



# HANUMAN CHALISA

MEANING AND SIGNIFICANCE SIMPLIFIED

DR ANITA CHITKARA

This Book is offered to the Lotus feet of Lord Hanuman,  
My Guru, My Parents and All the Devotees.



Special thanks to Rakesh Chitkara, Garima Chitkara and  
Prachi Chitkara for their support and contribution in  
creating this e-book.



## **DISCLAIMER**

The explanations given in this book are not based on any canonical scripture or writings. These are purely based on the interpretations of a devotee of Lord Hanuman and is a result of discussions and seminars with other devotees as well as other devotional works on Lord Hanuman. This should not be considered an official interpretation of the poem known as Hanuman Chalisa.



## About the author

Dr Anita Chitkara is an emotional wellness coach. She is a Ph.D. in 'Alternative Therapy' and is a Reiki grandmaster besides being a Tarot card reader. She has also authored a book "Treasury of Alternative Therapies" published by Magna Publications. She resides in a beautiful suburb of Mumbai.

She conducts regular sessions on simplified lessons of Indian scriptures and mythology. She also conducts Guided Relaxation, Chakra and Crystal Healing courses. Her most widely attended sessions include decoding the chants of Hanuman Chalisa, Sankat Mochan, Ganpati Atharvasheersham and explains their significance in contemporary life. She is very passionate about teaching and guiding people to live happy and more fulfilling life.

She helps people manage their emotions by first helping them analyse their emotions and then channelising them in a positive way and eventually transcending through them. She firmly believes that happiness is the only way forward.

She is active on social media where she regularly shares her knowledge about forms of alternative therapy, spirituality, ancient Indian wisdom.

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## Introduction

Shri Hanuman Chalisa is not only a poem or a chant but also a manual for life. It's a **Siddha<sup>1</sup> Mantra<sup>2</sup>**, it is a **Siddha Granth<sup>3</sup>**, and it is a **Siddha Panth<sup>4</sup>**. Whichever stage of life you are in, a student, a professional, a house maker, a seeker, a sanyasi or a yogi, Hanuman Chalisa has something to offer to you.

Whichever path you follow i.e., karma yog (selfless action as a way to perfection), bhakti yog (devoutness) or gyan yog (way of gaining true knowledge of the self), Lord Hanuman guides and inspires you as he is a Purna Yogi: the one who nurtures all aspects of the being – physical, emotional, mental and spiritual.

Even if you are not aware of the meaning of this chant, it is still a very powerful tool. Since it is a Mantra, its sound vibrations heal and transform you. But if you know the meaning of this chant, the impact increases significantly.

Written by Saint Tulsidas approximately 600 years ago, this chant consists of 43 verses. Two introductory **Dohas<sup>5</sup>**, 40 **Chaupais<sup>6</sup>** and one concluding doha makes the chant complete.

Now let us understand how these chaupais are distributed. One to ten are about the power, bravery and virtues of Hanuman. Eleven to twenty chaupais contain the acts of Hanuman in service of

1. *Siddha – It is a Sanskrit word which means a “perfected one”*
2. *Mantra - a word or sound that is believed to have a special spiritual power as per Hinduism and Buddhism*
3. *Granth – it is termed as the “holy book”*
4. *Panth – It is a path or direction. In religious terms, it is often termed as “cult”*
5. *Doha - it is an old “verse-format” of Indian poetry. It is an independent verse, a couplet, the meaning of which is complete in itself*
6. *Chaupai - it is a quatrain verse of Indian poetry, especially medieval Hindi poetry, that uses a metre of four syllables.*

Lord Ram. Twenty-one onwards, Tulsidas explains the need for Hanuman's grace and blessings in the lives of the devotees. Tulsidas seeks to bow down to Hanuman with devotion and requests him to reside in the devotees' hearts.

In the concluding doha, Tulsidas bows down to Him and requests that he reside in the hearts of all the devotees along with Ram, Sita and Lakshman.





## Benefits of Hanuman Chalisa

Hanuman Chalisa is believed to have Divine power. It is also considered to be the **Shabd Avatar**<sup>7</sup> of Hanuman. It is believed that Lord Hanuman himself blesses us when we chant Hanuman Chalisa.

In our material world, we seek reciprocation for our actions while chanting or visiting a shrine. However, Hanuman Chalisa must be recited without any pre-condition of reciprocity.

Following benefits have been experienced with regular chanting of the Hanuman Chalisa.

- Removes fear and doubts from our minds.
- Reduces the effect of planet Saturn (Shani) in the horoscope. Hanuman Chalisa can be recited at any time of day. However, if chanting is done on Saturday or Tuesday, it benefits those who have the affliction of planet Saturn in their horoscopes.
- Helps to get rid of nightmares and negative thoughts.
- Helps to seek forgiveness for the deeds/sins done intentionally or unintentionally in the present or previous birth.
- Provides divine protection to the devotees and helps remove obstacles in life.
- Creates positivity, relaxation and confidence.
- Removes tendencies to procrastinate and makes one more efficient and successful.
- Cures ailments and mental disorders.
- Helps increase the life force energy and the vibration which gives strength and removes doubts and fears.

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7. *Shabd avatar* - a manifestation of a deity in word (written) format



# Eternal Ramayana

We read about Hanuman in the epic, 'Ramayana'. It is natural to ask how a book written thousands of years ago is relevant in today's life. However, Ramayana did not happen only in Treta Yug. We live it each day, each moment of our life

As an epic, the Ramayana is a vast story about Lord Ram and his life. In brief, Ram, who was to be crowned as king of Ayodhya, is exiled and punished to live in the forest for 14 years. His brother Lakshman and wife Sita accompanied him. In their 13th year of exile, Sita gets kidnapped by the King of Lanka, Ravan causing Ram to become very restless and troubled. With the help of Hanuman and Lakshman, Ram finds Sita and kills Ravan and they all come back to Ayodhya.

We live and experience the Ramayana each day and the story describes a wide range of characters that we may find in our lives today. On a deeper, more philosophical level, one can interpret Ram as the **soul**, your source, the consciousness which you are made of. Our purpose is to become one with our source. Lakshman is our **awareness** and **mindfulness**. Sita is our **mind**. Hanuman is our **breath** or **life force**. Ravan is our **ego**.

Whenever our mind is kidnapped/ overpowered by the ego, our soul becomes restless. With the help of our breath and mindfulness, we can retrieve our mind from the clutches of the ego and become one with the soul. This will take us to the space called Ayodhya, where there is no yudh (war), no conflict, no doubt and no dilemma. Seen this way, the Ramayana is a timeless tale that we continue to live through the ages.

If we study Hanuman Chalisa through this lens, we can find our way towards happiness, peace and bliss. The Chalisa is like a guide to become a successful and a complete human being.





## Doha 1

श्रीगुरु चरन सरोज रज, निज मनु मुकुरु सुधारि।  
बरनऊं रघुबर बिमल जसु, जो दायकु फल चारि ॥

**SHRI GURU CHARAN SAROOJA-RAJ NIJA MANU  
MUKURA SUDHAARI BARANAU RAGHUBHARA  
BIMALA YASHU JO DAYAKA PHALA CHARI**

Hanuman Chalisa opens on a very auspicious note. “Shri” is one of the names of Sita who is Hanuman’s Guru.

