

Verse by Verse benefits of the Hanuman Chalisa

Is it Superman?... NO
Is it Spiderman?... NO
Is it Batman? NO... wait...



It's HANU-MAN... :)))

We Hindus are extremely fortunate to have Shree Hanumanji. The greatest superhero of all time. Below we shall be elaborating in detail the verse by verse benefits of chanting Shree Hanumanji's Chalisa.

Personally the greatest Superhero to ever exist is our most beloved Shree Hanumanji. As a Priest/Pundit I forbid anyone bowing to me or touching my feet as this should be done only to a qualified Guru or an enlightened Being. And to me that Guru or enlightened Being is non other than Shree Hanumanji. Shree Hanumanji is a person that don't talk, he believes only in action – period :). Also the most important lesson Shree Hanumanji personally taught me was “what my left hand does my right hand should have no clue”. Don't brag about what you do for others. Wow what a lesson my Superhero. We should all take a leaf out of this awesome lesson. Many years ago my late beloved Aaji, a great Hanumanji bhaktin, said to me before she left this mortal world “Beta never leave the merciful lotus feet of Shree Hanumanji, if you do you are finished, Baba will always protect you if you give yourself totally to him”. Thank you goes to my Aaji for this great advice which I have always followed diligently to this day.

Before we continue to the Benefits of the Verse by verse of the Hanuman Chalisa a few important notes to ponder over. Enjoy these little snippets. I am sure you will love it. :)

Shree Hanumanji and the 9 (Navagrahas) planets.

NB:- The different kathas below happened in different Mahayugas hence the many versions. The worship of Shree Hanumanji is a panacea for the harsh effects of the 'unfavourable' presence of the 9 planets in one's life. In the Ramayana, Shree Hanumanji rescued Saturn

(Shani-deva) from the clutches of Ravana and in gratitude, Shani-dev promised Shree Hanumanji that anyone who prayed to him (Shree Hanumanji), especially on Saturdays, would be rescued from the "malefic" effects of himself (Saturn), or at the very least, the effects would be softened. All the Navagrahas are friends of Shree Hanumanji, particularly Shanideva. There has been an "MOU" (*Memorandum of understanding*) between the Navagrahas and Shree Hanumanji. While Shree Hanumanji was on his way to Shree Lanka to find Sita-Devi, he had seen "Navagrahas" being captured and tied together by Ravana asura. The Navagrahas knew that only Shree Anjaneya had the power to release them from the clutches of evil king Ravana. They worshipped Shree Hanumanji and requested him to free them their distress. Shree Hanumanji being the greatest superhero that he is, immediately realised the presence of Shani-dev amongst the Navagrahas and asked Shani-dev "If I release you O Shani-dev, you will gaze at me and I will be under your spell for 7.5 years". For this Shani-dev replied that he will not do that and even spare those who worship Shree Anjaneya from the ill effects of his dosha (gaze/malefic effects). They, the Navagrahas then blessed Shree Hanumanji, saying "Those who are devoted to you are blessed by us too." All the Grahas blessed Shree Hanumanji individually. Thus, the 9 planets negative influences are subdued when one worships Shree Hanumanji, hence I humbly suggest the Hanuman Chalisa should be chanted daily.

Interesting notes of importance:- Mahiravana's (Ravana's brother) death filled Ravana's heart with fear. He consulted the court astrologers who studied his horoscope and decreed that the alignment of celestial bodies was not in his favour. Now, Indian Vedic astrology is governed by the nine planets, known as the Navagrahas. Ravana thought that by changing the alignment of these heavenly bodies he would be able to alter his destiny. Mounting his flying chariot he rose to the skies, captured the nine planets, and herded them to his capital in chains. He then began a series of rituals which if successful would force the planets to realign themselves in his favour. When Shree Hanumanji came to know of this ritual, he assembled and led a band of daredevil Vanaras (an intelligent monkey race – not the monkeys you see these days) to Ravana's sacrificial hall, intending to disrupt the proceedings. They found Ravana sitting beside a fire altar with his eyes shut in profound meditation, chanting specific mantras. The group of Vanaras let out a loud war cry and rushed into the hall. They snuffed out the sacred fire, kicked off the ceremonial utensils and wiped off the mystical diagrams (yantras) painted on the floor. Unfortunately none of this roused Ravana from his deep trance and he continued chanting the holy mantras. Shree Hanumanji realized that Ravana would have to be stopped at any cost, otherwise he would succeed in changing the course of destiny. Towards this end he devised a mischievous plan, and ordered his lieutenants to enter the female chambers and scare away Ravana's many wives. The monkeys did as instructed and attacked Ravana's queens and concubines, pulling their hair, scratching their faces and tearing away their clothes. But it was all to no avail; the immovable Ravana did not move. At last the monkeys confronted Mandodari, the chief wife of Ravana. They bared their teeth, beat their chests and began to grunt menacingly. Terrified, Mandodari lamented, "Woe is me. My husband meditates while monkeys threaten my chastity." Her words ashamed Ravana to open his eyes and rush to her defence. Thus having successfully distracted Ravana, Shree Hanumanji ran back to the sacrificial hall and liberated the nine planets held captive there. For having successfully aborted Ravana's misplaced attempts to subvert fate, Shree Hanumanji won the eternal gratitude of the 9 Grahas and is thus exercised considerable power over them. Correspondingly, Shree Hanumanji is worshipped by his devotees whenever they perceive their troubles to be a result of the unfavorable configuration of celestial bodies. Indeed, Shree Hanumanji is often shown trampling under his feet a woman who is said to represent Panvati, a personification of baneful astrological influences.



