Have a very blessed and fulfilling day





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<u>Hanuman Chalisa</u>

"Chalisa" is derived from the word "Chalis," which means forty. A Chalisa is 40 lines of praise and devotion towards a deity, which reminisce about their acts and deeds which make them so great. The Hanuman Chalisa was penned down beautifully by Tulsidas.

<u>Hanuman Chalisa Aarti</u>

Hanuman is a symbol of strength, utmost devotion, and preservation. He is worshiped especially on Tuesdays and Saturdays and is often considered a protector from evil. The Hanuman Chalisa is in praise of Lord Hanuman and how we should have utmost faith in him. He is our reminder to live for others and protect the good in the world.

<u>Hanuman in Ramayana</u>

Being the most humble and powerful character we come across in the Ramayana, for a time he forgets what he is capable of. The Hindu mythology reflects how unaware we are often of our capabilities as humans through such a character. We are to look inside and discover our strengths through life's trials.

Lyrics of Hanuman Chalisa

The Lyrics to Hanuman Chalisa are readily available on the internet as well as in the form of holy scriptures. The Hanuman Chalisa should be read with dedication, worldly love, and harmony at heart. You start with showing your respect by having a bath in the morning and cleaning up the temple (or any place you worship). Then you sit down with a clear mind and folded hands to show your love and devotion towards the Lord.

The Hindu religion is a way of living. We embody the spirit throughout the day and promise to respect and protect others even when they can't be the best version of themselves with us. Thus our prayers don't end with just the Hanuman Chalisa. He is known for his Hanuman Chalisa. His voice is iconic for his singing in the Hanuman Chalisa. If you wish to listen to the recorded version of Hanuman Chalisa, you can always listen to Gulshan Kumar's performance. Hanuman Chalisa is available in all Indian Languages. That is because Hinduism is all about inclusivity and oneness.

2

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<u>Hanuman Fasting on Tuesdays</u>

Tuesdays are considered a day dedicated to Lord Hanuman, and many people face trouble in life fast on this day to show their devotion towards him. People generally observe fast from sunrise

to sunset. You should wake up early and begin worshipping Ganesh and Hanuman after taking a bath. The day is monumentalized by wearing red and offering red flowers during prayers. It is believed that Lord Hanuman relieves all his devotees' pain and guides them toward a better life. <u>Advontoges of Honumon Choliso</u>

The Hanuman Chalisa teaches us is to have faith, be a good devotee and believe in ourselves. If life has been hard, you can always have faith that you are being tested and molded into a better person, more aware of their strengths. Lord Hanuman teaches us to respect others regardless of their form, gender, country or anything else and immerse ourselves into the universal good and be a part of it.

3

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<u>Hanuman Chalisa Lyrics in English</u> Doha

Shri Guru Charan Saroj Raj Nij Mane Mukure Sudhar

Varnao Raghuvar Vimal Jasu Jo Dayaku Phal Char

Budhi Hin Tanu Jannike Sumiro Pavan Kumara

Bal Buddhi Vidya Dehu Mohe Harahu Kalesh Vikaar

Chaupaii Jai Hanuman Gyan Gun Sagar Jai Kapis Tihun Lok Ujagar

Ram doot atulit bal dhama Anjani Putra Pavan sut Nama



Mahabir vikram Bajrangi Kumati Nivar sumati Ke Sangi

Kanchan varan viraj subesa Kanan Kundal Kunchit Kesha

Hath Vajra Aur Dhwaja Viraje Kaandhe moonj janeu saaje

Sankar suvan kesri Nandan Tej prataap maha jag vandan Vidyavaan guni ati chatur Ram kaj karibe ko aatur

Prabhu charitra sunibe ko rasiya Ram Lakhan Sita man Basiya

Sukshma roop dhari Siyahi dikhava Vikat roop dhari lank jalava Bhim roop dhari asur sanhare Ramachandra ke kaj sanvare



Laye Sanjivan Lakhan Jiyaye Shri Raghuvir Harashi ur laye

Raghupati Kinhi bahut badai Tum mama priya Bharat-hi-sam bhai

Sahas badan tumharo yash gaave As kahi Shripati kanth lagaave

Sankadhik Brahmaadi Muneesa Narad Sarad sahit Aheesa

Yam Kuber Dikpaal Jahan te Kavi kovid kahi sake kahan te

Tum upkar Sugreevahin keenha Ram milaye rajpad deenha

Tumhro mantra Vibheeshan maana Lankeshwar Bhaye Sab jag jana

Yug sahasra yojan par Bhanu Leelyo tahi madhur phal janu



Prabhu mudrika meli mukh mahee Jaladhi langhi gaye achraj nahee

Durgam kaj jagat ke jete Sugam anugraha tumhre tete

Ram duwaare tum rakhvare Hot na agya binu paisare

Sab sukh lahai tumhari sarna Tum rakshak kahu ko darna

Aapan tej samharo aapai Teenon lok hank te kanpai

Bhoot pisaach Nikat nahin aavai Mahavir jab naam sunavai

Nase rog harae sab peera Japat nirantar Hanumat beera Sankat se Hanuman chhudavai Man Kram Vachan dhyan jo lavai

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Sab par Ram tapasvee raja Tin ke kaj sakal Tum saja

Aur manorath jo koi lavai Soi amit jeevan phal pavai

Charon jug partap tumhara Hai parsiddh jagat ujiyara

Sadhu Sant ke tum Rakhware Asur nikandan Ram dulare Ashta siddhi nav nidhi ke data As var deen Janki mata

Ram rasayan tumhare pasa Sada raho Raghupati ke dasa

Tumhare bhajan Ram ko pavai Janam janam ke dukh bisraavai Antkaal Raghuvar pur jayee Jahan janam Hari Bhakt Kahayee

8



Aur Devta Chitt na dharahin Hanumat sei sarv sukh karahin

Sankat kate mite sab peera Jo sumirai Hanumat Balbeera

Jai Jai Jai Hanuman Gosahin Kripa Karahun Gurudev ki nayin

Jo sat bar path kare koi Chutehi bandhi maha sukh hohi

Jo yeh padhe Hanuman Chalisa Hoye siddhi saakhi Gaureesa

Tulsidas sada hari chera Keejai Nath Hriday mahn dera

Doha Pavan Tanay Sankat Haran Mangala Murati Roop

Ram Lakhan Sita Sahit Hriday Basahu Sur Bhoop.