In this doha, Tulsidas is invoking the blessings of his Guru. Tulsidas refers to Guru’s feet as lotus flowers and the dust from the feet purifies body and mind. He bows down to his Guru’s feet as it holds the truth of life

I cleanse and purify myself first as I am going to describe Lord Hanuman (**Raghuveer**)<sup>8</sup> who is Vimal (pure and transparent) and without any flaw. I am going to sing the glory of Hanuman who is the giver of phala chaari or four fruits. These four fruits are the broad categories of human pursuits.

- 1) Dharma (Duty) 2) Arth (Resources) 3) Kaam (Desires)
- 4) Moksh (Liberation)

He is capable of giving whatever you are seeking.

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8. *Why Hanuman is called Raghuveer:*

*Anyone who is from Raghu Vansh (lineage of Raghu clan), is called Raghuveer. Though Hanuman is not from Raghu Vansh, He still is called Raghuveer. This is because at many points in the Ramayana Ram and Sita referred to him as their son. So, he earns the status of being a Raghuveer due to His devotion and surrender.*



## Doha 2

बुद्धिहीन तनु जानिके, सुमिरोँ पवन-कुमार।  
बल बुद्धि बिद्या देहु मोहिं, हरहु कलेस बिकार।।

**BUDHEE-HEEN THANU JANNIKAY SUMIROW PAVANA  
KUMARA  
BALA-BUDHEE VIDYA DEHOO MOHEE HARAHU  
KALESHA VIKARA**

In this first line, Tulsidas says that he does not have the knowledge and wisdom to describe Hanuman completely.

Hanuman is also called 'Pawan Kumar' or son of Pawan or the wind although Hanuman's father is called Kesari. (Refer to story 1)

Tulsidas requests Hanuman to give him physical & mental strength and knowledge so that he can describe Him. He is also requesting to remove his kleshas and vikaaras.

Kleshas are hindrances in developing our mental faculties. There are five kinds of Kleshas

Avidya (ignorance) 2) Asmita (pride) 3) Raag (attachment)  
4) Dvesha (animosity) 5) Abhinivesha (negative mental thoughts)

Vikaaras are impurities of the mind. They are six in number.

Kaam (desire) 2) Krodh (anger) 3) Lobh (greed) 4) Moha (temptation)  
5) Mad (pride) 6) Matsarya (jealousy)

*Vikaaras appear when our thoughts, words and actions are not aligned. At such times, one should pray and invoke the blessings of Guru and God.*

*Meaning of Kleshas explained here - [Click here](#)*



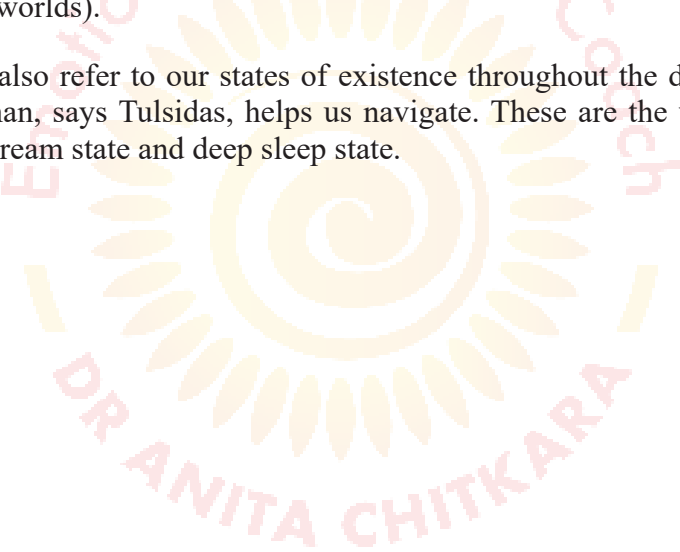
## Chaupai 1

जय हनुमान ज्ञान गुन सागर।  
जय कपीस तिहुं लोक उजागर।।

**JAI HANUMAN GYAN GUN SAGAR**  
**JAI KAPIS TIHUN LOK UJAGAR**

After the prayer, the chant begins on an auspicious note. Tulsidas says that Hanuman is the ocean of knowledge and virtues. He may not be the king of monkeys but has ruled the hearts of all the monkeys. He is also the kingmaker, loved and known in all the three lokas (worlds).

Lokas also refer to our states of existence throughout the day that Hanuman, says Tulsidas, helps us navigate. These are the waking state, dream state and deep sleep state.





## Chaupai 2

रामदूत अतुलित बल धामा।  
अंजनि-पुत्र पवनसुत नामा॥

### RAM DOOT ATULIT BAL DHAMA ANJAANI-PUTRA PAVAN SUT NAMA

Hanuman is called Ramdoot or the messenger of Lord Ram. He has no ego. He does not have a 'me' and 'mine' attitude in him. Most of the difficult tasks in the Ramayana are performed by Hanuman. But he is happy to be called Ramdoot. He does not want any other identity.

Doot also means ambassador. An ambassador has the power of whom he is representing. Here he is representing Ram, so he has the support and power of Ram.

You are the son of Anjani and you are known as Pavan sut, son of the god of wind.

### Story

*The King of Ayodhya, Dashrath was performing Yagna (ritual performed to invoke the gods for their blessings) for Santan Prapti (seeking a child). Prasad (food, as a devotional offering) was distributed among the three Queens of King Dashrath.*

*Elsewhere, Anjani was also praying for children along with her husband, Kesari. Pawan, the God of wind gave some of the Prasad from Dashrath's yagna to Anjani. After consuming this Prasad, she gave birth to Hanuman. Since Pawan played a role in the birth of Hanuman, He is also called Pawan Kumar/Pawan sut.*



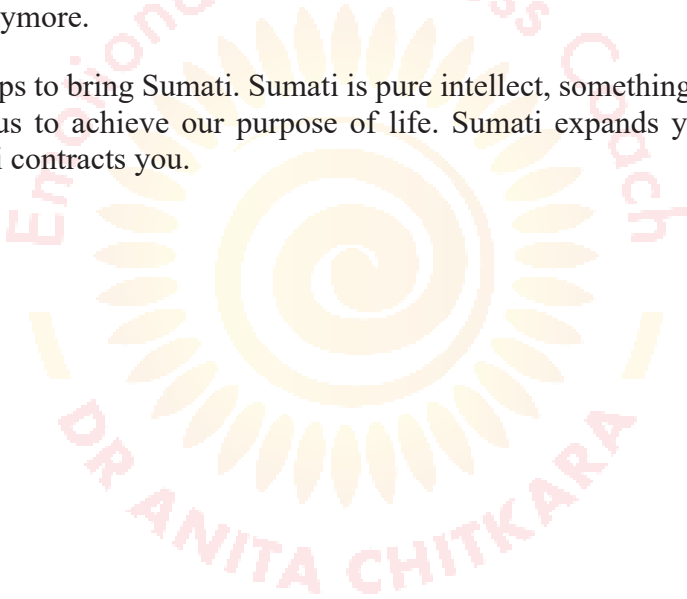
## Chaupai 3

महाबीर बिक्रम बजरंगी।  
कुमति निवार सुमति के संगी।।

### MAHABIR BIKRAM BAJRANGI KUMATI NIVAR SUMATI KE SANGI

Tulsidas calls Hanuman as very brave and a great hero, who cannot be defeated. He is as strong as Lord Indra's vajra (mythical weapon). He destroys kumati, the knowledge which does not serve you anymore.

He helps to bring Sumati. Sumati is pure intellect, something which helps us to achieve our purpose of life. Sumati expands you and kumati contracts you.