Also in the Ramayana, Shree Raam, Lord Lakshmana, Shree Hanumanji and Sugriva and his Vanara Sena was involved in the mighty task of building a bridge across the sea to reach Lanka, to rescue Sita-devi. Under the leadership of Shree Hanumanji, the vanara (monkeys) were carrying huge rocks to build the bridge. Shree Hanumanji was busy in this task when Shanideva appeared before Shree Hanumanji to inform him that the time has come to throw this spell on him for seven-and-a-half years. He also gave Shree Hanumanji the choice of lesser periods. Shree Hanumanji was neither thrilled nor frightened by the appearance of Shanideva, which was a surprise to Shani. Impatiently he asked Shree Hanumanji, "I want to cast my spell on you. Which part of your body should I occupy?" Shree Hanumanji suggested that Saturn sit on his head as his hands were engaged in serving Lord Raam and his legs were too lowly for Shani-dev. Saturn happily settled on Shree Hanumanji head and the mighty vanara continued with his work, piling heavy boulders and stones on his head in an apparently casual manner and carrying them to the construction site. After a while Shanidev found it impossible to bear the load of the heaped boulders any longer and wished to climb down. Shree Hanumanji insisted that he complete his mandatory seven-and-a-half years but Saturn pleaded for release saying that the seven-and-a-half minutes he stayed on Shree Hanumanji head felt like seven-and-a-half years anyway. He realised that he had made an error of judgement. Realising that Shree Hanumanji is the manifestation of Lord Shiva, he repented for his mistake and withdrew his spell on Shree Hanumanji. He jumped off Shree Hanumanji's head, stood before him and said, "Hanuman I have done my duty towards you. You are released from my spell. Seek any boon, I will grant it." Shree Hanumanji said "O Shanideva make a promise that you will be gracious and merciful towards devotees of Shree Raam who chant Rama nama." Shanideva granted his wish. Thus speaking Shani took leave of Shree Hanumanji and since then worshippers of Shree Hanumanji rest assured that the unavoidable ill effects of Saturn's sade-sati (seven-and-a-half year's stay) can be whittled down by true devotion to Shree Hanumanji and Shree Raam.

As a goddess, Ma Durga's feminine power contains the energies of all the devas. Each of her weapons was given to her by various devas and her entire body was contributed by all the devas as well, so unlike Ma Durga, Shree Hanumanji's pastime is as follows on how our Superhero became so powerful. As soon as Anjaneya (Hanumanji's baby name) was born, Anjana was released from her curse and wished to return to the heavenly planets. Anjaneya asked his mother that what his future would be and how he was to earn his living. She assured him that he would never be destroyed and said that fruits as ripe as the rising sun would form his food. Thinking that the glowing and glittering Sun was food to be eaten by

him, the baby Anjaneya being divine in nature just made one leap for it. He was 1600 miles from the Sun when Rahu who was exclusively enabled to harass the Sun (thus causing eclipses or obstacles to the Sun.) complained to Lord Indra of this new threat to his power. Lord Indra then struck Anjaneya with his thunderbolt, wounding his chin and causing him to fall down to earth. **Do note** This is how our Superhero got his name "Hanuman" because before this he was known as Anjaneya (the son of Anjani). Hanu means the upper jaw in Sanskrit. Hanuman, or Hanumanta, means the one whose jaw is swollen or broken. This happened as we mentioned after Lord Indra threw his Vrajra to which any ordinary being would have killed instantly. Shree Hanumanji's godfather Lord Pavanadeva (the Wind Deity), carried Shree Hanumanji to Patala Loka (the nether regions) and as he departed from the earth, all life was endangered. Lord Brahma and all the other devas went to Patala Loka and begged Pavanadeva to return. In order to appease him they conferred great boons on baby Anjaneya. The blessings of all the devas made Anjaneya invincible and more powerful than any other being, divine or ordinary. According to the Vishnu-yamala samhita there are 33 billion devas and devis so Shree Hanumanji received 33 billion boons. Thus Hanumanji is an embodiment of the powers of all the devas and the devis. Jai Pavan Putra.

