

Hanuman Jayanti - 1st of April 2026

The Appearance day of Shree Hanumanji

Pranaams, Jai Shree Hanumanji, Jai Shree Sita- Raam



On full moon of Chaitra Maas i.e. on the **1st of April 2026** (South Africa) is observed as Shree Hanuman Jayanti, the birthday or appearance day of Shree Raam's greatest devotee Shree Hanumanji. Shree Hanumanji is one of the most revered, respected and worshiped Hindu deities. In this humble offering to Shree Hanumanji we hope to shed some light on his greatness as well as the benefits of praying and worshipping him. Shree Hanumanji is the 11th avatar (incarnation) of Lord Shiva. In the epics of no other country is there a character so powerful, learned, philosophic and amazing as Shree Hanumanji.

THE ORIGIN OF SHREE HANUMANJI

Brihaspati (the Guru of the devas) had an attendant the name of Punjikasthala, who was cursed to assume the body of a female monkey. The curse was to be removed on her giving birth to an incarnation of Lord Shiva. Accordingly, she was born as Anjana and, together with her husband Kesari (so named on account of his being as brave as a lion), lived a life of chastity and purity. She performed intense tapasya (austerities) for a great many years, during which period she worshipped Lord Shiva, who being pleased with her granted her a boon. She asked that he (Lord Shiva) be born to her so that she may be freed from the curse.

When Dasharatha, the king of Ayodhya was given the sacred payasa (pudding) by Agnidev to share among his wives so that they may have divine children (who later was Lords Rama, Lakshman, Bharata, and Satrugna); by divine ordinance, a kite snatched a fragment of that pudding and, whilst flying over the forest dropped it where Anjana was engaged in worship. Pavanadeva (the presiding deity over Wind) delivered that fragment of pudding to the outstretched hand of Anjana who immediately swallowed it. With that grace, she, in due course, gave birth to Shree Hanumanji. Thus we find that Lord Shiva incarnated as Hanumanji in the bodily form of a monkey through the grace and blessings of his godfather Pavanadeva, with Anjana and Kesharimas his earthly parents.

SHREE HANUMANJI'S CHILDHOOD



As soon as Hanumanji was born, Anjana was released from the curse and wished to return to the heavenly planets. Hanumanji 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 Hanumanji 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 Shree Hanumanji with his thunderbolt, wounding his chin and causing him to fall down to earth. Hanumanji godfather Lord Pavanadeva (the Wind god), carried 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 Hanumanji. The blessings of all the devas made Shree Hanumanji invincible and more powerful than any other being, divine or ordinary. According to the Vishnu Yamala

samhita there are 330 million deva's and devi's so Shree Hanumanji received 330 million boons. Thus Shree Hanumanji is an embodiment of the powers of all the devas and the devis.

Shree Hanumanji's Education

Shree Hanumanji mentally chose Suryadeva (the Sun-god) as his preceptor (guru). Therefore, he approached him with the request to be taught the scriptures so that he may manifest spiritually in daily life. Suryadev agreed to have Shree Hanumanji as his disciple, but there was one problem. Suryadeva pointed out to him that it was not possible for him to stop his journey across the sky, as that would cause chaos in the world. But Shree Hanumanji was so mighty that he surprised all the devas by facing his Guru who had to be constantly moving, thus traversing the sky backwards and at the same time concentrating fully on his lessons. In this way Hanumanji enabled Suryadev to perform his duty and to impart knowledge at the same time. Within a short period of sixty hours, Shree Hanumanji had mastered all the scriptures. Suryadev considered the manner in which Shree Hanumanji accomplished his studies as sufficient Dakshina (tuition fees), but Shree Hanumanji insisted him to accept more. Suryadeva then asked Shree Hanumanji to assist his son Sugriva, who was living at Kishkindha, by being his minister and constant companion.