## Chaupai 4

कंचन बरन बिराज सुबेसा।  
कानन कुंडल कुंचित केसा।।

**KANCHAN VARAN VIRAJ SUBESA  
KANAN KUNDAL KUNCHIT KESHA**

Tulsidas describes Hanuman's complexion as molten gold. The deeper meaning is that he has a golden aura which indicates His being the complete Yogi. Tulsidas also praises Hanuman's attire and his well-groomed demeanour. He wears kundal or earrings and has curly hair.

**Story: Hanuman was born with kundal in his ears.**

*Once a holy man with the name, Narad told king Baali that a child will be born from the womb of Anjani who will be more powerful than him. King Baali became insecure and planned to kill the baby in the womb of Anjani. Baali invited Anjani and Kesari for dinner and served them a soup of molten five metals. Unknowingly, Anjani consumed that but nothing happened to her or the baby.*

*In due course, the baby was born and when Bali got the news, he was curious to see the baby. He was surprised to see that the baby had converted that five metal soup into his kundal (earrings) and was wearing it at the time of birth. This story conveys the message of converting negativity into an opportunity, here represented by the ornament.*



## Chaupai 5

हाथ बज्र औ ध्वजा बिराजै।  
काधे मूज जनेऊ साजै।

**HATH VAJRA AUR DHUVAJE VIRAJE  
KAANDHE MOONJ JANEHU SAJAI**

Tulsidas says that Hanuman has a **vajra**<sup>9</sup>, a weapon in your hand and also carries a flag which represents Lord Ram.

He also wears the **munja**<sup>10</sup> grass on His shoulders, an indication of His celibacy. He wears a sacred thread which means that he has knowledge of the Vedas or Indian scriptures.

This carries a very revolutionary message: anybody can learn Vedas and attain enlightenment if a Vaanar, or monkey, who is on the first ladder of evolution, can attain self-awareness.

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9. *Vajra – a thunderbolt or a mythological weapon*

10. *Munja - tough Asiatic grass whose culms are used for ropes and baskets*



## Chaupai 6

संकर सुवन केसरीनंदन।  
तेज प्रताप महा जग बन्दन॥

**SANKAR SUVAN KESRI NANDAN**  
**TEJ PRATAAP MAHA JAG VANDAN**

Hanuman is the embodiment of **Shiva**<sup>11</sup>. He is the son of Vayu (Wind God) and the delighter of Kesari (His father). His aura is great. He is magnanimous, great and revered by the whole world.



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*11. Shiva - the god of destruction and regeneration in the Hindu sacred triad*



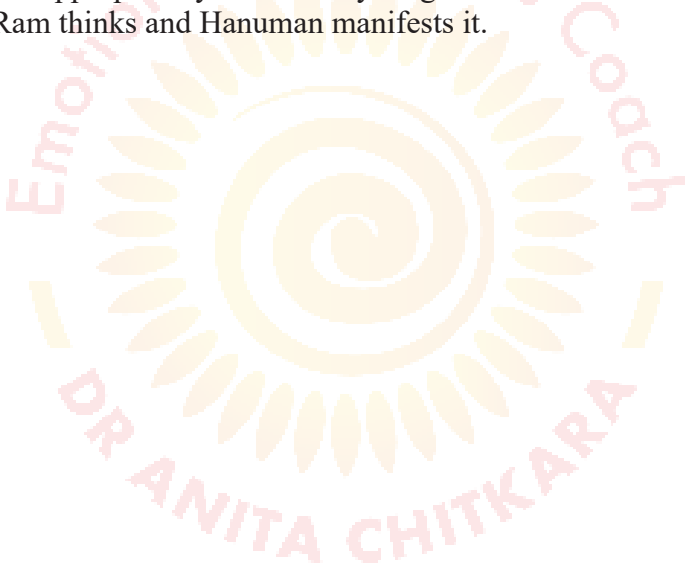


## Chaupai 7

विद्यावान् गुनी अति चातुर।  
राम काज करिबे को आतुर॥

**VIDYAVAAN GUNI ATI CHATUR  
RAM KAJ KARIBE KO AATUR**

He is very knowledgeable and proficient in 18 types of skills, 9 grammars, 6 types of philosophies and 108 occult practices. Along with knowledge, he also has the skill set to present his knowledge and use it appropriately. He is always eager and enthusiastic to serve Ram. Ram thinks and Hanuman manifests it.





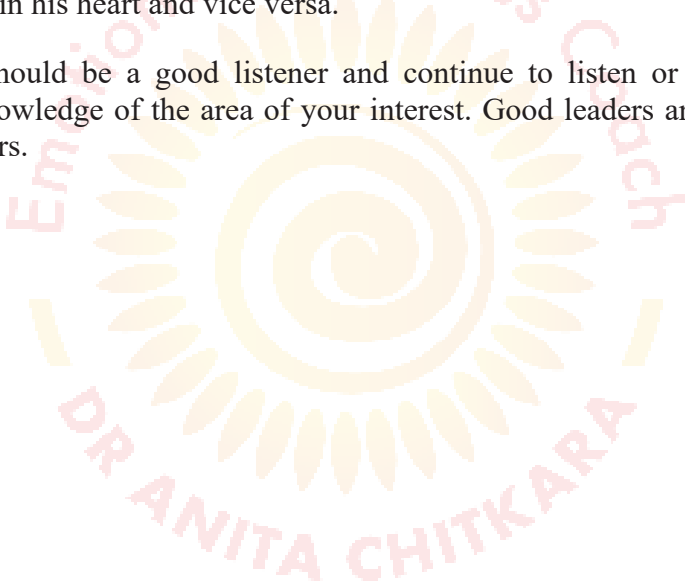
## Chaupai 8

प्रभु चरित्र सुनिबे को रसिया।  
राम लखन सीता मन बसिया॥

### **PRABHU CHARITRA SUNIBE-KO RASIYA RAM LAKHAN SITA MAN BASIYA**

He is always delighted to listen to the acts of Ram. Wherever Ram Katha (narrative) is being recited, he is always present. He is never tired of listening to the glories of Ram. Ram, Lakshman and Sita reside in his heart and vice versa.

One should be a good listener and continue to listen or absorb the knowledge of the area of your interest. Good leaders are good listeners.





## Chaupai 9

सूक्ष्म रूप धरि सियाहिं दिखावा।  
बिकट रूप धरि लंकं जरावा।।

### SUKSHMA ROOP DHARI SIYAHİ DIKHAVA VIKAT ROOP DHARI LANK JARAVA

He reached out to Sita in Ashok Vatika (the place where the King of Lanka imprisoned Sita after kidnapping her) to deliver the message of Lord Ram in sukshma swaroop (in miniature form) so that Sita is not scared. He also assures Sita that Lord Ram will come to take her back. He increased his physical manifestation to vikat roop (enormous size) to confront King Ravana and burn Lanka in retaliation.

One should be able to figure out how to behave in different circumstances. When, where and how to project and present yourself. When he had to show his power, he became big and when he had to show his wisdom, he became small. He did not show his power to scare people, he showed his power to remove fear from them.