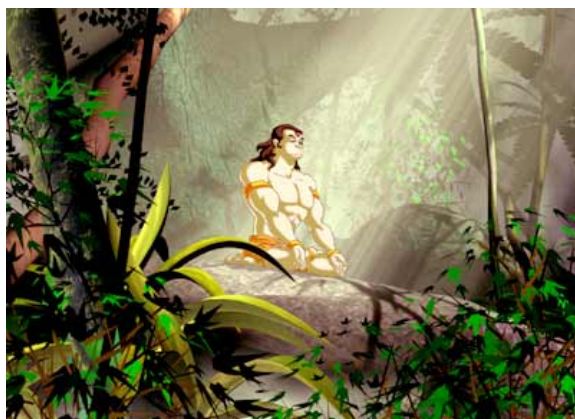
Tulsi Das:- Goswami Tulsidas (1532–1623) was born in Uttar Pradesh, India. Tulsidas was a great devotee of the Lord, philosopher, composer, and the author of Ramcharitmanas (The Hindi version of the Valmiki Ramayana). Tulsidas is an incarnation of the great sage Valmiki Muni. In Bhavishyottar Purana, Pratisarga Parva, 4.20 Lord Shiva tells Ma Parvati how Valmiki Muni got a boon from Shree Hanumanji to sing the glories of Lord Raam in a vernacular language in Kali Yuga. This prophecy of Lord Shiva materialised on the Shravan Shukla Saptami, Vikrami Samvat 1554 when Valmiki Muni reincarnated as Tulsidas. There are numerous differences between Tulsi Ramcharitmanas and Valmiki Ramayana. One example is the scene in which Kaikayi forces her husband to exile Lord Raam. In Tulsi Das it becomes considerably longer and more psychological, with intense characterisation and brilliant similes. Tulsidas's most famous and read piece of literature apart from the Ramayan is the "Hanuman Chalisa", a poem praising Shree Hanumanji. Many Hindus recite it daily as a prayer. The Hanuman Chalisa is a very powerful devotional work that has been left to posterity by Goswami Tulsidas whose devotional work – the Tulsi Das Ramayan has revolutionized the Bhakti movement by enabling the common man to recite the glorious pastimes of Shree Raam in his native tongue. The Hanuman Chalisa has been found to be highly effective in controlling the evil effects of the Saturn transit or Saturn's major/ minor periods. Those who are under such influences will get benefited by chanting the Chalisa on Saturdays. The Hanuman Chalisa praises Shree Hanumanji the Foremost Devotee of Lord Shree Raam. Shree Hanumanji is the epitome of Selfless Service, Courage, Humble disposition, and Bhakti all rolled into one. Venerating that noble super-most devotee of Shree Raam is sure to benefit one. There are specific verses in the Hanuman Chalisa that are capable of bestowing specific results.

Hanuman Chalisa ("Forty chaupais {verses} on Hanuman") is a devotional song based on Shree Hanumanji as the model devotee. It is a poem written by Tulsidas in the Awadhi (a dialect of Hindi) language, and is his best known Hindu text apart from the Ramcharitmanas. The word "chaalisaa" is derived from "chaalis" in Hindi, which means 40, as the Hanuman Chalisa has 40 verses. Shree Hanumanji (aka Anjaneya or Maruti) is the most famous Hindu deity by far and an ardent devotee of Shree Raam, a central character in the supreme epic Ramayan. The pastime goes that Tulsi Das went to meet the then Emperor Aurangzeb in Delhi after having a darshan (vision) of Shree Raam in Gokula, the birth place of Shree Krishna. The Emperor challenged Tulsi Das to show Shree Raam to him. When Tulsi Das replied that it is not possible without true devotion to Shree Raam, he was

imprisoned by Aurangzeb. In prison, Tulsi Das wrote the beautiful verses of the Hanuman Chalisa on Shree Hanumanji. When he completed the Hanuman Chalisa in prison, it is said that an army of monkeys menaced the city of Delhi. The king unsuccessfully tried to control the monkeys with his forces. Finally, the Emperor is supposed to have realized that the monkey menace was a manifestation of the wrath of Shree Hanumanji. He released Tulsi Das and urged him to intervene in this grave matter and it is said that the monkeys stopped their mischievous behaviour immediately after Tulsi Das's release. Tulsi Das says in the Hanuman Chalisa that whoever chants it in full devotion to Shree Hanumanji, will have Shree Hanumanji's full grace. Amongst the Hindus of Northern India, it's said that chanting the Hanuman Chalisa invokes Shree Hanumanji's divine intervention in grave problems, including those concerning evil spirits and this belief is based on the claim made in the Chalisa itself.