Shree Hanumanji's service to Shree Raam

Shree Hanumanji met Lord Rama whilst the latter was in banishment, and together with His brother Lakshman, was searching for His wife Srimati Sitadevi, who was abducted by the demon Ravana. Their search had taken them to the vicinity of Pampa Lake situated at the base of the mountain, Rishyamukha, where Sugriva was with his ministers, hiding from his brother Bali. Sugriva was suspicious that they might have been sent to kill him. Therefore, he sent Shree Hanumanji to ascertain whether they were friends or foes. Shree Hanumanji approached them in guise of a Brahmin. His first words to Them were such that Lord Rama immediately said to Lord Lakshman: "None can speak thus without mastering the Vedas and their branches. Nor is there any defect in his countenance, eyes, forehead, brows, or any of his limbs. His accents are wonderful, auspicious and captivating. Even an enemy who has his sword uplifted is moved. Indeed, success awaits the monarch whose emissaries are so accomplished".

When Lord Rama revealed His identity, Shree Hanumanji fell prostrate before Him and Lord Rama picked him up and clasped him to His chest. Shree Rama reveals His identity as the son of King Dashratha and the prince of Ayodhya, but Shree Hanumanji perceives Him to be the Lord of the universe and prostrates thereafter the story of Shree Hanumanji is interwoven with that of Lord Rama, and is exhaustively dealt with in the Valmiki Ramayana.

Shree Hanumanji's service to the Pandavas

Shree Hanumanji met Bhima in the forest and recognizes him as his spiritual brother (they were both with the blessings of Pavanadeva). He promised to aid the Pandavas in the battle of Kurukshetra. There Shree Hanumanji positions himself on the flag of Arjun's Chariot, thus stabilizing and protecting it. Shree Hanumanji's flag signifies sense and mind control, which gives victory to the higher nature over the lower nature. Wherever the servant of Lord Rama is, there, victory is secured.

Shree Hanumanji is said to be Chiranjivi (immortal) and is present in the world even today. He is the link between the devotee and God. As instructed by Shree Raam he serves, protects and inspires the servants of God.

In praise of Shree Hanumanji

Shree Hanumanji can be considered as the brightest jewel, an invaluable diamond, in the necklace of the Ramayana characters. His physical strength, prowess and his mastery over sastras were unmatched. His speech was not only faultless but also elegant. His intelligence and insight were, by any standards, extraordinary. His common sense was uncanny. Even though he belonged to the race of Vanaras (the ape race), facial appearance was bright and pleasant. Moreover, his devotion to Shree Raam was supreme and towered far above all qualities.

Saturdays and Tuesdays are the days favoured for worshipping Shree Hanumanji, but this is only a starting point, for every moment is auspicious for taking the Lord's name because as Hindus we do not take the Lord's name in vain rather we should be chanting his name as often as possible.

Men, women and children in temple and homes throughout the world worship Shree Hanumanji. Devotees of Lord Shiva love him because he is an avatar (incarnation) of Lord Shiva; by Vaishnavas as the greatest devotee of Shree Raam and by the Shaktas as the guardian of Mother Sita. His praises are sung in all languages and he is worshipped for every reason, from the most mundane to the most sublime. People pray to him to overcome difficulties, to cure sickness, for protection, for happiness, knowledge, strength (physical, mental and spiritual) for devotion and enlightenment.

In calling on him we use many names such as Anjaneya, Mahaveer, Bajarangabali, Maruti, Chiranjivi, Vayuputra and many more. Shree Hanumanji is Vayuputra (the son of the wind god), which is synonymous with prana - the life force that purifies our hearts and lifts our minds to the realm of the divine. He is Chiranjivi (eternal). It is said that he is present wherever Lord Raam's name is taken even to this day.

Shree Hanumanji has determination, resourcefulness and discrimination: the three qualities required by a spiritual aspirant. On his way to Lanka he encounters three obstacles or tests.

1) Mount Mainaka emerges from the sea and offers him rest as a friend and relative but Shree Hanumanji is determined to accomplish Lord Raam's work and refuses to rest or be distracted by friends or relatives. He politely touches the mountain with his hand and continues on his way.

