

## Doha

Shree Guru Charan Saroj Raj  
Nij manu Mukur Sudhaari  
Barnaun Raghubar Bimal Jasu  
Jo dayaku phal chari

Budhiheen Tanu Jaanike  
Sumirau Pavan Kumar  
Bal buddhi Vidya dehu mohe  
Harahu kalesh vikaar

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## Chaupai (40 Verses)

Jai Hanuman gyaan gun saagar  
Jai Kapis tihu lok ujaagar

Ram doot atulit bal dhaamaa  
Anjani putra Pavan sut naamaa

Mahabir Bikram Bajrangi  
Kumati nivar sumati ke sangi

Kanchan baran biraaj subesa  
Kanan kundal kunchit kesha

Haath bajra aur dhvaja biraje  
Kaandhe moonj janeu saaje

Sankar suvan kesri nandan  
Tej prataap maha jag bandan

Vidyavaan guni ati chaatur  
Ram kaaj karibe ko aatur

Prabhu charitra sunibe ko rasiya  
Ram Lakhan Sita man basiya

Sukshma roop dhari Siyahi dikhawa  
Bikat roop dhari lank jarawa

Bhim roop dhari asur sanghare

Ramchandra ke kaaj sanvare

Laaye sanjeevan Lakhan jiyaye  
Shri Raghbir harashi ur laaye

Raghupati keenhi bahut badaai  
Tum mama priya Bharat sam bhai

Sahas badan tumharo yash gaave  
As kahi Shripati kanth lagaave

Sankadik Brahmadi Muneesa  
Narad Sarad sahit Aheesa

Yam Kuber Digpaal jahan te  
Kavi kovid kahi sake kahan te

Tum upkaar Sugreevhin keenha  
Ram milaye raajpad deenha

Tumharo mantra Vibheeshan maana  
Lankeshwar Bhaye sab jag jaana

Yug sahastra jojan par Bhaanu  
Leelyo taahi madhur phal jaanu

Prabhu mudrika meli mukh maahi  
Jaladhi langhi gaye achraj naahi

Durgam kaaj jagat ke jete  
Sugam anugrah tumhare tete

Ram dware tum rakhvaare  
Hot na aagya binu paisaare

Sab sukh lahe tumhari sarna  
Tum rakshak kaahu ko darna

Aapan tej samharo aapai  
Teenon lok haank te kaanpai

Bhoot pishach nikat nahi aave  
Mahavir jab naam sunave

Naasaye rog harai sab peera  
Japat nirantar Hanumat beera

Sankat se Hanuman chhudaave  
Man Karam Vachan dyan jo laave

Sab par Ram tapasvee raaja  
Tin ke kaaj sakal Tum saaja

Aur manorath jo koi laave  
Soi amit jeevan phal paave

Charo Yug partap tumhara  
Hai parasiddh jagat ujiyara

Sadhu sant ke tum rakhwaale  
Asur nikandan Ram dulaare

Ashta siddhi nav nidhi ke daata  
As bar deen Janaki maata

Ram rasayan tumhare paasa

Sadaa raho Raghupati ke daasa

Tumhare bhajan Ram ko paave  
Janam janam ke dukh bisraave

Ant kaal Raghubar pur jaai  
Jahan janma Hari bhakta kahai

Aur Devta chitt na dharehi  
Hanumat sei sarva sukh karehi

Sankat kate mite sab peera  
Jo sumire Hanumat Balbeera

Jai Jai Jai Hanuman Gosaain  
Kripa karahu Gurudev ki naain

Jo sat baar paath kar koi  
Chhootahi bandi maha sukh hoyi

Jo yah padhe Hanuman Chalisa  
Hoye siddhi saakhi Gaureesa

Tulsidas sada hari chera  
Keejai Nath hriday mah dera

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Doha (Ending)  
Pavan Tanay Sankat Haran  
Mangala Murati Roop  
Ram Lakhan Sita sahit  
Hriday basahu Sur Bhoop

## □ Hanuman Chalisa – English Transliteration with Meaning

Now know the meaning of it:

### Doha (Introductory Couplet)

Shri Guru Charan Saroj Raj  
I cleanse the mirror of my mind with the dust of my Guru's lotus feet,  
Nij man mukur sudhaari  
And sing the pure glory of Lord Rama to gain life's four fruits (Dharma, Artha, Kama, Moksha).

Barnaun Raghubar Bimal Jasu  
I narrate the divine glory of Shri Ram,  
    Jo dayaku phal chari  
Which bestows the four fruits of life.

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Budhiheen Tanu Janike  
Knowing I am without wisdom and weak,  
    Sumirau Pavan Kumar  
I remember the son of the Wind God (Hanuman),

Bal buddhi vidya dehu mohe  
Please give me strength, intelligence, and knowledge,  
    Harahu kalesh vikaar  
And remove my troubles and defects.