The list is endless on the miracles of chanting the Hanuman Chalisa. It is the grace and blessing of Shree Hanumanji with the recitation, listening and thinking from which every problem, hindrances, disturbances and tensions of the person will be solved automatically. We can compile endless volumes of books on how our Superhero saved or helped a person so I won't go on more about that because this already is long article. Also remember Shree Hanumanji is bound by the laws of nature in the sense that he can only help you if you request for help, our Superhero can't just rock up and say I am here to assist you, the Universe has rules as well, and the rule is "Assist only when asked for assistance" - you've got to request assistance daily. Once a year requests to Shree Hanumanji for help just don't work.

Now for the verse by verse benefits of the Hanuman Chalisa



Reciting the Opening Doha of Hanuman Chalisa many times will remove the doshas (curses) arising out of having insulted knowingly/unknowingly one's preceptor (Guru) or a devotee of the Lord.

Shree Guru Charana Saroja Raja
Nija mana mukuru sudhaari
Baranaoon Raghuvara Vimala Jasu
Jo daayaku phala chaari

After cleansing the mirror of my mind with the pollen dust of holy Guru's Lotus feet. I profess the pure, untainted glory of Shree Raghuvar which bestows the four-fold fruits of life viz Dharma, Artha, Kama and Moksha.

Reciting the Second Doha will remove hardships in life and grant wisdom and strength.

Buddhi Heena Tanu Jaanike
Sumiraun Pavana Kumaar
Bala buddhi Vidyaa dehu mohi
Harahu Kalesha Vikaar

Fully aware of the deficiency of my intelligence, I concentrate my attention on Pavan Kumar and humbly ask for strength, intelligence and true knowledge to relieve me of all blemishes, causing pain.

Reciting the Opening Chaupayi of the Chalisa will bless one with Divine knowledge.

Jaya Hanumaana gyaana guna saagara
Jaya kapeesa tihun loka ujaagara

Victory to you, O'Hanuman! Ocean of Wisdom. All hail to you O'Kapisa! (fountain-head of power, wisdom and Shree Shiva-Shakti). You illuminate all the three worlds with your glory.

Reciting the Third Chaupayi will help in reforming persons who are into bad company or have fallen into undesirable habits. It will also give abundant strength.

Mahaaveera Vikrama Bajarangee
Kumati nivaara sumati ke sangee

With Limbs as sturdy as the Vajra (The weapon of Lord Indra) you are valiant and brave. On you attends good sense and wisdom. You dispel the darkness of evil thoughts.

Reciting the 7th and 8th Chaupayi's will help one to cultivate Raam Bhakti and become dear to Shree Raam.

Vidyaavaana gunee ati chaatura
Raama kaaja karibe ko aatura
Prabhu charitra sunibe ko rasiyaa
Raama Lakhana Seetaa mana Basiyaa

You are the repository of learning, virtuous and fully accomplished, always keen to carry out the behest's of Shree Raam. You are an ardent listener, always so keen to listen to the narration of Shree Raam's pastimes. Your heart is filled with what Shree Raam stood for. You therefore always dwell in the hearts of Shree Raam, Lord Lakshman and Sita-devi.

Reciting the 11th Chaupayi will help in removing effects of poisonous bites and in removal of fear from snakes.

Laaye Sanjeevana Lakhana Jiyaaye
Shree Raghuveera Harashi ura laaye

You brought the Sanjivani (A herb that revives life) and restored Shree Lakshman back to life, Shree Raghuvir (Shree Raam) cheerfully embraced you with His heart full of joy.

Reciting the 12th Chaupayi will help in removing misunderstanding between brothers and promote unity between siblings.

Raghupati Keenhee bahuta badaaee
Tuma mama priya Bharata-hi sama bhaaee

Shree Raghupati (Shree Raam) extolled your excellence and said: "You are as dear to Me as My own brother Bharat."

Reciting the 13th, 14th, and 15th Chaupayis will help in attaining fame.