2) Shree Hanumanji's resourcefulness is tested when the serpent Surasa rises out of the water in front of him saying that she wants to eat him. She opens her mouth and asks him to enter. He promises that he will return to be eaten by her but first he must accomplish the work of Shree Raam. Surasa will not wait so Shree Hanumanji reduces his size and while her mouth is stretched wide open he quickly enters her mouth and escapes.

3) The demon Simhika tries to drag Shree Hanumanji down but Shree Hanumanji wastes no time in destroying the demon. On the spiritual path one needs to distance one's self from the bondage of the ego with the sharp sword of discrimination.

Sage Valmiki describes Shree Hanumanji as the perfect worker (messenger), one who not only performs what is asked of him but other tasks, which will help with the accomplishment of the main purpose. For example Shree Hanumanji was asked to find Mother Sita but he also surveys the whole of Ravana's kingdom and finds out

the strength and weaknesses. When he finds mother Sita he consoles Her and assures her that Shree Raam will come to Her rescue.

Shree Hanumanji possessed devotion, knowledge, spirit of selfless service, power of celibacy, and desirelessness. He never boasted of his bravery and intelligence. He said to Ravana, "I am a humble servant and messenger of Shree Raam. I have come here to serve Lord Raam, to do His work. By the command of Shree Raam I have come here. I am fearless by the Grace of Shree Raam.

"I am not afraid of death; I welcome it if it comes while serving Shree Raam." See how humble Hanumanji was! How deep was his devotion to Shree Raam! He never said, "I am the brave Hanuman. I can do anything and everything by my self." NO. Shree Raam Himself said to Hanumanji, I am greatly indebted to you, O mighty hero. You did marvelous superhuman deeds. You did not want anything in return. Sugriva has had his kingdom restored to him. Angada has been made crown prince. Vibhishana has become the King of Lanka. But you have not asked for anything at any time. You threw away the precious garland of pearls given to you by Sita. How can I repay My debt of gratitude to you? I will always remain deeply indebted to you? I give you the boon of everlasting life. All will honour and worship you like Myself. Your murti will be placed as the door of My temples and you will be worshipped and honoured first. Whenever My stories are recited or glories are sung, your glory will be sung before Mine. You will be able to do anything, even that which I will not be able to!"

Thus did Shree Raam praise Hanumanji when the latter returned to Him after finding Sita in Lanka? Hanumanji was not a bit elated. He fell in prostration at the holy feet of Shree Raam.

Shree Raam asked him, "O mighty hero, how did you cross the ocean?"

Hanumanji humbly replied, "by the power and glory of Your name, my Lord."

Again Shree Raam asked, "How did you burn Lanka? How did you save yourself?"

And Hanumanji replied, "By Your grace, my Lord." What profound humility Hanumanji embodied in himself!

There are many who want wealth in return for their services, but they cannot resist name and fame. Still others want nothing but they boast of their deeds. Hanumanji was above all these. That is why he is recognized as a great Karma Yogi and an unsurpassed Bhakta Yogi. His life is full of lessons which everyone should try their very best to follow.

Finally a true story on how Shree Hanumanji has helped people. This lady was in great distress. Her husband and her separated and her husband just to be spiteful tried very hard to get custody of their child. He is a very influential person and had top lawyers on his side. Because he had a lot of money he made his ex wife go through a lot of turmoil in the courts. So a few months ago she got a notice that she has to appear in court over the final verdict over her daughter on whether or not her daughter would remain with her or go to her husband. That night she prayed so faithfully to Shree Hanumanji and slept. The next morning when she arrived in court she waited as always. It was his tactic to come a bit late. But this time along his way he had other distractions and did not pitch up at the court. The judge aware of his tactics and by now quite fed up with his antics threw the case out. When he tried later to explain, the judge told "we do have cell phones you know". But the point of this story when you put all your faith in Shree Hanumanji he will never let you down. This poor lady had no chance of winning the case yet by the grace of Hanumanji she won hands down. Jai Shree Bajranbali ki jai

Shree Hanumanji Ke Sankatmochana Bahrah Naam

Hanuman, Ajanisoonah, Vayuputrah,
Mahabalah, Rameshthah, Phalgunsakhah,
Pingashah, Ativikramah, Udadhikramanah (Chaiva),
Sitashokavinashanah, Lakshman Prandata
(cha), Dashgrivasyadarpaha.

