

## **Shree Hanuman Ji Ke Sankatmochana Bahrah Naam The 12 Distress Dispelling Names of Shree Hanumanji**

Hanuman, anjani-sooo-nah, Vayu-putrah,  
Maha-balah, Ramesh-thah, Phalgun-sakhah,  
Pinga-shah, Ati-vikra-mah, Uda-dhi-kra-manah (Chaiva),  
Sita-shoka-vina-shanah, Lakshman Pran-data (cha),  
Dash-grivas-yadar-paha

These twelve distress dispelling names should be chanted before retiring for sleep, first thing in the morning, before starting a journey, in your offices, if attending court hearing, during job interviews and especially times of distress. Chanting the names with mind fixed on the auspicious image of Shree Hanumanji ensures success and dispels even the severest distress. That is why it is called the Distress Dispelling Names. Jai Shree Hanumanji.

Compiled to make your life successful and happier.  
We pray for success in your endeavours.

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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 Radha Krsna.

Please do visit our Website to receive more  
free information about our beautiful culture

[www.dipika.org.za](http://www.dipika.org.za)

Compiled for the upliftment of Sanatan Dharma

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