Sahasa badana tumharo jasa gaavain
asa kahi shreepati kantha lagaavain
Sanakaadika Brahmaadi Muneesaa
Naarada Saarada sahita aheesaa
Yama Kuber Digapaala Jahaan te
Kavi kobida kahi sake kahaan te

Thousands of living beings are chanting hymns of your glories; saying thus, Shree Raam warmly hugged Shree Hanuman. Sanaka Kumara, Lord Brahma, Narada Muni, Mother

Saraswati and Ahisha (one of immeasurable dimensions), even Yamaraja (Deity of Death) Kubera (Deity of Wealth) and the Digpalas (the guardians of all the directions) have all been vying with one another in offering homage to your glories. How then, can a mere poet give adequate expression of your super excellence.

Reciting the 16th and 17th Chaupayis will help in recovering lost status or in attaining desired promotions/ posts.

Tuma upakaara Sugreevahin keenhaa
Raama milaaya raaja pada deenhaa
Tumharo mantra Vibheeshana maanaa
Lankeshwara Bhaye Saba jaga jaanaa

You rendered a great service to Sugriva. You united him with Shree Raam and He installed him on the Royal Throne. By heeding your advice, Vibhishan became Lord of Lanka. This is known all over the Universe.

Reciting the 20th Chaupayi will help in accomplishing even difficult tasks overcoming all obstacles.

Durgama kaaja jagata ke jete
Sugama anugraha tumhare tete

The burden of all difficult tasks of the world become light with your kind grace.

Reciting the 22nd Chaupayi will give Divine Protection during adverse planetary periods.

Saba sukha lahai tumhaaree sharanaa
Tuma rakshaka kaahoo ko daranaa

All comforts of the world lie at your feet. The devotees enjoy all divine pleasures and feel fearless under your benign Protection.

Reciting the 24th Chaupayi will help in driving away Negative Energy spirits including Bhuta's, Pishaacha's, Sakini's, Dakini's, and black magical deities.

Bhoota pishaacha Nikata nahin aavai
Mahaaveera jaba naama sunaavai

All the ghosts, demons and evil forces keep away, with the sheer mention of your great name, O'Mahaveer (One with great strength)!

Reciting the 25th Chaupayi will help in maintaining good health. It will also give the ability to bear physical pain when one is injured.

Naasai roga harai saba peeraa
Japata nirantara Hanumata beeraa

All diseases, pain and suffering disappear on reciting regularly Hanuman's holy name.

Reciting the 26th Chaupayi gives relief from difficulties.

Sankata ten Hanumaana chudaavai
Mana Krama bachana dyaana jo laavai

Those who remember Hanuman in thought, words and deeds with Sincerity and Faith, are rescued from all crises in life.

Reciting 27th and 28th Chaupayi's grants bestowal of desires by Divine Grace.

Saba para Raama tapasvee raajaa
Tinake kaaja sakala Tuma saajaa
Aura manoratha jo koe laavai
Soi amita jeevana phala paavai

All who hail, worship and have faith in Shree Raam as the Supreme Lord and the king of penances makes all their difficult tasks very easy. Whosoever comes to you for fulfilment of any desire with faith and sincerity, he alone secures the imperishable fruit of human life.

Reciting the 29th Chaupayi grants fame.

Chaaron Juga parataapa tumhaaraa
Hai parasiddha jagata ujiyaaraa

All through the four ages your magnificent glory is acclaimed far and wide. Your fame is radiantly acclaimed all over the Cosmos.

Reciting the 30th Chaupayi helps in victory over evil forces.

Saadhu Santa ke tuma Rakhawaare
Asura nikandana Raama dulaare

You are Saviour and the guardian of Saints and Sages and destroy all Demons. You are the greatest devotee of Shree Raam.

Reciting the 31st Chaupayi gives occult powers and great Wealth.

Ashta sidhi nau nidhi ke dhaataa
asa bara deena Jaanakee maataa

You can grant to any one, any yogic power of Eight Siddhis (power to become light and heavy at will, etc) and Nine Nidhis (Riches, comfort, power, prestige, fame, good relationship etc.) This boon has been conferred upon you by Mother Jaanakee.

Reciting the 32nd, 33rd, 34th and 35th Chaupayi's helps one to enjoy an ethical and fulfilling life without any worries/frustrations at the end of such a contented life one will attain the Divine Abode of Shree Raam.

Raama rasaayana tumhare paasaa
Sadaa raho Raghupati ke daasaa
Tumhare bhajana Raama ko bhaavai
Janama janama ke dukha bisaraavai
Anta kaala Raghubara pura jaayee
Jahaan janama Hari-Bhakta Kahaaee
Aura Devataa Chitta na dharaee
Hanumata sei sarva sukha karaee

You possess the power of devotion to Shree Raam. In all rebirths you will always remain Shree Raghupati's most dedicated disciple. Through hymns sung in devotion to you, one can find Shree Raam and become free from sufferings of several births. If at the time of death one enters the Divine Abode of Shree Raam, thereafter in all future births he is born as the Lord's devotee. One need not entertain any other deity for Propitiation, as devotion of Shree Hanuman alone can give all happiness.