These twelve distress dispeller 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 t times of distress. Chanting the names with mind fixed on the auspicious image of Lord Hanuman ensures success and dispels even the severest distress. That is why it is called the Distress Dispelling Names.

The question an inquiring mind will ask why is he so worshipped. Actually he is the most worshipped Hindu deity in the world. More than Shree Raam, Lord Krsna, Durgadevi, Lakshmidivi and so forth he is the most worshipped. Amazing since he is "ONLY" a servant and devotee of Shree Raam. Makes you think doesn't it. Well the reason for this is quite simple. Lord Rama is known as Bhakta Vatsala meaning he always likes to serve his pure devotee. That's why Shri Rama and Sri Hanumanji are always trying to outdo each other in making the other famous. But in the end there's only one winner and that's Shree Raam - being the Supreme Lord. That's why Shree Hanumanji is the most worshipped. Lord Raam is totally attached to his dear devotee so much that Shree Hanumanji is generally never very far away from Him.

Hanumanji never wants anything in return. He serves Shree Raam with one pointed determination. Many millennia's ago Shree Hanumanji was meditating in Ahobilam in South India and while he was meditating Lord Nrsimhadeva appeared before him and said yes and Hanumanji came out of his meditation and he was very upset and said to Lord Nrsimhadeva "Why are You disturbing me, get out of here. I am meditating on my Lord Raam". Lord Nrsimhadeva said but I am your Rama. Shree Hanumanji looked annoyed and said you are talking nonsense You are not my Lord and get out of here. Shree Hanumanji closed his eyes again and in a few minutes he got distracted again and opened his eyes. He saw Lord Nrsimhadeva still there. Now Shree Hanumanji was really upset and said to Lord Nrsimhadeva if you don't go away and leave me to meditate on my lord I would smash You with my gada (the weapon used by Shree Hanumanji). Hanumanji then closed his eyes again. Very pleased with his devotion Lord Nrsimhadeva changed His form to Shree Raam and when Hanumanji opened his eyes he saw his Lord Rama and tears flowed from his eyes and he stood up and bowed down to his Lord and touched His feet. Now this is called single pointed devotion. As you can see Shree Hanumanji is the living proof of how a devotee of the Lord should behave. One's Lord/Deity should be everything for him/her.

Every year many millions of devout Hindu especially Hanuman devotees start a 40/41 day prayer to Shree Hanumanji. Devotees for 40/41 days chant the Hanuman Chalisa 11 times either in the morning or in the evening. So I am going to elaborate on this further.

So how do we go about performing this prayer?

I prefer this prayer 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 she 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 flowers.) Before you start 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 him 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 promotion, passing thru 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 4-5 minutes. After one has chanted the Chalisa 11 times then one should chant the Maha mantra a minimum of three times.

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).

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 something or miracles then you are mistaken. Please read the story on faith at the end of the article.

What is the secret of Shree Hanumanji's success?

Firstly Hanumanji is the messenger of Shree Raam and the embodiment of immeasurable strength (rama duta atulita bala dhama). Despite his learning (gyan guna sagara), exceptional valour (mahavir bikrama bajarangi) and other qualities that earned him the admiration of devas like Kubera, Yamaraja and so forth, he is ever the servant of the Lord. This mature servant attitude to the Lord gives him the admirable quality of humility - and not arrogance, the spirit of self less service (expecting nothing in return) and the much desired capacity to direct all his energies towards the dharmic work of Shree Raam (apana teja samaharo apai). The Hanuman Chalisa is the answer to today's youth. The youth of today possess an abundance of energy, but this energy is unguided and uncontrolled, resulting in mental frustrations indiscipline and nonconstructive work. Shree Hanuman is a guide for the constructive channeling of human energies. Even his acts of destruction are well planned out and bring noble rewards. The disciplined hard-working youth enjoys success and happiness. The undisciplined ambition-less youth achieves no noble goals.