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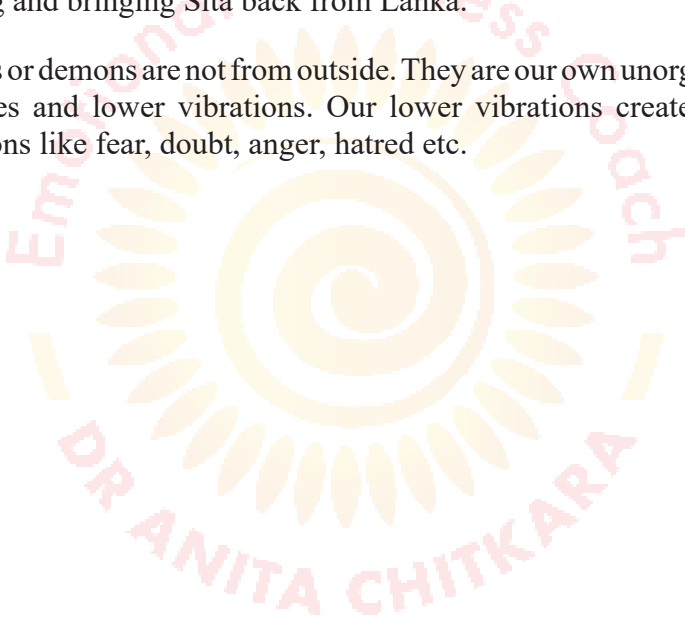
## Chaupai 10

भीम रूप धरि असुर संहारे।  
रामचंद्र के काज सवारे॥

### **BHIMA ROOP DHARI ASUR SANGHARE RAMACHANDRA KE KAJ SANVARE**

He assumed the large swarooma (physical form) to destroy demons proactively. He carried out all the major tasks of Lord Ram while finding and bringing Sita back from Lanka.

Asuras or demons are not from outside. They are our own unorganized energies and lower vibrations. Our lower vibrations create lower emotions like fear, doubt, anger, hatred etc.





## Chaupai 11

लाय सजीवन लखन जियाये।  
श्रीरघुबीर हरषि उर लाये।।

LAYE SANJIVAN LAKHAN JIYAYE  
SHRI RAGHUVIR HARASHI UR LAYE

He brought the Sanjeevani booti, the herb from Dronagiri mountain in the Himalayas which saved the life of Lakshman<sup>12</sup>. With a lot of happiness and elation, Ram hugged and embraced Him.



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*12. During the war between Ram and Ravan's armies, Lakshman was rendered unconscious by the arrow of Meghnad, one of Ravan's brothers. The herb Sanjeevani from the Himalayas, brought and administered before sunrise, was the only way to save Lakshman's life. Hanuman was asked to find this herb and bring it back in time. However, in order to save time for finding the herb or avoid bringing back the wrong herb, Hanuman brought the entire Dronagiri mountain to Lakshman and saved his life.*



## Chaupai 12

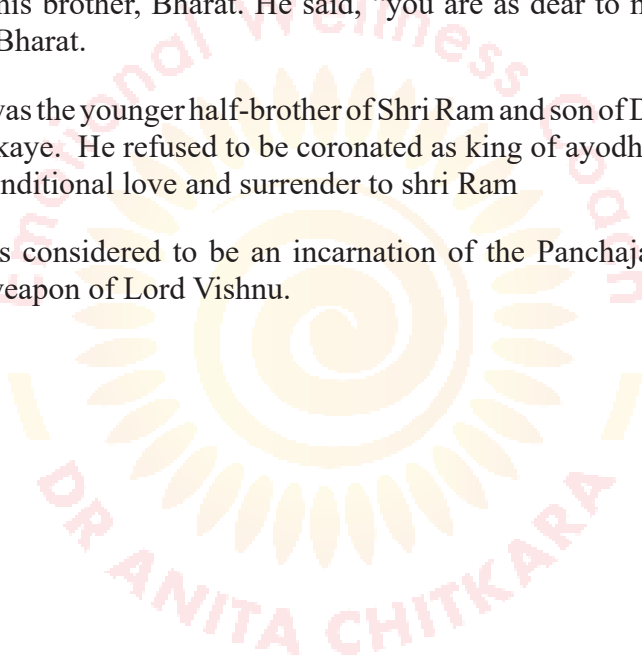
रघुपति कीन्ही बहुत बड़ाई।  
तुम मम प्रिय भरतहि सम भाई॥

**RAGHUPATI KINHI BAHUT BADAI  
TUM MAM PRIYE BHARAT-HI-SAM BHAI**

Ram praised Him a lot and expressed his happiness and compared Him to his brother, Bharat. He said, “you are as dear to me as my brother Bharat.

Bharat was the younger half-brother of Shri Ram and son of Dasaratha and Kaikaye. He refused to be coronated as king of ayodhya out of his unconditional love and surrender to shri Ram

Bharat is considered to be an incarnation of the Panchajanya, the divine weapon of Lord Vishnu.





## Chaupai 13

सहस बदन तुम्हरो जस गावैं।  
अस कहि श्रीपति कंठ लगावैं॥

**SAHAS BADAN TUMHARO YASH GAAVE  
ASA-KAHI SHRIPATI KANTH LAGAAVE**

‘Sahas Badan’ refers to the thousand hooded serpent called Sheshnag, the vehicle of Vishnu, the God of life in the Hindu triad. Ram is considered the reincarnation of Vishnu and Lakshman is considered the reincarnation of Sheshnag. So here Tulsidas says that Lord Ram has said that Sheshnag or Lakshman sings your praises while embracing Hanuman with lots of love.





## Chaupai 14

सनकादिक ब्रह्मादि मुनीसा।  
नारद सारद सहित अहीसा।।

**SANKADHIK BRAHMAADI MUNEESA  
NARAD-SARAD SAHIT AHEESA**

Your glory is infinite and it is impossible to measure your greatness. Saints like Sanakji etc (sanatan, sananda and sanat kumar) praise you. Also, Rishi Brahma, Muni Narad, Sharada ( Devi Saraswati) and Sheshnaag bless you and sing your praises.





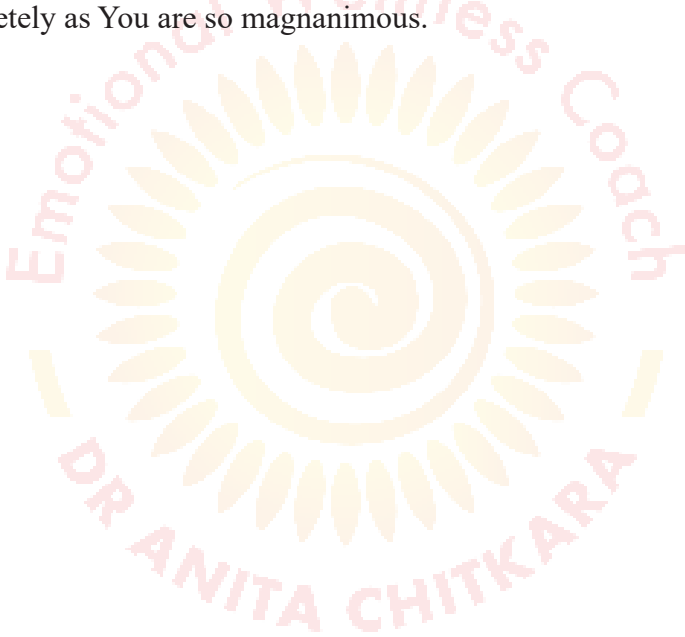


## Chaupai 15

जम कुबेर दिगपाल जहां ते।  
कबि कोबिद कहि सके कहां ते॥

**YAM KUBER DIGPAAL JAHAN TE KAVI  
KOVID KAH SAKE KAHAN TE**

Yama - the god of death; Kuber - the god of wealth; Dikpal- the god of 8 directions, poets and folk singers cannot describe you completely as You are so magnanimous.