Reciting the 36th Chaupayi gives relief from all difficulties and pains.

Sankata katai mitai saba peeraa
Jo sumirai Hanumata Balabeeraa

One is freed from all the sufferings and ill fated contingencies of rebirths in the world. One who adores and remembers Shree Hanuman.

Reciting the 37th Chaupayi secures the Grace of Shree Hanumanji.

Jai Jai Jai Hanumaana Gosaaeen
Kripaa Karahu Gurudeva kee naaeeen

Hail, Hail, Hail, to Shree Hanuman, Lord of senses. Let your victory over the evil be firm and final. Bless me in the capacity as my supreme guru (teacher).

So by chanting Hanumanji's Chalisa daily from above gives the following benefits: -

- The benefits are unlimited, unbelievable and beyond comparable just by chanting or listening to Shree Hanumanji's Chalisa. It gives benefits in all spheres of life whether it is mentally, physically, spiritually, worldly or any other. By the daily chanting of

Shree Hanumanji's Chalisa, the devotee get rewards of his/her deed and all kinds of wishes whether it is small or large get fulfilled. Whether the wish is related with worldly, emotional, physical, spiritual, financial, relation-related etc. with the regular and continuous recitation of this amazing Chalisa, gives you the blessings and grace of glorious powers and the life of the person filled with happiness and contentment.

- Chanting the Hanuman Chalisa many times will remove the doshas (curses) arising out of having insulted knowingly/unknowingly one's preceptor (Guru) or a devotee of the Lord.
- Removes hardships in life and grant wisdom and strength. The devotee becomes active and energetic with the daily chanting and doesn't feel laziness in doing any work. It also cures the minute ailments and health problems like head-ache, insomnia, tension, stress, depression etc.
- Blesses the chanter with Divine spiritual knowledge. If the devotee wants to proceed further on the path of spirituality then the daily devoted recitation will help the person on the path of spirituality. He/she can get the blessings and grace of his/her tutelary deity.
- Helps in reforming persons who are into bad company or have fallen into undesirable habits. It will also give abundant strength.
- Helps one to cultivate Raam Bhakti and become dear to Shree Raam.
- Helps in removing effects of poisonous bites and in removal of fear from snakes.
- Helps in removing misunderstanding between brothers and promote unity between siblings. Daily recitation of Shree Hanumanji's Chalisa with devotion and dedication removes all sorts of quarrels and disputes and gives peace, happiness, contentment and harmony in life. It removes all the negativity and brings harmony in relations like with family members, relatives, and friends and loved-ones. It increases the will-power of the person and gives optimistic perspective towards life. The person also feels emotionally strong and stable.
- Helps in attaining fame.
- Helps in recovering lost status or in attaining desired promotions/posts.
- Helps in accomplishing even difficult tasks and overcoming all obstacles. The devotee doesn't feel anywhere and any kind of problems with the regular chanting of Shree Hanumanji's Chalisa. The person gets automatically free from all sorts of problems, tensions and hindrances of his life.
- Gives Divine Protection during adverse planetary periods (The 9 [Navagrahas] planets). The devotee who daily recite this Chalisa gets a protection shield with the grace of Shree Hanumanji, under the protection of which a devotee receive protection from all sort of negativity and black magic. A person remains always protective from the problems, which arise due to planetary effects and nightmares. People who think of doing evil for the person keep away from him/her.
- Helps in driving away Black Magic, Negative Energy spirits including Bhuta's, Pishaacha's, Sakini's, Dakini's, and black magical deities.
- Helps in maintaining good health. It will also give the ability to bear physical pain when one is injured.
- Gives relief from all sorts of difficulties and pains.
- Grants bestowal of desires by Divine Grace.
- Gives occult powers and great Wealth.
- Helps one to enjoy an ethical and fulfilling life without any worries/frustrations.
- Secures the Grace of Hanuman.
- Chanting of Shree Hanumanji's Chalisa not only gives protection to the devotee but it also gives protection to the whole family. If the chanting is done in high pitch, it gives

benefits to the whole family. It stops daily quarrels and disputes among family members, it removes all sort of negativity from the mind and soul of the family members and brings peace and harmony within the family members.

So by reading the above benefits of the Shree Hanuman Chalisa do I need say more, so start with the reading or hearing of this powerful Chalisa daily henceforth and reap the benefits.