Lust and greed are the two major problems facing the world today. They are the root cause of all problems despite our successes and victories in the other fields. In the Valmiki Ramayana when Shree Hanumanji sees Ravana, he admires his attractive personality, prowess, culture, administrative abilities, his lordship over able and intelligent ministers, over a mighty army. But Shree Hanumanji wondered, "If this demoniac king had not been tainted by lust, and greed he would have excelled even Lord Indra (the King of the heavens) - this was the observation by him. Shree Hanumanji is also above greed. For all his services, not only to Lord Raam but even to Mother Sita, Shree Lakshman, Shree Vibhishana and so on... he expects nothing in return. Here is a divine person who represents not only superhuman strength but above all the capacity to conquer 'lust and greed'. In an age in which 'lust and greed' are the main obstacles to dharmic work and spiritual progress, Shree Hanuman stands out as a luminous ideal beckoning us to the higher goals of purity, devotion and selfless service.

A story on faith

A widow from a poor village in Bengal did not have enough money to pay for her son's bus fare, and so when the boy started going to school, he would have to walk through the forest all on his own. In order to reassure him, she said: "Don't be afraid of the forest, my son. Ask your God Krishna to go with you. He will hear your prayer." The boy followed his mother's suggestion and Krishna duly appeared and from then on accompanied him to school every day. When it was his teacher's birthday, the boy asked his mother for some money in order to buy him a present. "We haven't money, son. Ask your brother Krishna to get you a present." The following day, the boy explained his problem to Krishna, who gave him a jug of milk. The boy proudly handed the milk to the teacher, but the other boys' presents were far superior and the teacher didn't even notice his. "Take that jug of milk to the kitchen", said the teacher to an assistant. The assistant did as he was told. However when he tried to empty the jug, he found that it immediately filled up again on its own accord. He immediately informed the teacher, who was amazed and asked the boy "Where did you get that jug and how does it manage to stay full all the time?" "Krishna, the God of the forest, gave it to me." The teacher, the students and the assistant started laughing. "There are no gods in the forest, that's pure superstition," said the teacher. "If he exists, let's all go and see him." The whole group set off. The boy started calling for Krishna, but he did not appear. The boy made a desperate appeal. "Brother Krishna, my teacher wants to see you. Please show yourself!" At that moment, a voice emerged from the forest and echoed through the city and was heard by everyone. "How can he possibly want to see me, my son? He doesn't even believe I exist"

WITH FAITH YOU CAN MOVE MOUNTAINS.

A frequently asked question with an elaborate answer:

Question: I am a female; can I pray to Shree Hanuman by the Jhandha/prayer place and chant the Hanuman Chalisa when I have my menstrual cycle???

Answer: Why not Shree Hanumanji being a pure devotee of the Lord and he is above identifying with the self. He does not discriminate between male and female. He sees everyone with equal vision. Yes I am aware when I perform pujas women always ask me why they are always put down when it comes to Hanumanji's puja. I find that rather annoying when men and in general older folks behave like this because who is cooking

the food and making the preparations like Rhot, etc. A female has much right as a male to perform pujas to Shree Hanumanji clean or not.

Another topic to mention many females feel embarrassed to let anybody know about their unclean period. But why should they. It's a gift from God. It's a cleansing time. So the question is should a female chant Hanuman Chalisa when she is unclean??? Certainly yes, and the answer is in the Hanuman Chalisa itself. "Bhoota pishaacha nikata nahin aavai/mahaaveera jaba naama sunaavai." what this means is when Hanumanji's (Mahaveer's) name is chanted all ghosts and the like run and disperse from that place. Wherever a female in her monthly cycle goes she leaves a trail of odour, that is above the human sense of smell BUT is very very pleasing to these Bhuta's (ghosts), pisacha (a certain type of ghosts that trouble young children). As the female walk they follow her and "smell" and "eat" this odour. Yes they "eat" the odour. (That's why we burn lobhaan or incense at night because if there are any negative forces lurking around the smell from the lobhaan or agarbatti neutralizes their intentions). That's why especially during the menstrual cycle the Hanuman Chalisa should be chanted. Yes I know this will create a raucous amongst the Hindu community about what I have just said but people need to wake up and smell the "coffee". Hinduism is above fanaticism. We are a practical culture and that's why we survived for thousands of years. If one has a problem with this then answer this. Many weddings and funerals are performed with the female still in her cycle period. Are you going to stop the wedding or funeral - of course not? Let's rise up from these stubborn beliefs and be practical.