## Chaupai 16

तुम उपकार सुग्रीवहिं कीन्हा।  
राम मिलाय राज पद दीन्हा॥

**TUM UPKAR SUGREEVAHIN KEENHA  
RAM MILAYE RAJPAD DEENHA**

Tulsidas says, “you did a great favour to King Sugriva (the king of the monkey army) by introducing him to Ram and bestowing on him the kingdom of Kishkindha.” Sugriva was a very timid king but with the help and grace of God, he overcame his fears and regained his confidence.





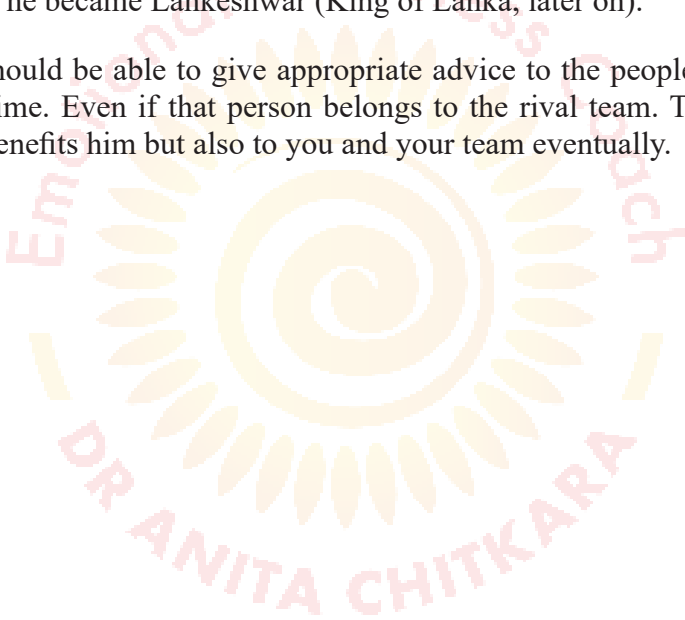
## Chaupai 17

तुम्हरो मंत्र बिभीषन माना।  
लकेस्वर भए सब जग जाना॥

**TUMHARO MANTRA VIBHEESHAN MAANA  
LANKESHWAR BHAYE SUB JAG JANA**

Tulsidas says: “Vibhishana (King Ravana’s brother) followed your advice and surrendered to Ram. You gave him the right advice. That is how he became Lankeshwar (King of Lanka, later on).”

One should be able to give appropriate advice to the people at the right time. Even if that person belongs to the rival team. This not only benefits him but also to you and your team eventually.





## Chaupai 18

जुग सहस्र जोजन पर भानू।  
लील्यो ताहि मधुर फल जानू॥

**YUG SAHASTRA JOJAN PAR BHANU  
LEELYO TAHI MADHUR PHAL JANU**

Yug Sahastra Yojana (unit for measurement) is the distance between Earth and Sun. Tulsidas describes how Hanuman swallowed the sun in His childhood thinking it to be a sweet fruit. This is to be observed that Tulsidas was aware of the distance between the earth and the sun. Please go through the following calculation which resonates with the figures given by NASA 50 years ago.

$$1 \text{ Jug} = 12000$$

$$1 \text{ Sahastra} = 1000$$

$$1 \text{ Yojan} = 8 \text{ miles}$$

$$\text{Thus, } 12000 \times 1000 \times 8 = 96,000,000 \text{ miles}$$

$$1 \text{ mile} = 1.6 \text{ kms}$$

$$96,000,000 \times 1.6 \text{ kms} = 153,600,000 \text{ kms.}$$

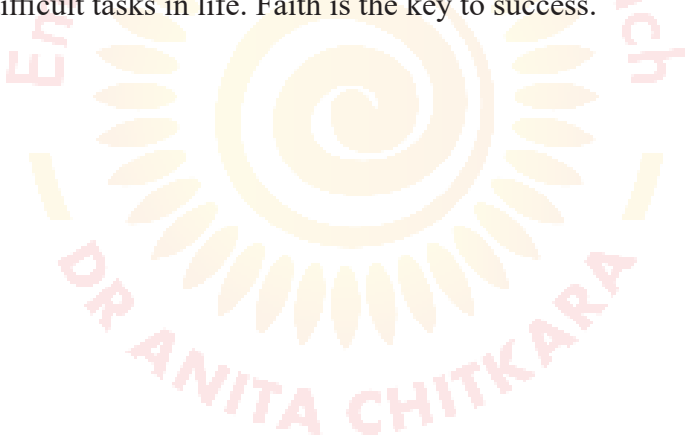


## Chaupai 19

प्रभु मुद्रिका मेलि मुख माहीं।  
जलधि लाधि गये अचरज नाहीं॥

**PRABHU MUDRIKA MELI MUKH MAHEE  
JALADHI LANGHI GAYE ACHRAJ NAHEE**

He is able to leap across the oceans with the help of a ring blessed by Lord Ram. The message here is that by worshipping Lord Ram and with His blessings, a person can cross Bhavsagar (the ocean of life) very smoothly and easily. Tulsidas further says that Hanuman's faith and surrender to Ram, is a lesson of life. Here, prabhu mudrika means recitation of "Ram mantra". Everything is possible if you have faith in God and yourself. You can achieve the impossible and most difficult tasks in life. Faith is the key to success.





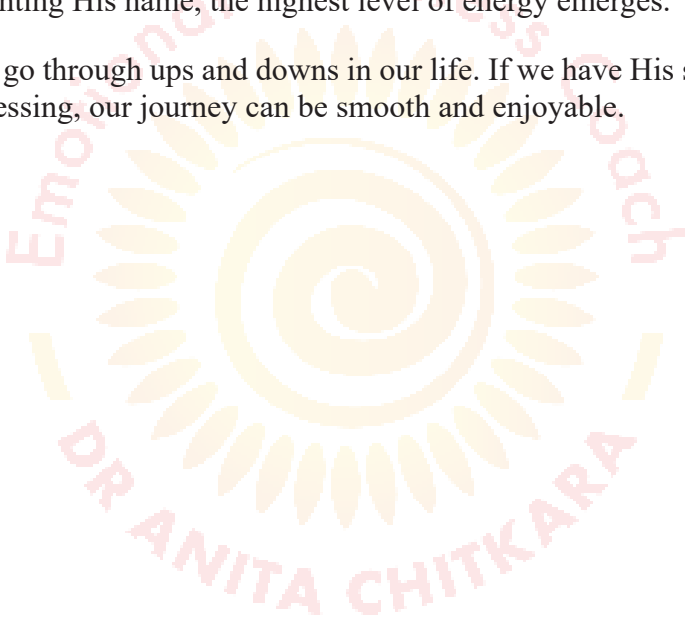
## Chaupai 20

दुर्गम काज जगत के जेते।  
सुगम अनुग्रह तुम्हरे तेते ॥

**DURGAAM KAJ JAGATH KE JETE  
SUGAM ANUGRAHA TUMHRE TETE**

Tulsidas says that the most difficult tasks of the world become easy by chanting Hanuman's name. By invoking the grace of Hanuman, by chanting His name, the highest level of energy emerges.

We all go through ups and downs in our life. If we have His support and blessing, our journey can be smooth and enjoyable.