There are many ways of securing the benefits of the above, some maybe controversial and some the norm which you are used to.

*** Those who have major tasks to accomplish should recite the appropriate Chaupayi above with devotion 1008 times on an auspicious Tuesday, Thursday, or Saturday.

*** Others can just recite the appropriate Chaupayi daily 12 times, 36 times, 54 times, 108 times, 1008 times ... Of course these times are based on time, availability and convenience.

*** Finally my humble advise is to chant the Shree Hanumanji Chalisa in its entirety once, **daily** in the morning whereby you are of clear mind and fresh from having a good rest, After you light your lamp you should chant the Hanuman Chalisa. **When one asks me which is the first remedy I recommend for all pangs and troubles in this world I immediately without thinking advise chant Shree Hanumanji's Chalisa daily.** Please do chant the Chalisa daily for maximum benefits as this gives you the blessings and benedictions stated as above.

Many Hindus perform the 40 days – (11 times a day recitation of the Hanuman Chalisa) vrat to Shree Hanumanji and this is fine. I would advise to observe this vrat once a year and calculate the days in such a way that the 40th days falls on Shree Hanuman Jyanthi. This year Shree Hanuman Jyanthi falls on **Friday 19th April 2019** and 40 days prior to that will fall on the **11th March 2019**. 40 seems to be a very popular number with respect to fasts, and is a recurrent number in many religious scriptures, for example 40 shlokas in Hanuman Chalisa and the other Chalisa's, Jesus went into the wilderness for 40 days, Mohammed got his visions in 40 days, etc. In the Vedic tradition 40 days seems to be the standard length for a concentration mantra discipline.

I prefer this 40 days vrat be performed in the morning since one is fresh and it's much easier to concentrate. After bathing and wearing fresh clean clothes, sit at your prayer place in front of a Hanumanji picture/Deity. Firstly pray to Shree Ganesh to remove all the obstacles in your prayer to Shree Hanumanji and then pray to Srimati Sarasvati Devi to help you pronounce the mantras correctly since Ma is the goddess of speech.

(Before the prayer starts make sure that you have either 1 flower or 11 flowers if it's possible. Red would be nice but if you cannot get red flowers, marigold with do just fine. Please wash the flower/s.) Before you commence with the Chalisa light an incense or lamp and offer it seven times around the photo/picture of Shree Hanumanji and then pray to Shree Hanumanji and ask our Superhero for what you want – what ever it may be. Many pray for a specific desire that they have like having a child, or for a job promotion, passing ones exams, and so forth. Shree Hanumanji is extremely merciful and giving, so if you please him then anything is possible. Many will find this vain but its human instinct to be selfish and think about oneself first.

Now one can chant the Hanuman Chalisa. On the completion of every recitation of the Chalisa offer either a few petals (if one has one flower) or one full flower to the lotus feet of Shree Hanumanji. Chanting the Chalisa 11 times normally takes most devotees who know

the Chalisa approximately 45 minutes. After one has chanted the Chalisa 11 times then one should chant the Maha mantra a minimum of three times to end.

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare.

Once again pray to Shree Hanumanji and then offer your obeisance's (i.e. bow down) - with your forehead touching the ground). Many perform this vrat for 40 days and on the 40th day a havan is performed to conclude the vrat glorifying Shree Hanumanji...

Perform your D.I.Y Hanuman Havan

The devotee should have a bath and put on clean clothes before proceeding to the puja place. Have all the requirements for the Puja and the havan kund arranged on a tray.

Sit facing East or North.

Recite the following *mantra*:

*(Om) apavitrah pavitro va sarvavastham gato api va
yah smaret pundarikaksam sa bahyabhyantarah sucih*

Sip water from the palm of the right hand, chant

Chant *om kesavaya namah* and sip water from the *brahma-tirtha* (the base of the thumb) of your right hand.

Chant *om narayanaya namah* and sip water from the *brahma-tirtha* of the right hand.

Chant *om madhavaya namah* and sip water from the *brahma-tirtha* of the right hand.

Say in English "O Lord Krsna on this day (which ever day you are performing the puja), month (which ever month you are performing the puja), your name, I am performing my Hanuman puja and havan.

Take a betel leaf, betel nut, rice and flowers and pray to Shree Ganeshji "Om ganapataye aavaahayaamee sthapayamee" and keep on the bedi (place where the prayers is being performed). Offer Lord Ganesha incense, lamp, flowers (turn the previous 3 items 7 times around in a clockwise direction) and some sweet rice and then betel leaf and then finally lamp. Then offer Lord Ganesha his favourite food viz. kheer (sweet rice), sugar candy and laddus.