Chanting should never stop whether clean or not as Chaitanya Mahaprabhu (who is the hidden avatar of Lord Krishna in the Kali Yuga) has taught us. Even if you are passing stool and urine - Hare Krishna Hare Krishna - you can still chant.

If anyone takes the Name of Rama, then Shree Hanuman goes to that place. There was once a person who never had time to chant the Name of the Lord. Narada Muni went and told him, "Why don't you chant the Name of the Supreme Lord?" He answered, "I have no time, and I am always busy." (Hmm doesn't this rings a bell in many people today) Narada then asked him, "Are you always busy, even at the time of passing stool and urine?" That person said, "Oh, no, not at that time." Narada Muni told him, "Then at that you should chant." He replied, "That I can do." When he went to pass stool, and he was chanting, "Hare Rama Hare Rama", Shree Hanumanji came at once. He was upset and thought, "This bogus person is impure, passing urine and stool." And he gave him a kick. Hanumanji is so powerful that even if he would kick Ravana, Ravana would fall over. Even Kumbhakarna and Meghnath would not be able to bear his kick. However, when he kicked this person who was chanting Hare Krishna, it was though nothing had been done. Then Hanumanji thought, "This is very wonderful! What happened? I have never seen anything like this. Although he is passing stool and urine and chanting, there is no difficulty or problem." He was in amazement. Then, in the evening, when he returned to Lord Raam and knocked on the door, he heard Lord Raam lamenting. Shree Hanumanji entered and asked, "Prabhu, why are you moaning?" Lord Ramachandra told Hanumanji that he had done this to Him. Hanumanji asked, "O Prabhu, how could I have done this?" Lord Ramachandra said, "You know that Nama and nami are both the same. When that person was passing stool and chanting, 'Rama Rama Rama', I went there in his heart. I was in his body.

You kicked him, that kick came to My back, and now it has been broken. That is why I am moaning." Shree Hanumanji then told Ramachandra, "From today I will not ever do this."

Shree Chaitanya Mahaprabhu did it as well. In the Chaitanya Charitamrita there's an incident. Shree Chaitanya Mahaprabhu once went to pass stool, and Gopalaguru was carrying water. Mahaprabhu caught hold of His tongue very tightly, and Gopalaguru, like a boy, asked, "Prabhu, why are you doing like so?" Mahaprabhu told him that His tongue was out of control. "When I am going to pass stool, this chanting of 'Hare Krishna Hare Krishna' will not stop. I want to stop, but it never stops. So I am doing like this." Gopalaguru told Mahaprabhu, "If anyone is going to die, and stool and urine are coming uncontrollably, should he not chant? I think it is better to chant." Mahaprabhu said, "Oh, you are not only Gopala. You are Gopalaguru." He left His tongue and began to chant. Anyone can do this. Here Mahaprabhu is telling that there are no rules and regulations. It is not that you should only chant in a certain way. It is not that you cannot chant sitting on a bed or walking. You can remember the Name, you can chant it, you can sing it in any way you can do it.

Many of you I am sure will want to perform and observe this most auspicious vrat. So visit www.hanuman.com and you can read or chant the Hanuman Chalisa online and at the same time hear to it. It is completely free. There is an index of MP3 downloads where you can download the Hanuman Chalisa as well as other mantras of Shree Hanumanji and its FREE!!!. Take advantage of this and please the most wonderful servant and devotee of the Supreme Personality of Godhead Shree Rama. Jai Shree Hanumanji

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