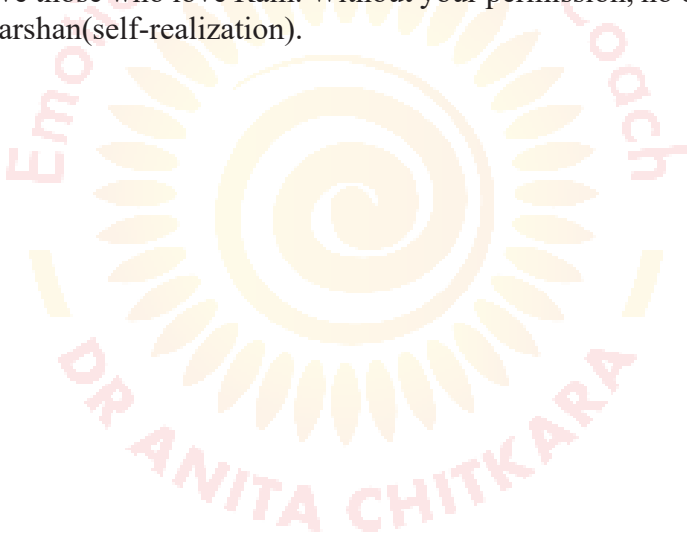


## Chaupai 21

राम दुआरे तुम रखवारे।  
होत न आज्ञा बिनु पैसारे।।

**RAM DWAARE TUM RAKHVARE  
HOAT NA AGYA BINU PAISARE**

Tulsidas describes Hanuman as the gatekeeper and protector of Ram's abode. He purifies devotees' minds before they can see Lord Ram. The Gatekeeper knows the inside and the outside environment equally well. Hanuman knows who qualifies to enter Ram's abode. You love those who love Ram. Without your permission, no one can Ram darshan(self-realization).





## Chaupai 22

सब सुख लहै तुम्हारी सरना।  
तुम रक्षक काहू को डर ना।।

**SUB SUKH LAHAE TUMHARI SAR NA  
TUM RAKSHAK KAHU KO DAR NAA**

Tulsidas says that all kinds of pleasures, happiness and comforts rest at His feet. He further says, “you are the giver of materialistic and spiritual bliss. If you are protecting us then there is no fear.”





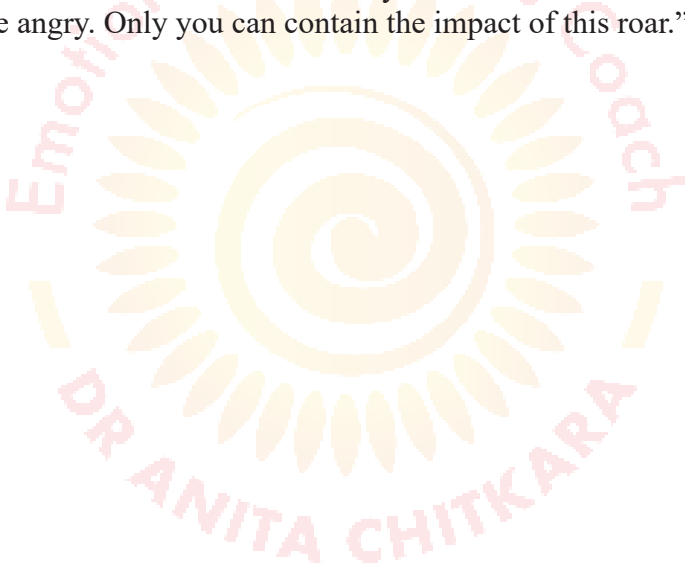


## Chaupai 23

आपन तेज सम्हारो आपै।  
तीनों लोक हांक तें कापै।।

**AAPAN TEJ SAMHARO AAPAI  
TEENHON LOK HANK TE KANPAI**

When Hanuman gives a war cry, all the three lokas (worlds) start trembling as His roar is very powerful. On an individual level, the three lokas are our conscious, subconscious and unconscious mind. Tulsidas addresses Hanuman: “everyone trembles with fear when you are angry. Only you can contain the impact of this roar.”





## Chaupai 24

भूत पिसाच निकट नहिं आवै।  
महावीर जब नाम सुनावै।।

**BHOOT PISAACH NIKAT NAHIN AAVAI  
MAHAVIR JAB NAAM SUNAVAE**

Tulsidas describes Hanuman as the most powerful and says that evil spirits and bodiless entities like ghosts do not come near those who chant His name. It is believed that whenever one feels fear of the supernatural, chanting the Hanuman Chalisa helps to overcome fear.



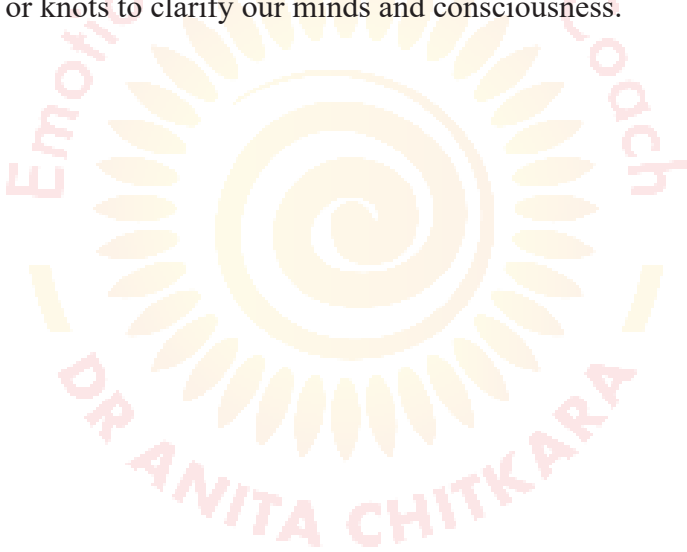


## Chaupai 25

नासै रोग हरै सब पीरा।  
जपत निरंतर हनुमत बीरा॥

**NASE ROG HARAE SAB PEERA  
JAPAT NIRANTAR HANUMANT BEERA**

When His name is chanted continuously in the form of Japa (a word uttered in a low voice, repeatedly and internally), it destroys all ailments and removes all sufferings. All the afflictions are removed with continuous Japa (also called Ajapa Japa). Japa removes all the blocks or knots to clarify our minds and consciousness.



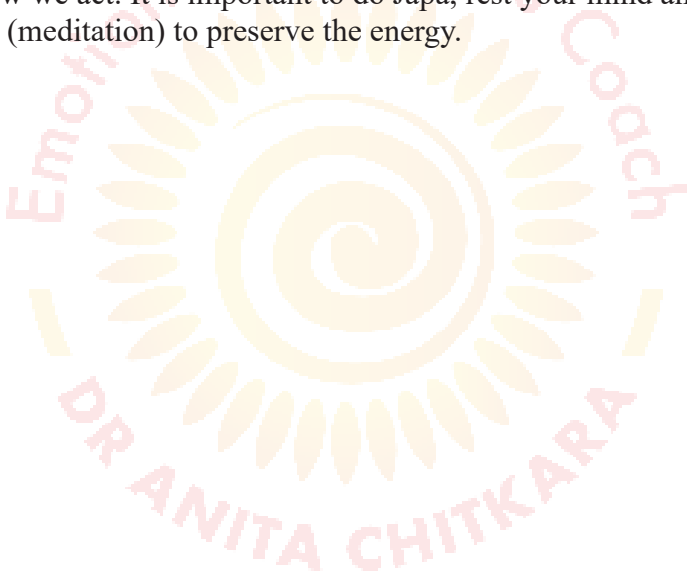


## Chaupai 26

संकट तें हनुमान छुड़ावै।  
मन क्रम बचन ध्यान जो लावै॥

**SANKAT SE HANUMAN CHUDAVAE  
MAN KARAM VACHAN DYAN JO LAVAI**

Hanuman saves us from all adversities and difficulties. But there is one condition - the seeker should align his/her thoughts, words and actions. We should become aware of what we think, what we speak and how we act. It is important to do Japa, rest your mind and sit in Dhyana (meditation) to preserve the energy.