Take a betel leaf, betel nut, rice and flowers and pray to Shree Hanumanji "Om hanumate aavaahayaamee sthapayamee" and keep on the bedi. Offer Lord Hanumanji incense, lamp, flowers and some sweet rice, Rhot, panjari and then betel leaf and nut and then finally lamp.

Take another betel leaf, betel nut, rice and flowers and pray to Lord Vishnu "Om Vishnave bhagavan aavaahayaamee sthapayamee" and keep on the bedi. Then offer Lord Vishnu incense, lamp, flowers and some sweet rice and then betel leaf and nut and then finally lamp.

Now chant/recite/hear the Hanuman Chalisa 10 x's... The 11th recitation you do a havan with the 40 mantras.

HAVAN PROPER

On chanting swaahaa offer samaghree or ghee.

Om ganapataye swaahaa
Om sooryaaya swaahaa
Om som somaaya swaahaa
Om ang angarkaaya swaahaa
Om bum budhaaya swaahaa
Om brim brihaspataye swaahaa
Om shum shukraaya swaahaa
Om sham shanaish-charaaya swaahaa
Om ram raahave swaahaa
Om kem ketave swaahaa

Om aim hreem kleem chaamun-daayai vich-chai swaahaa x 3

“Om trayam bakkam yajaa-mahe sugan-dhim pushti-wardhanam urvaa-rooka-miva bandha-
naam mriytor mooksheeya maamritaat Om swaahaa” x 11

Om shivaya = swaahaa
Om maheshvaraya = swaahaa
Om sarvaya = swaahaa
Om ugraya = swaahaa
Om kapaline = swaahaa
Om bhimaya = swaahaa
Om sadashivaya = swaahaa
Om virabhadraya = swaahaa
Om mritunjayaya = swaahaa
Om rudraya = swaahaa
Om bhutapataye = swaahaa
Om mahadevaya = swaahaa

Om Hanuman = swaahaa
Om Anjani-soonah = swaahaa
Om Vaayu-putrah = swaahaa
Om Maha-balaha = swaahaa
Om Ramesh-taha = swaahaa
Om Phalguna-sakhaha = swaahaa
Om Pingaa-shaha = swaahaa
Om Ativikra-maha = swaahaa
Om Udadhi-kramanah = swaahaa
Om Seeta-shoka-vina-shanah = swaahaa
Om Lakshman-pran-data = swaahaa
Om Dash-grivas-yadar-paha = swaahaa

*** NOW CHANT THE HANUMAN CHALISA. FOR EVERY CHAUPAYI (VERSE) CHANT SWAAHAA AND OFFER GRAINS... ONLY DO THIS FOR ONE CHALISA. THE OTHER 10 CHANT BEFORE THE HAVAN.

Om shareng hareng kaleeng hareng shree mahaa lakshmiyai = swaahaa X 3
Om Vishnave = swaahaa x 3

Sprinkle water around the havan kund three times.

Chant the Maha Mantra “Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare” 21 times each time offering samaghee to atone for any mistakes committed during the havan.

Finally Purna-Ahuti. Place two purees on top of each other, place the balance of the samaghee on top of these, on top of this place a betel leaf, a betel nut, some white rice, a few drops of ghee and place whole into the fire while chanting

Om Poor-naa-darvi paraa-pata supoor-naa puna-raa-pata.
Vasna neva vikree-naa-vahaa isha-moor-ja gvam shata-krato swaahaa.

Once this is complete ask Lord Vishnu and all the Devi and devas for forgiveness for any mistakes that was committed during the havan and. Then request Lord Vishnu and the Devi and devas to kindly return to their abodes. And chant the maha mantra to end.

You can chant (or play on a CD/cassette player) the Hanumanji ki Aarti.

Requirements for the Havan: One packet havan wood; 100g ghee; 100g Til; One small bowl sweet rice, sweets, 5 strands of kush grass, havan kund, 2 blocks of camphor, 6 betel leaves, 6 betel nuts, incense, lamp, flowers, 200g white rice, matches.

I have been told and from my own personal experience that by performing this vrat (observance) so-call miracles has happened. These so many true and almost unbelievable occurrences that only a devotee of the Lord and of Shree Hanumanji would believe. By performing this vrat Shree Hanumanji will surely grant your desire. But if you perform this vrat half hearted and expect some miracle then you are mistaken.

Absolute Faith and the correct attitudes combined with this recital can definitely help one to achieve all that one sets out for in life. May the Grace of Shree Hanumanji bless you.



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Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Hind. Jai Shree Hanuman.

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Compiled for the upliftment of Sanatan Dharma

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