri, is witness.

CHAUPAI 40

tulsīdās sadā hari cerā
kījai nāth hṛday mahaṁ ḍerā

Tulsidas is forever Hari's servant. Lord, make your home in my heart.

CLOSING DOHA

pavantanay saṅkaṭ haran maṅgal mūrati rūp
rām lakhan sītā sahit hṛday basahu sur bhūp

Son of the Wind, remover of trouble, whose very form is blessing: king among the gods, live in my heart with Rama, Lakshmana and Sita.

Text: Goswami Tulsidas, Gita Press reading. Meanings: Wisdom's own words. The learn-by-heart mode on wisdomquotes.in/hanuman-chalisa/learn keeps your place on your phone.