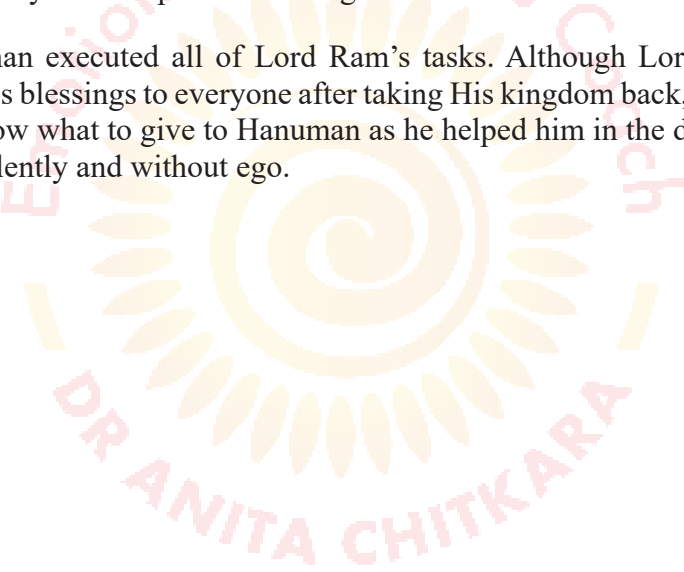
## Chaupai 27

सब पर राम तपस्वी राजा।  
तिन के काज सकल तुम साजा।

**SAB PAR RAM TAPASVEE RAJA  
TIN KE KAJ SAKAL TUM SAJA**

Lord Ram is the supreme tapasvi (ascetic or meditator) and he lived like a sage and a monk. He was not disturbed when was told to live in the forest for 14 years on the day of his coronation. Equanimity is the quality of the tapasvi of the highest order.

Hanuman executed all of Lord Ram's tasks. Although Lord Ram gave his blessings to everyone after taking His kingdom back, he did not know what to give to Hanuman as he helped him in the difficult time silently and without ego.





## Chaupai 28

और मनोरथ जो कोई लावै।  
सोइ अमित जीवन फल पावै॥

**AUR MANORATH JO KOI LAVAI  
SOHI AMIT JEEVAN PHAL PAVAI**

Whoever comes with any wish, that is fulfilled beyond a limit. If one prays with faith and devotion, desire is always fulfilled. Hanuman is the giver of all the fruits which are required in this lifetime.





## Chaupai 29

चारों जुग परताप तुम्हारा।  
है परसिद्ध जगत उजियारा॥

**CHARON YUG PARTAP TUMHARA  
HAI PERSIDH JAGAT UJIYARA**

Tulsidas says: “your glory is spread across all the four yugas (cyclic age in Hindu cosmology – each yuga is 43,20,000 years): Sat Yuga, Treta Yuga, Dwapar Yuga and Kali Yuga. Only you illuminate the entire Universe, its Past, Present and Future.”





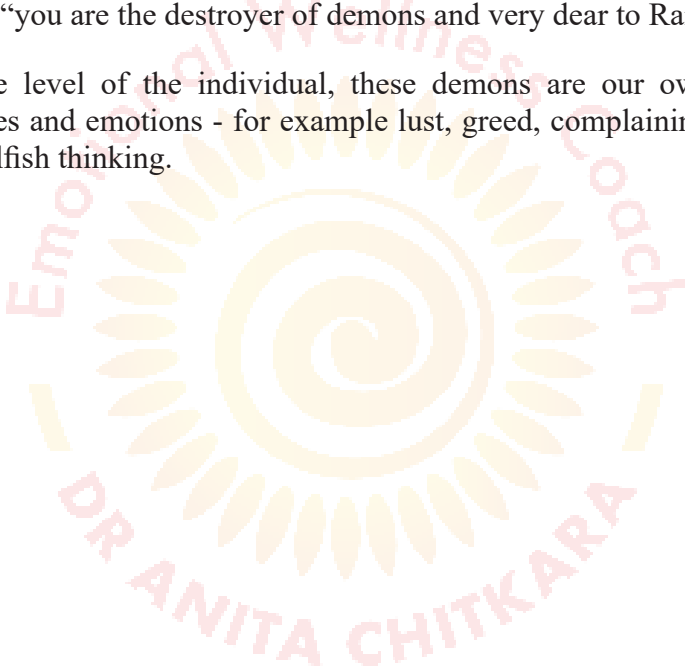
## Chaupai 30

साधु-संत के तुम रखवारे।  
असुर निकंदन राम दुलारे।।

**SADHU SANT KE TUM RAKHWARE  
ASUR NIKANDAN RAM DULHARE**

Tulsidas says that Hanuman is the protector of the saints, seers and yogis: “you are the destroyer of demons and very dear to Ram.”

On the level of the individual, these demons are our own low energies and emotions - for example lust, greed, complaining, fear and selfish thinking.







## Chaupai 31

अष्ट सिद्धि नौ निधि के दाता।  
अस बर दीन जानकी माता॥

### ASHTA-SIDHI NAV NIDHI KE DHATA AS-VAR DEEN JANKI MATA

Hanuman is the giver of eight siddhis and nine nidhis, which He inherited from His guru, Sita. Siddhis are the supernatural powers and nidhis are the supernatural treasures.

#### 8 Siddhis<sup>13</sup> are:

1. Aṇimā
2. Mahima
3. Garima
4. Laghima
5. Prāpti
6. Prākāmya
7. Iṣṭya
8. Vaśitva

#### 9 Nidhis<sup>14</sup> are:

1. Mahapadma
2. Padma
3. Shankha
4. Makara
5. Kachchhapa
6. Mukunda
7. Kunda
8. Nila
9. Kharva

13. Meaning of Siddhis explained here - [Click here](#)

14. Meaning of Nidhis explained here - [Click here](#)



## Chaupai 32

राम रसायन तुम्हरे पासा।  
सदा रहो रघुपति के दासा।।

**RAM RASAYAN TUMHARE PASA  
SADA RAHO RAGHUPATI KE DASA**

Tulsidas addresses Hanuman saying that He has the treasure of Ram naam (Ram's name): the magic formula to get Ram's blessings is within Him. Tulsidas says to Hanuman, "You remain the servant of Ram and continue serving Him eternally."





## Chaupai 33

तुम्हरे भजन राम को पावै।  
जनम-जनम के दुख बिसरावै॥

**TUMHARE BHAJAN RAM KO PAVAI  
JANAM-JANAM KE DUKH BISRAVAI**

By chanting Hanuman's name and singing His bhajans (devotional songs), a follower can obtain access to Lord Ram. By singing His songs, one can forget all the sufferings and pain, even those from the previous births. In other words, Ram is very happy with those who sing Hanuman's songs.





## Chaupai 34

अन्तकाल रघुबर पुर जाई।  
जहां जन्म हरि-भक्त कहाई॥

**ANTH-KAAL RAGHUVIR PUR JAYEE  
JAHAN JANAM HARI-BAKHT KAHAYEE**

As a result of devotion to Hanuman, a devotee reaches the abode of Ram (Saket Lok) at the end of his/her physical life. And when he/she takes birth again, he/she is known as Ram bhakt (devotee)





## Chaupai 35

और देवता चित्त न धरई।  
हनुमत सेइ सर्व सुख करई॥

**AUR DEVTA CHIT NA DHAREHI  
HANUMANTH SE HI SARVE SUKH KAREHI**

Even if the devotee has no other deity in the mind and only serves and remembers you, he/she can achieve everything in life. Hanuman is capable of giving one all the pleasures and blessings in this world.



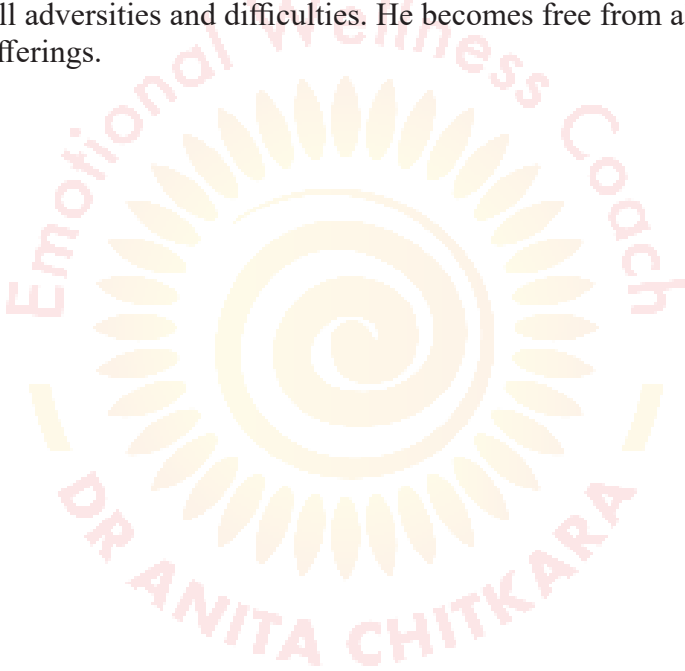


## Chaupai 36

संकट कटै मिटै सब पीरा।  
जो सुमिरै हनुमत बलबीरा॥

**SANKAT KATE-MITE SAB PEERA  
JO SUMIRAI HANUMAT BALBEERA**

Whoever remembers the brave and mighty Hanuman, gets relief from all adversities and difficulties. He becomes free from all pains and sufferings.





## Chaupai 37

जै जै जै हनुमान गोसाईं।  
पा करहु गुरुदेव की नाईं॥

**JAI JAI JAI HANUMAN GOSAHIN  
KRIPA KARAHU GURUDEV KI NYAHIN**

May Hanuman be the victorious one. Tulsidas invokes Hanuman to bestow grace on him as his Guru. Hanuman shows him the path to reach Ram and is compassionate. His blessings are unconditional. So, Tulsidas asks Hanuman, “please be my Guru.”





## Chaupai 38

जो सत बार पाठ कर कोई।  
छूटहि बदि महा सुख होई॥

**JO SAT BAR PATH KARE KOHI  
CHUTEHI BANDHI MAHA SUKH HOHI**

One who recites Hanuman Chalisa a hundred times is released from the bondage of birth and death. After being liberated, one will attain the ultimate bliss. So, we should continue chanting Hanuman Chalisa.







## Chaupai 39

जो यह पढै हनुमान चालीसा।  
होय सिद्धि साखी गौरीसा॥

**JO YAH PADHE HANUMAN CHALISA  
HOYE SIDDHI SAKHI GAUREESA**

This is the *phala shruti*, benefits attained by chanting or reading of this chant. Whoever reads Hanuman Chalisa becomes Siddh (complete) This statement is witnessed by Shiva (Gauri's husband) Himself.





## Chaupai 40

तुलसीदास सदा हरि चेर।  
कीजै नाथ हृदय मंह डेर।।

**TULSIDAS SADA HARI CHERA  
KEEJAI NATH HRIDAYE MEIN DERA**

In this verse, Tulsidas is praying to Hanuman that He should reside in his heart. Hanuman is the eternal servant of Ram and the Lord resides in his heart along with Sita and Lakshman.



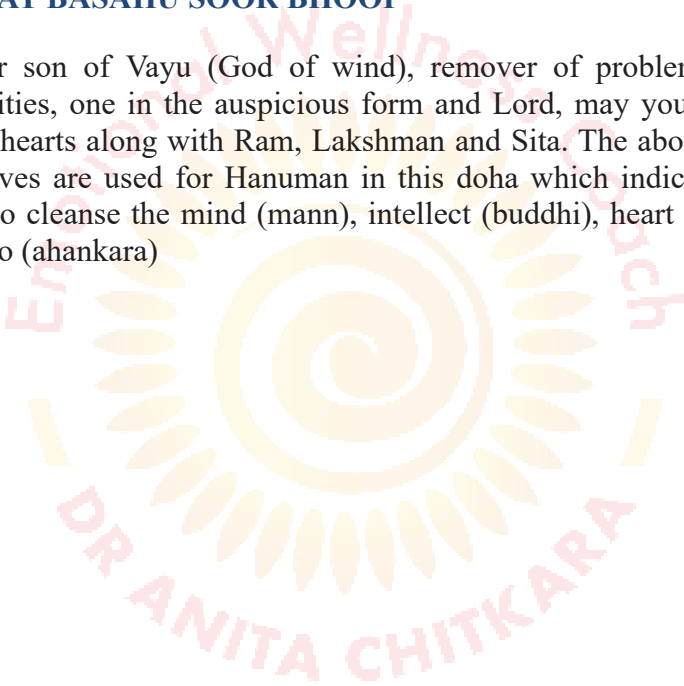


## Concluding Doha

पवन तनय संकट हरन, मंगल मूरति रूप।  
राम लखन सीता सहित, हृदय बसहु सुर भूप॥

**PAVAN TANAY SANKAT HARANA  
MANGALA MURATI ROOP  
RAM LAKHANA SITA SAHITA  
HRIDAY BASAHU SOOR BHOOP**

O dear son of Vayu (God of wind), remover of problems and adversities, one in the auspicious form and Lord, may you reside in our hearts along with Ram, Lakshman and Sita. The above four adjectives are used for Hanuman in this doha which indicates he helps to cleanse the mind (mann), intellect (buddhi), heart (chitta) and ego (ahankara)



**May the Grace and Blessing of Lord Hanuman be  
always on us.**

**May He reveal the deeper meanings of this chant.**



**Om Ham Hanumatate Namah**

## DR ANITA CHITKARA



Dr Anita Chitkara is an emotional wellness coach. She is a PhD in 'Alternative Therapy' and is a Reiki grandmaster besides being a Tarot card reader. She has also authored a book "Treasury of Alternative Therapies" published by Magna Publications. She resides in a beautiful suburb of Mumbai.

She conducts regular sessions on simplified lessons of Indian scriptures and mythology. She also conducts Guided Relaxation, Chakra and Crystal Healing courses. Her most widely attended sessions include decoding the chants of Hanuman Chalisa, Sankat Mochan, Ganpati Atharvasheersham and explains their significance in contemporary life. She is very passionate about teaching and guiding people to live a happy and a more fulfilling life.

She helps people manage their emotions by first helping them analyse their emotions and then channelising them in a positive way and eventually transcending through them. She firmly believes that happiness is the only way forward.

She is active on social media where she regularly shares her knowledge about forms of alternative therapy, spirituality, ancient Indian wisdom.

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